



mojo

TRIATHLON 2022



OHIO

STATE CHAMPIONSHIPS

AGE GROUP ★ HIGH SCHOOL

2022

PRESENTED BY 
gh testing.com

2022 ATHLETE GUIDE



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WELCOME



Dear Athletes,

On behalf of the Mojo Triathlon Club, it is my pleasure to welcome you, your families, and friends to the 2022 Mojo Triathlon and the USA Triathlon Ohio State Age Group and High School Championships.

We are so excited to have the Mojo Triathlon selected by USA Triathlon to host the state championships and we look forward to welcoming the best athletes in the region compete for the title of State Champion.

As a fellow triathlete myself, I would like to take a moment to recognize and congratulate all of you for signing up to race. I know it takes a lot of commitment, courage and dedication to get to this point. Our Mojo Race team, our volunteers, and safety teams are all here to help you and make sure you have the best day possible.

This year we have had to make a slight and unexpected variation on bike course. Special thanks to Liberty Township, Butler County Sheriff Department and West Chester Police for their assistance in putting the new course together.

I look forward to welcoming each of you on race day. Have a fantastic race, enjoy the day and a great visit to Butler County.

Regards,

Mark Hecquet
Race Director, MOJO Triathlon



SCHEDULE OF EVENTS



August 27th

Start	End	Event	Location
10:00AM	4:00PM	Packet Pick Up	VOA Park (look for Mojo tent)

August 28th

Start	End	Event	Location
5:15AM		Park Opens	VOA Park
5:15AM	6:45AM	Packet Pick Up	VOA Park (look for Mojo tent)
5:15AM	7:00AM	Transition Area Open	VOA Park Upper Parking Lot
5:15AM	7:00AM	Chip Pick Up	VOA Park (look for Mojo tent)
6:30AM	6:45AM	Race Briefing	Near the Swim Start
6:50AM	7:00AM	Swim Warm-Up	VOA Park Lake
7:00AM		Transition Closes	VOA Park Upper Parking Lot
7:10AM (or at first light)		Sprint Triathlon / Aquabike/ Relay Starts	Athletes will enter the water three at a time approximately every 5 seconds from the dock.
7:20AM		Olympic/Sprint Duathlon Start	Duathlon athletes will start at the start line located on the northside of the bridge across from the swim start.
7:20AM (or when last sprint swimmer reaches orange buoy)		Olympic Triathlon / Aquabike / Relay Starts	Athletes will enter the water three at a time approximately every 5 seconds from the dock.
9:30AM		Sprint Awards (Approx.)	Next to Finish Area
11:00AM		Olympic Awards (Approx.)	Next to Finish Area
9:00AM	1:15PM	Bike and Gear Checkout	Transition



SPONSORS



The 2022 Mojo Triathlon would not be possible without the support of our race sponsors.

PRESENTING SPONSOR



ghtesting.com

SWIM COURSE



BIKE COURSE



SPONSORS



The 2022 Mojo Triathlon would not be possible without the support of our race sponsors.

TRANSITION



MEDICAL



HYDRATION



FINISH LINE



EVENT SPONSORS



GREATER PROJECT



ATHLETE CHECK-IN



WHERE:

Voice of America
7850 VOA Park Dr.
West Chester Township, OH 45069

WHEN:

Saturday, August 28th from 10:00AM to 4:00PM

Sunday, August 29th from 5:15AM to 6:45AM

If you do not check in during the designated Athlete Check-In hours, you will not be permitted to race.

ALL RACE PACKETS MUST BE PICKED UP BY SUNDAY AT 6:30AM

WHAT TO BRING:

Photo ID or Passport. (No ID, no race, no exceptions)

ATHLETE CHECK-IN STEPS:

1. Show Photo ID and registration confirmation email to volunteers
2. Receive Athlete wristband and Race Packet
3. Receive Race Swag

PACKET ITEMS INCLUDE:

- Sticker sheet (Helmet and bike frame)
- Swim cap
- Towel
- Race tattoos
- Race sponsor information
- Runner bib number
- Water bottle

YOU ARE THE ONLY PERSON WHO CAN PICK UP YOUR PACKET. NO EXCEPTIONS.



RACE DAY INFORMATION



TIMING CHIPS

- Timing chips will be picked up on race morning next to Packet Pick up. You will show your Athlete Wristband number to the volunteer and they'll hand you the corresponding timing chip.
- With the exception of the relay teams, the timing chips are disposable.
- Relay Teams: you will receive one timing chip which you will pass off to one another in transition before heading out for bike/run.

WETSUITS

- Wetsuits may be worn if the water temperature is less than 84 °F. However, if the water is between 78-84 °F, all participants wearing wet suits will not be eligible for awards and shall enter the water after all athletes not wearing wetsuits.
- Please be aware you are swimming in an open body of water and it is imperative you are prepared for all water conditions.
- The race water temperature will be announced at 6:45am during the athlete race briefing.

RACE TATTOOS

- All athletes are required to have their athlete number on both arms.
- Please do not have your race clothing cover your athlete number.
- There will be water and sponges next to Packet pickup to assist with applying tattoos.
- Please be sure to apply sunscreen after placing tattoos.

RACE CUT OFF TIMES

- Sprint
 - Swim – 50 minutes from when you enter the water
 - Bike – 1 hour and 40 minutes
- Olympic
 - Swim – 1 hour from when you enter the water
 - Bike – 2 hours and 30 minutes



RACE DAY INFORMATION



HYDRATION presented by Gatorade Endurance

- There will NOT be an aid station on the Bike course.
- There will three aid stations on each loop of the Run course.
- These will be at approximately miles - 0.5, 1.25, 2, 3.5, 4.25, 5.
- Each aid station will have Water, Ice and Gatorade Endurance Lemon-Lime.

MEDICAL presented by Ortho Cincy

- Ortho Cincy will be providing medical support for the race. Their team will be located in the finish line area.

TRANSITION presented by UGJ Accounting

- You may rack your bike on race morning, Sunday, August 29th from 5:15 AM - 7:00 AM.
- You must have your Athlete Wristband and bike sticker applied prior to entering transition.
- Rack assignments are by race category (Sprint, Olympic).
- Athletes will rack their bikes according to their assigned Athlete Race Number.
- Signs will be displayed on the end of each bike rack row letting you know the bike numbers for each rack
- Relay teams do not have a separate rack. Relays rack in their respective race category racks.
- Bar end plugs are a MUST.

PARKING

- There will be a limited number of parking spaces in the lots next to the lodge. These are on a first come first served basis.
- Additional parking is available in the grass lots. We will have parking attendants directing you to the parking lots.
- Please park only where you are directed.
- Please do not drop your bike off at transition. Due to limited ability to turnaround this will cause major delays.
- For packet pick up on Saturday, there are ample parking spaces located in front in the lodge within the park.

BIKE SUPPORT presented by Bicycle House

- The Bicycle House team will be providing bike support for all athletes before and during the event.
- Bicycle House will be located near transition to take care of all of your last minute needs.



RACE DAY INFORMATION

DIRECTIONS

Traveling North On I-75

- Take the Liberty Way Exit
- Turn right at the top of the ramp onto Liberty Way
- Turn right at the first light onto Cox Rd
- Turn left at the first light onto VOA Park Dr

Traveling South On I-75

- Take the Liberty Way Exit
- Turn left at the top of the ramp onto Liberty Way
- Turn right at the second light onto Cox Rd
- Turn left at the first light onto VOA Park Dr



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POST RACE INFORMATION



FINISH LINE presented by Travel Butler County

- Expect an energetic welcome from our volunteers as you enter the Finish Chute.
- You will receive your AWESOME Finisher Medal.

POST RACE PARTY

- There will be ample array of post-race food and drinks for all athletes.
- The Post Race Party area will be located just past the Finish Line.

AWARDS

- Awards will be given to –
 - The top three overall Men and Women in the Sprint Triathlon and Olympic Triathlon.
 - The top three age group athletes in the Sprint Triathlon and Olympic Triathlon.
 - The 1st place team in the Sprint Relay and the Olympic Relay.
 - The first place age group athletes in the Athena and Clydesdale Sprint Triathlon and Olympic Triathlon.
 - The 1st place athlete in the Sprint Duathlon, Sprint Aquabike, Olympic Duathlon and Olympic Aquabike
- The Awards Ceremonies will take place in the Awards area located next to the Finish Line.
- The Sprint distance awards ceremony will begin at approximately 9.30am.
- The Olympic distance awards ceremony will begin at approximately 11am.

LOST & FOUND

- In the event you have lost something in transition or out on the course, there is a chance that another athlete or volunteer has turned it in. Please check with a race official at the Finish Line before you leave.

RESULTS

- Results will be available on race site to view as finishers are coming in throughout the morning.
- Results will be posted on the both the race website and the GHG timing website shortly after the conclusion of the race.



POST RACE INFORMATION



DROPPING OUT

- We want everyone to finish but also know the reality of race day mis-haps
- If you drop out of the race YOU MUST NOTIFY A RACE OFFICIAL.
- If you cannot find a race official please find a race volunteer at the Finish Line.
- Please Note: If you do not start the race, or you drop out, you DO NOT have to return your chip.

BIKE CHECK-OUT

- Transition will open for Bike-Check Out at 9:00AM.
- Participants must show their Athlete wristband that matches the number on their bike in order to check bike out of the transition area.
- Please be respectful and courteous to other athletes who may still be competing.

VOLUNTEERS

- Be sure to thank all of our AWESOME volunteers! They are here before you start and after you finish making sure you have fun, stay safe and get you to the finish line!



SWIM COURSE MAP

PRESENTED BY GIRDWOOD ORTHODONTICS

SPRINT COURSE 750M



OLYMPIC COURSE 1500M

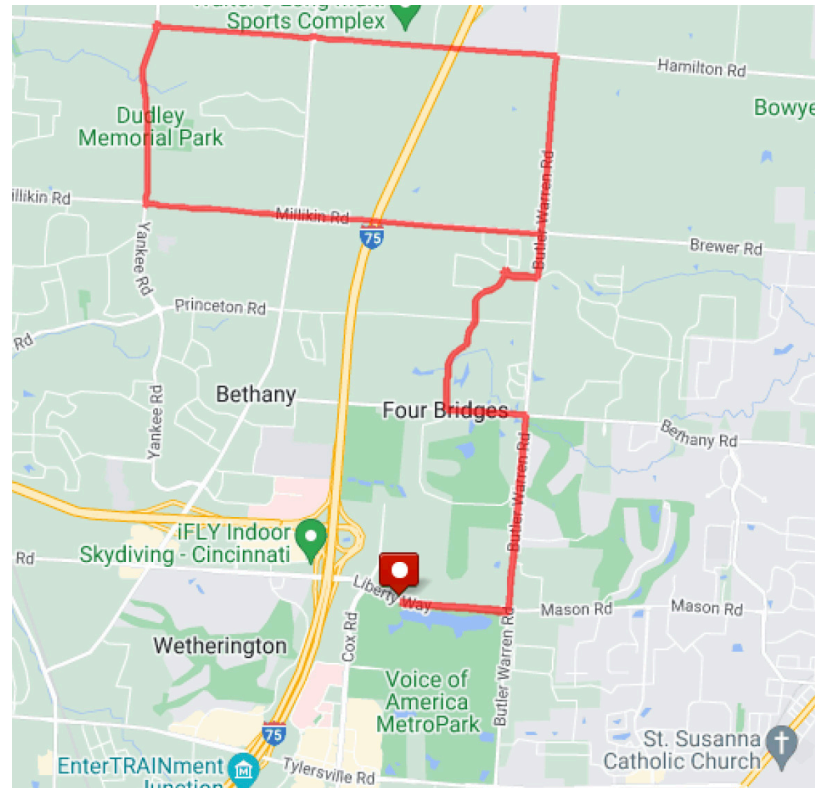


BIKE COURSE MAP



PRESENTED BY BIOWHEELS

SPRINT 20K 1 LOOP, OLYMPIC 40K 2 LOOPS



BIKE COURSE DIRECTIONS



PRESENTED BY BIOWHEELS

TURN BY TURN DIRECTIONS

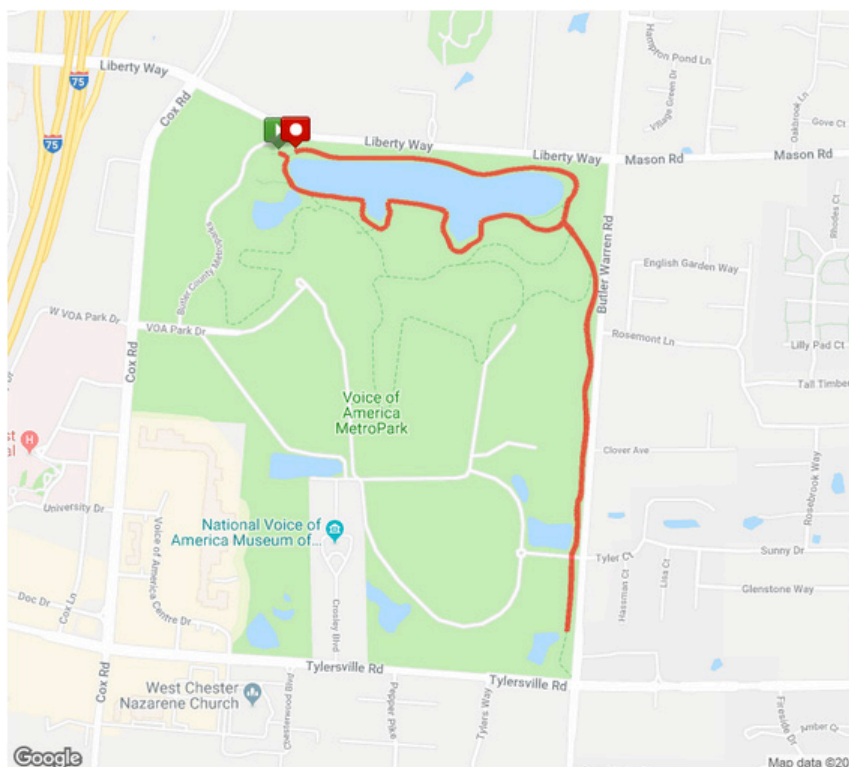
- Exit the VOA Park transition area and turn right on Liberty Way (Use Center lanes on Liberty Way)
- Turn Left onto Butler Warren Road (use center lanes until you reach Bethany Road intersection)
- Turn Left onto Bethany Road
- Turn Right onto Winter Hazel Drive
- Head straight across Princeton Road onto Cambridge Trail
- At the Circle Turn Right onto The Trails Blvd
- Turn Left on Butler Warren Road
- Turn Left on Kyles Station Road
- Turn Left on Yankee Road (this intersection is a roundabout, take the third exit off the roundabout)
- Turn Left on Millikin Road (this intersection is a roundabout, use the third exit off the roundabout)
- Turn Right on Butler Warren Road
- Turn Right on The Trails Blvd
- Turn Right on Cambridge Trail (this intersection is a roundabout, take the third exit off the roundabout)
- Continue Straight across Princeton Road onto Winter Hazel Drive
- Turn Left onto Bethany Road
- Turn Right onto Butler Warren Road
- Turn Right on Liberty Way
- For 2nd loop (Olympic only) turn around on Liberty way at the turnaround flag.

Please note the roads are NOT closed. There will be traffic. Butler County Sheriffs will be controlling the major traffic intersections.



RUN COURSE MAP

SPRINT 5K 1 LOOP, OLYMPIC 10K 2 LOOPS



TRANSITION MAP



PRESENTED BY UGJ CPA'S



USAT COMMON RULE VIOLATIONS



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.

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 clearly visible at all times. 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



ATHLETE CHECKLIST



PRE-RACE

- Directions to Hotel
- Directions to Athlete Check-In
- Directions to Race
- Photo I.D.
- Valid USAT Card
- Bike Services - tune up
- Attend Athlete Check-In
- Study the race courses and plan your nutrition

RACE DAY - SWIM

- Timing Chip and Strap
- Swimsuit/Wetsuit (if applicable)
- Goggles (consider a spare pair as well)
- Race Day Swim Cap (provided at Check-In)
- Ear Plugs/Nose Plug (optional)

RACE DAY - BIKE

- Bike Pump
- Extra Nutrition
- Extra Water Bottles
- Aero Water Bottle Straw
- Bike Repair Kit (Bar-end plugs, CO2 Cartridge(s), Spare Tire, Spare Tube, Tire lever, Valve Stem Extenders, Patch Kit, Wrench set/ tools)
- Vaseline

- Sunscreen
- Bike Helmet
- Sunglasses
- Bike Shoes
- Socks
- GPS Watch or Bike Computer

RACE DAY - RUN

- Fuel Belt
- Hat / Visor
- Running Shoes
- Socks
- Sunglasses
- Water Bottle

MISCELLANEOUS

- Body Glide
- Contacts or Rx Glasses
- Heart Rate Monitor & Chest Strap
- Towel
- Transition mat
- Hair Ties
- Chapstick
- Post-Race Clothing
- Have a Great Race!

