



**GAY
GAMES™**
2014 

PRESENTED BY **CLEVELAND**
Foundation

CLEVELAND+AKRON USA

Triathlon Athlete Information Guide 2014

August 10, 2014

**Voinovich Park – 800 East 9th Street Pier
Cleveland, Ohio 44114**

We Would Like to Welcome our International Friends

France



Germany



Ireland



Great Britain





Hello all Triathlon participants!

We would like to cordially welcome you to 2014 Gay Games 9 presented by the Cleveland Foundation. The staff here at Gay Games 9 could not be happier that you are participating and get to experience all of the great amenities that Cleveland and Akron have to offer. With delicious food and drink options, exciting nightlife and numerous other activities, there is always something to do in Cleveland and Akron. Visit the Rock and Roll Hall of Fame and Museum during the day, grab a bite to eat at Tomo Sushi and Hibachi on West 9th Street and then head off to West 6th Street in the Warehouse District for good drinks, good vibes and good people. If you want to get away from Cleveland, the Pro Football Hall of Fame in Canton and Cedar Point Amusement Park in Sandusky are two places that are a must-see during your stay in Cleveland.

From the start of the Opening Ceremony, where Lance Bass and the Pointer Sisters will help kick-off the fun, to the Closing Ceremonies, where victories and memories will be shared and celebrated, Cleveland and Akron will be rocking. The spirit of the Games and Cleveland will be on full display throughout the entire week. We as a staff cannot wait to welcome you to our awesome city and experience and participate in a historical event. On your mark, get set, GAMES!

Congratulations on being a participant!

Please take the time to review all of the Athlete Information Guide 2014 to be more efficient as a race participant.

Thank you for showing Good Sportsmanship

Event Description

This is a USAT sanctioned Sprint and Olympic distance triathlon. It will be held in downtown, Cleveland, Ohio. The event will start and finish next to the Rock N Roll Hall of Fame located at 800 East Ninth St, Cleveland, Ohio, 44114.

	Swim	Bike	Run
Sprint Distance	820 yards 750 meters	16 miles 25.7 kilometers	3.1 miles 5 kilometers
Olympic Distance	1640 yards 1500 meters	24 miles 38.6 kilometers	6.2 miles 10 kilometers

TIMELINE

NOTE: All triathletes must verify their membership at the USAT Table

This table will be located near the accreditation area for Triathlon Athlete Packet Pick-Up

A yearly or one day USA Triathlon membership is mandatory to participate in any USAT Sanctioned Event. If you do not have one you can purchase a one day membership at packet pick up for \$12.00 (Check made out to USA Triathlon)

Triathlon Athlete Packet Pick-Up times vary from the Accreditation Schedule

Thursday – August 7

1 – 8 PM Accreditation - Vendor/Sponsor Fair
2 – 6 PM Triathlon Athlete Packet Pick-Up, USA Triathlon Verification
Cleveland Convention Center – Grand Ballroom

Friday – August 8

8 AM – 8 PM Accreditation - Vendor/Sponsor Fair
2 – 6 PM Triathlon Athlete Packet Pick-Up, USA Triathlon Verification
Cleveland Convention Center – Grand Ballroom

Saturday - August 9

8 AM – 5 PM Accreditation - Vendor/Sponsor
8 AM – 12 PM Fair Triathlon Athlete Packet Pick-Up, USA Triathlon Verification
Cleveland Convention Center – Grand Ballroom

Note that there will be no day of race registration or Athlete Packet Pick-up

Sunday - August 10, 2014

2014 Gay Games Triathlon - Voinovich Park - East 9th Street Pier

5 AM – Transition Area Open
6 AM – Road Closures Begin
6:50 AM – Transition Area Closes
6:50 AM – Athlete Meeting - **Required of all participants**
7:00 AM – First Swim Wave Start

Swim*

- Athletes are expected to arrive early enough to be at their mandatory assigned wave start.
- Official water temperature on race morning will be posted at the body marking area.
- We recommend that all participants bring their wet suits; all **wetsuits** will follow all **USAT** rules! *Article 4.4 Wetsuits of the USA Triathlon Competitive Rules states: "Effective January 1, 2013, any swimmer wearing a wetsuit with a thickness measured in any part greater than five millimeters shall be disqualified." USA Triathlon does not have a list of acceptable wetsuits or wetsuits that would be in violation of this rule in 2013. Members are encouraged to contact the manufacturer and get assurance that the model they own or that they are considering purchasing meets **the 5-millimeter limitation**. Members are encouraged to contact the manufacturer of their wetsuit for information regarding its thickness.*
- Wet Suit usage will be determined two hours before the start of the race
- Athletes must wear the official swim cap provided in your Athlete Packet
- There will be a pre-race meeting at the swim start
- There will be a "Special Needs Table" located at the swim exit
- There will be an aid station at the swim exit with water and Powerade

**Please note that if the swim portion is cancelled for any reason it will be substituted with a short run, thus making this event a duathlon.*

Wave Starts & Cap Colors

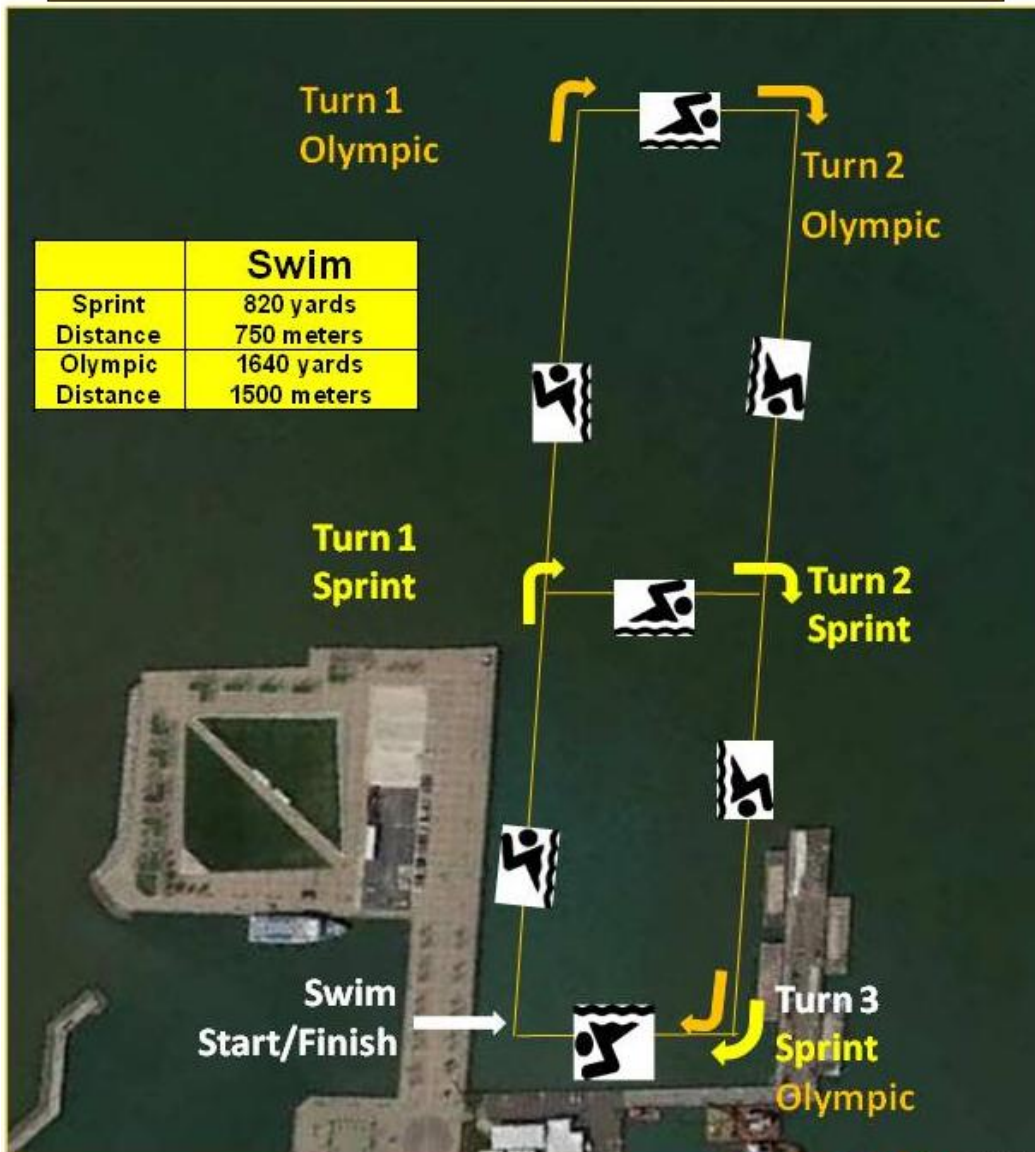
Time	Group	Cap Color
Olympic Swim – 1640 yards/1500 meters		
7:00 AM	19-29	Yellow
7:04 AM	30-39	Green
7:08 AM	40-49	Yellow
7:12 AM	50 plus	Green
Sprint Swim – 820 yards/750 meters		
7:22 AM	19 – 29	Yellow
7:26 AM	30 – 39	Green
7:30 AM	40 – 49	Yellow
7:34 AM	50 plus	Green

**You must start in your assigned wave and
with the correct color swim cap
(Start times may be subject to change)**

Triathlon – Swim Map

August 10, 2014

Voinovich Park - East 9th Pier
Cleveland, Ohio 44114



- The swim course will be rectangular that runs counter clockwise.
- The start will begin on the east side of E. Ninth St. Pier just north of the Rock & Roll Hall of Fame. Athletes will exit the dock for an in-water start.
- Swimmers will return to the dock to exit then run up the ramp to the Transition Area on E. 9th Street. (Caution, dock and ramp may be slippery).
- Swimmers will keep the buoys to their right.
- Large yellow buoys will mark the turn points on the swim course.

RDS 7-9-2014

Transition Area

- A security bracelet (included in your Athlete Packet) will be required to gain access
- Bikes and gear cannot be removed from the transition area until all bikes are off the course
- An announcement will be made once the transition area is open
- You must be body marked, have your bike helmet and bike frame number on your equipment prior to entering the transition area
- Rack bike on assigned rack only
- Bar end plugs are required of all bikes
- All bicycles must display the official bike number provided, secured to your bike - clearly visible

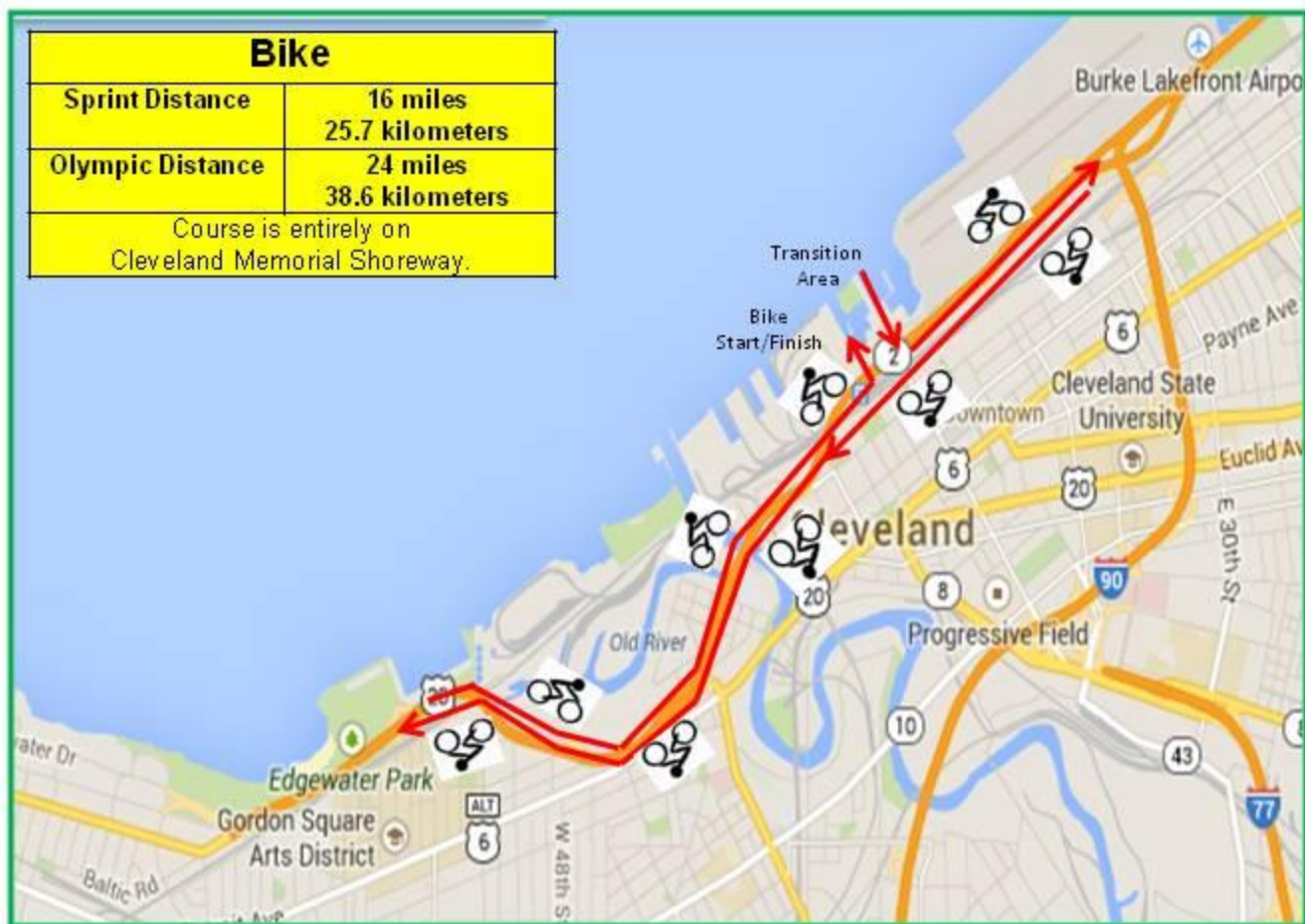


- Approved helmets are required and must remain fastened at all times
- If you are on the bike before, during or after the event you must have a secure helmet on
- You must mount and dismount your bike at the mount/dismount line
- You must walk your bike in and out of the Transition Area

Triathlon – Bike Course Map

August 10, 2014

Start/Finish Voinovich Park - East 9th Pier
Cleveland, Ohio 44114



RDS 7-9-2014

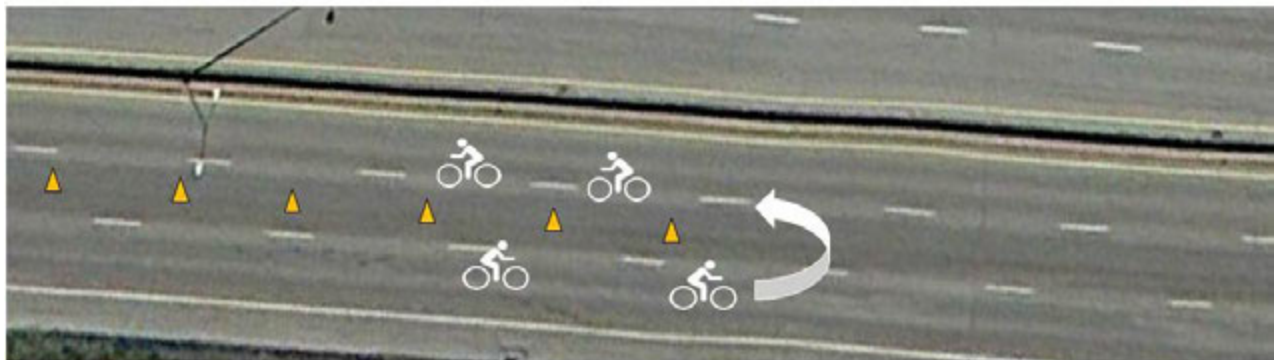
Bike Courses

- The bike courses will consist of a multiple loop course on Cleveland Memorial Shoreway
- Sprint Bike Distance - 16 miles/25.7 kilometers - two loop course
- Olympic Bike Distance - 24 miles/38.6 kilometers - three loop
- The bike course will be closed to traffic for the duration of the race
- There will be no aid stations on the bike course

16 miles (Two loops on Memorial Shoreway)
Start at Transition area south on E. 9th St
Turn left (EAST) on Cleveland Memorial Shoreway
Go east, turn around at mile marker 1 (.75 miles)
Go west, turn around (1/2) mile east of West Blvd.
Go east, under E. 9th St. Bridge to turn around on east Shoreway
Turn around, heading west
Go west, turn around (1/2) mile east of West Blvd. for 2 nd loop
Exit at E. 9th St. turn left and north to Transition Area

24 miles (Three loops on Memorial Shoreway)
Start at Transition area south on E. 9th St
Turn left (EAST) on Cleveland Memorial Shoreway
Go east, turn around (1.15 miles)
Go west, under E. 9 th bridge turn around (1/2) mile east of West Blvd.
Go east, under E. 9th St. Bridge to turn around on east Shoreway
Turn around, heading west
Repeat Loop to west, turn around
Exit at E. 9th St. turn left and north to Transition Area

Bike Turn Around Cone Setup



Triathlon – Sprint and Olympic Run Map
August 10, 2014

Run Start Voinovich Park - East 9th Pier
Cleveland, Ohio 44114



Run Courses

- The run course will be a scenic loop course in Downtown Cleveland
- Each mile will be marked with mile markers
- Sprint Run Course – 3.1 miles/ 5 kilometers
- Olympic Run Course – 6.2 miles/10 kilometers
- Here will be aid stations located at
 - Run Start
 - Mile 1
 - Mile 2
 - Finish Line

Turn by Turn Directions Sprint Run Course 5 K

Start at Transition area south on E. 9th St
Turn left (EAST) on Cleveland Memorial Shoreway
Go east, turn around at mile marker 1
West to E. 9th, turn LEFT
Turn right Lakeside
Turn right West 3rd
Proceed north of Cleveland Stadium to finish line

Turn by Turn Olympic Run Course 10 K (Two loops on Memorial Shoreway)

Start at Transition area south on E. 9th St
Turn left (EAST) on Cleveland Memorial Shoreway
Go east for 1.35 miles to turnaround
WEST, head west to E. 9th to turn around & fluid station
EAST for loop 2 on Shoreway to turnaround (1.35 mi) 3.75 total here
West to E. 9th, turn LEFT
Turn right Lakeside
Turn right West 3rd
Proceed north of Cleveland Stadium to finish line

Awards

Top 3 Overall Female

Top 3 Overall Male

Medals will be awarded to the three best times in each gender division's age group.

19 – 24

40 – 44

60 – 64

25 - 29

45 – 49

65 – 69

30 – 34

50 – 54

70 – 74

35 – 39

55 – 59

75 plus

All participants who finish will receive a finisher's metal!

Awards Ceremony will follow the Triathlon!

No awards will be given out until official results are posted at the race site!

Results

Results will be posted in the Finish Line Area.

Following the games, results will be available online at
NCMultisport.com & GG9cle.com

USAT Most Violated Rules - 2013

1. Helmets: Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event.

Penalty: Disqualification

2. Chin Straps: Chin straps must be buckled at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle.

Penalty: Disqualification on the course; Variable time penalty in transition area only.

3. Outside Assistance: No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness.

Penalty: Variable time penalty

4. Transition Area: All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.

Penalty: Variable time penalty

5. Drafting: Drafting--keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds. Position--keep to the right hand side of the lane of travel unless passing. Blocking--riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass. Overtaken--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.

Penalty: Variable time penalty

6. Course: All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times.

Penalty: Referee's discretion

7. Unsportsmanlike-Like Conduct: Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden.

Penalty: Disqualification

8. Headphones: Headphones, headsets, walkmans, ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race.

Penalty: Variable time penalty

9. Race numbers: All athletes are required to wear race numbers at all times during the run. Numbers must face the front and be clearly visible at all times. Numbers may not be cut or folded or altered in any way. DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.

Penalty: Variable time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

10. Wetsuits: Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided, however that participants who wears a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

11. Abandonment: All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course.

Penalty: Variable time penalty

Variable Time Penalties

Distance Category	First offense	Second Offense	Third Offense
Sprint	2 minutes	4 minutes	Disqualification
Intermediate	2 minutes	4 minutes	Disqualification
Long	4 minutes	8 minutes	Disqualification
Ultra	6 minutes	12 minutes	Disqualification

