



mojo

2024 Triathlon

PRESENTED BY



ghtesting.com

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 2024 Mojo Triathlon.

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 made a slight variation on run course for an improved race experience for our para-triathletes. Also, as every year, we give special thanks to Liberty Township, West Chester Township, Butler County Sheriff Department, Butler County Marine Rescue and West Chester Police for their assistance in putting on a great race.

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

Regards,

Perry Hock
Race Director, MOJO Triathlon



SCHEDULE OF EVENTS



August 24th

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

August 25th

Start	End	Event	Location
5:15AM		Park Opens	VOA Park
5:15AM	6:30AM	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 (NOT IN SWAG BAG)	VOA Park (look for Mojo tent)
6:45AM	6:55AM	Race Briefing	Near the Swim Start
7:00AM	7:15AM	Swim Warm-Up	VOA Park Lake
7:00AM		Transition Closes	VOA Park Upper Parking Lot
7:10AM		Para Sprint Triathlon Start	Athletes will deep water start while touching the dock.
7:20AM (or when last para swimmer reaches orange buoy)		Sprint Triathlon / Aquabike/ Relay Starts	Athletes will enter the water one at a time, approximately every 5 seconds from the dock.
7:25AM		Olympic/Sprint Duathlon Start	Duathlon athletes will start at the start line on the run course, just before the finish line.
7:35AM (or when last sprint swimmer reaches orange buoy)		Olympic Para Triathlon Start	Athletes will deep water start while touching the dock.
7:40AM (or when last para swimmer reaches the first orange buoy)		Olympic Triathlon / Aquabike Relay Starts	Athletes will enter the water one at a time, approximately every seconds from the dock.
9:00AM	1:15PM		Bike and Gear Checkout Transition
10:00AM		Sprint Awards (Approx.)	Next to Finish Area
11:30AM		Olympic Awards (Approx.)	Next to Finish Area



MAIN SPONSORS



The 2024 Mojo Triathlon would not be possible without the support of our race sponsors.

PRESENTING SPONSOR



ghtesting.com

SWIM COURSE



BIKE COURSE



RUN COURSE



MAIN SPONSORS



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TRANSITION



MEDICAL



HYDRATION



FINISH LINE

Robinson | Sotheby's
INTERNATIONAL REALTY

Doug Turner
513.383.0151

Doug.Turner@SothebysRealty.com

www.RobinsonSIR.com

PARA ATHLETE SWAG



SWIM CAPS



ADDITIONAL SPONSORS

The 2024 Mojo Triathlon would not be possible without the support of our race sponsors.



Along with the sponsoring the run course, Fleet Feet graciously is sponsoring our visually impaired guides!

EVENT SPONSORS



ATHLETE CHECK-IN



WHERE:

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

WHEN:

Saturday, August 24th from 10:00AM to 4:00PM
Sunday, August 25th from 5:15AM to 6:30AM

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 sponsor information
- Runner bib number



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. The relay chip will be returned after the race.

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 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

Hard cutoff of 3 and a half hours from the last athlete entering the water.



RACE DAY INFORMATION



HYDRATION presented by INFINIT

- There will NOT be an aid station on the Bike course.
- There will one aid stations on each loop of the Run course. It is located on the out and back segment.
- The location will be at approximately miles - 1.75, 2.25, 4.75, and 5.25
- The aid station will have Water, Ice and INFINIT .

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 AQUATECH POOLS

- You may rack your bike on race morning, Sunday, August 25th 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 across the street to the lodge reserved for park staff, event staff, volunteers and para athletes. Please do not attempt park in ANY of the lots near the lodge.
- Parking is available in the grass practice field lots. We will have parking attendants directing you to the parking lots.
- Please park only where you are directed.
- Do not drop your bike off at transition. Due to a very 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

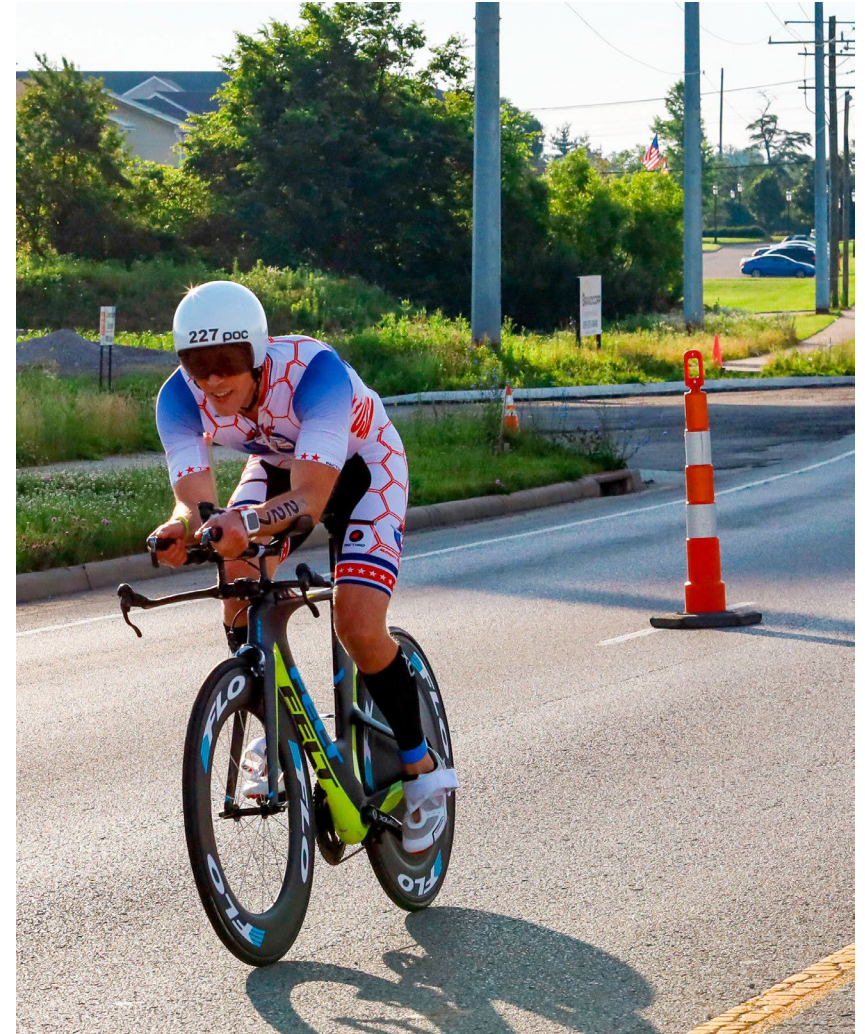
DIRECTIONS

Traveling North On I-75

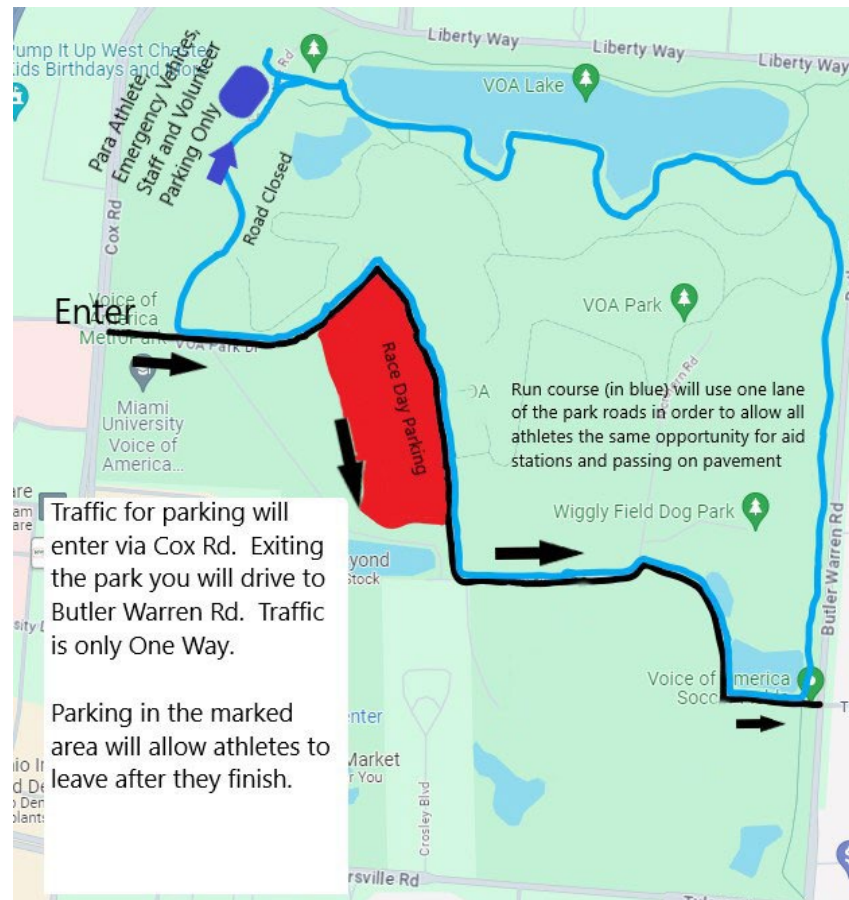
- Take the Liberty Way Exit
- Turn right at the top of the ramp onto Liberty Way
- Turn right at the first light onto Cox Rd
- Turn left at the first light onto VOA Park Dr

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



RACE DAY ATHLETE PARKING



**Para athletes, should they arrive before 6:25 am will have access to park in the Staff / Volunteer lot. Please let attendant know so they can direct you appropriately. After 6:15 we cannot guarantee access.*



POST RACE INFORMATION



FINISH LINE presented by Doug Turner Homes / Sotheby's

- 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 and Triathlon Club area will be located just to the right of 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 age group finisher in each age group for the Sprint Triathlon and Olympic Triathlon, the 1st place team in the Sprint Relay and the Olympic Relay, the first place athlete in the Sprint Duathlon, Sprint Aquabike, Olympic Duathlon and Olympic Aquabike
 - Top men and women finishers in the Para categories.
- The Awards Ceremonies will take place in the Post Race area located to the right of the Finish Line.
- The Sprint distance awards ceremony will begin at approximately 10am.
- The Olympic distance awards ceremony will begin at approximately 11:30am.

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 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 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.
- Please Note: If you do not start the race, or you drop out, you **DO NOT** have to return you chip unless you are a relay team.

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!

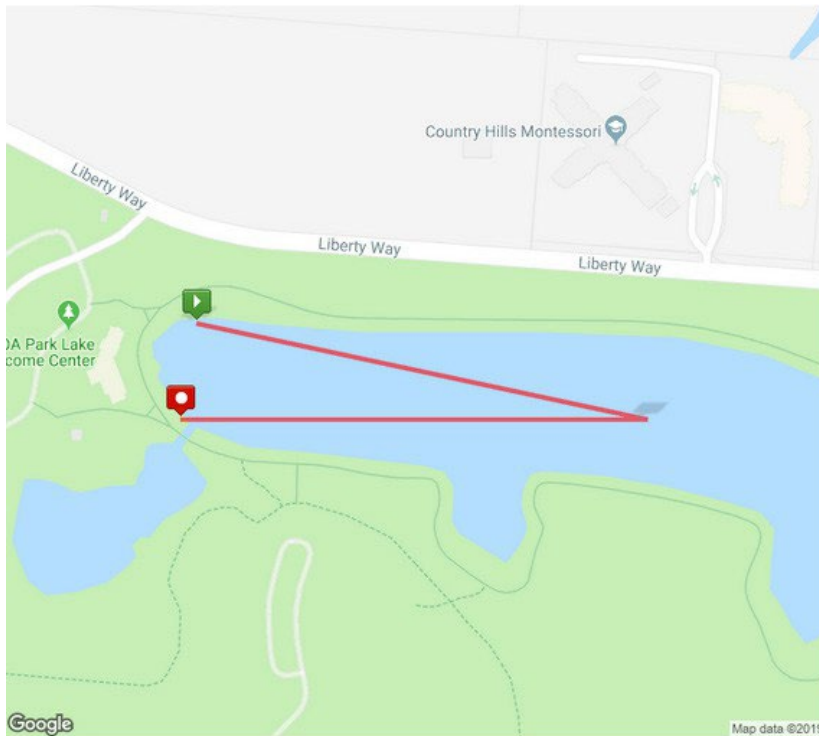


SWIM COURSE MAP

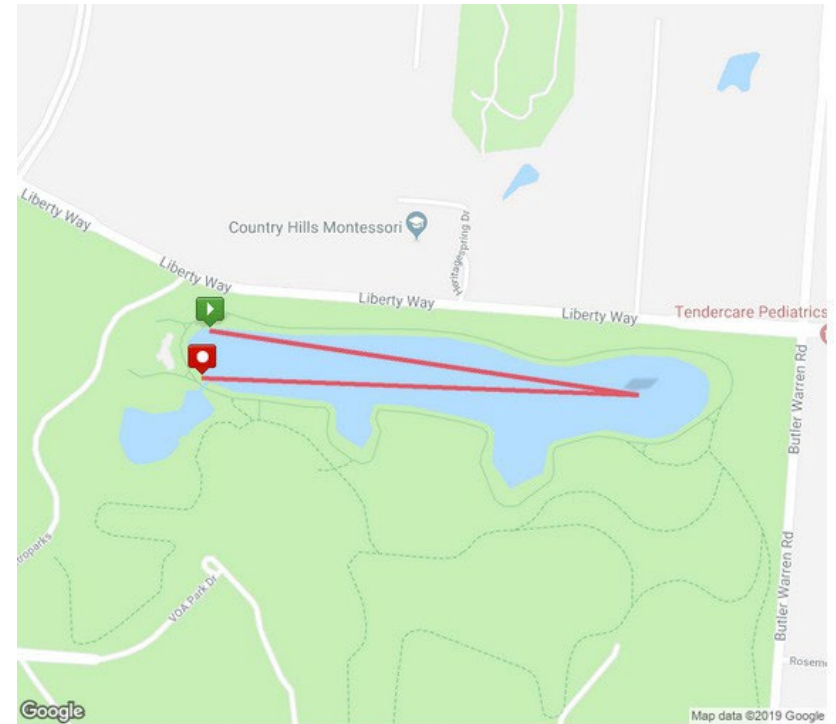


PRESENTED BY GIRDWOOD ORTHODONTICS

SPRINT COURSE 750M



OLYMPIC COURSE 1500M

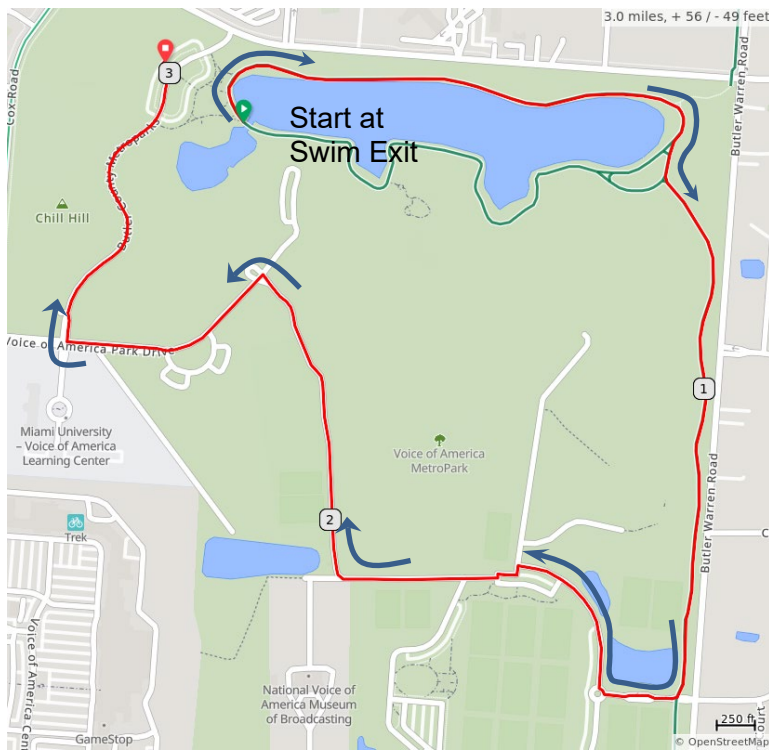


DUATHLON START MAP

PRESENTED BY FLEET FEET



SPRINT DUATHLON START 5K



OLYMPIC DUATHLON START 10K (2 Loops)

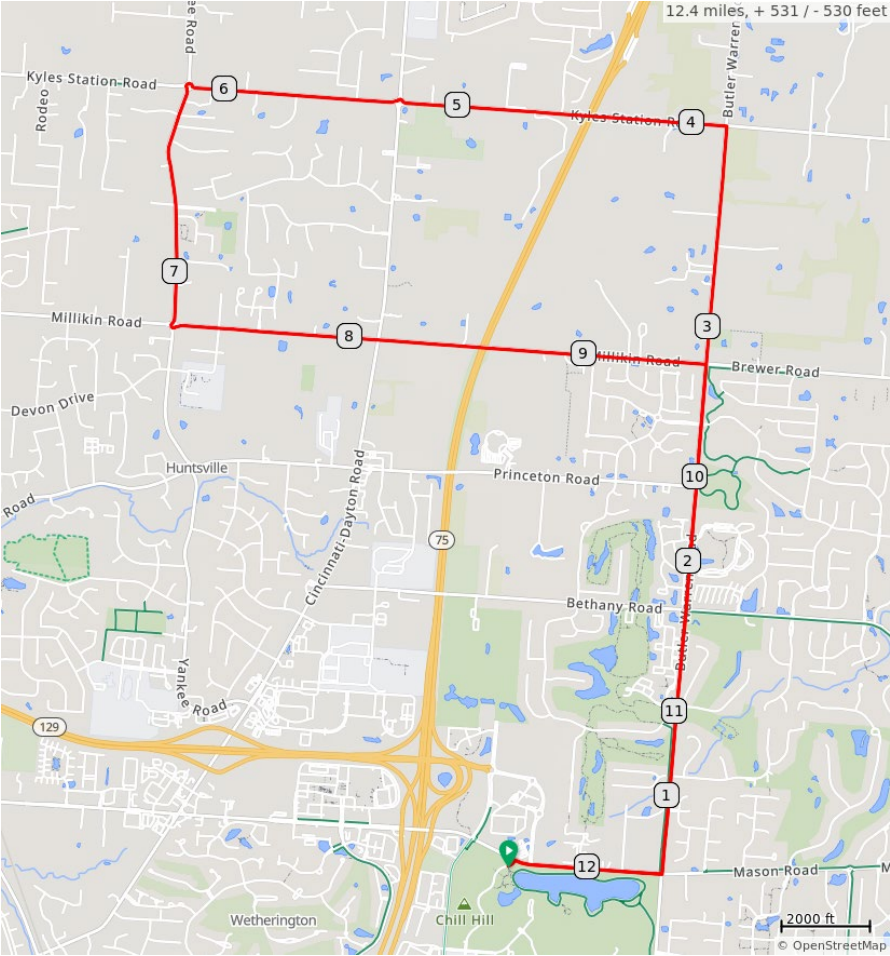


BIKE COURSE MAP



PRESENTED BY BICYCLE HOUSE

SPRINT 20K 1 LOOP, OLYMPIC 40K 2 LOOPS



BIKE COURSE DIRECTIONS



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 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 Liberty Way
- For 2nd loop (Olympic only) turn around on Liberty way at the turnaround flag.

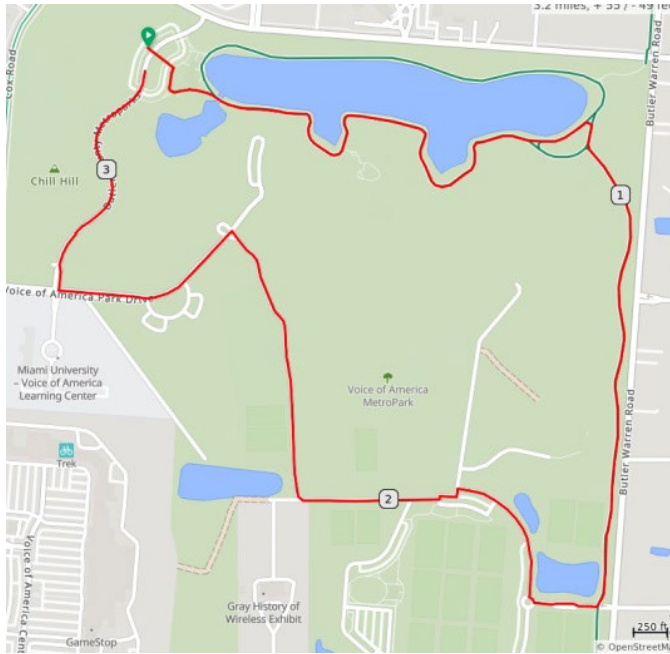
Please note the roads are NOT closed. There will be traffic. Butler County Sheriffs will be controlling the major traffic intersections.



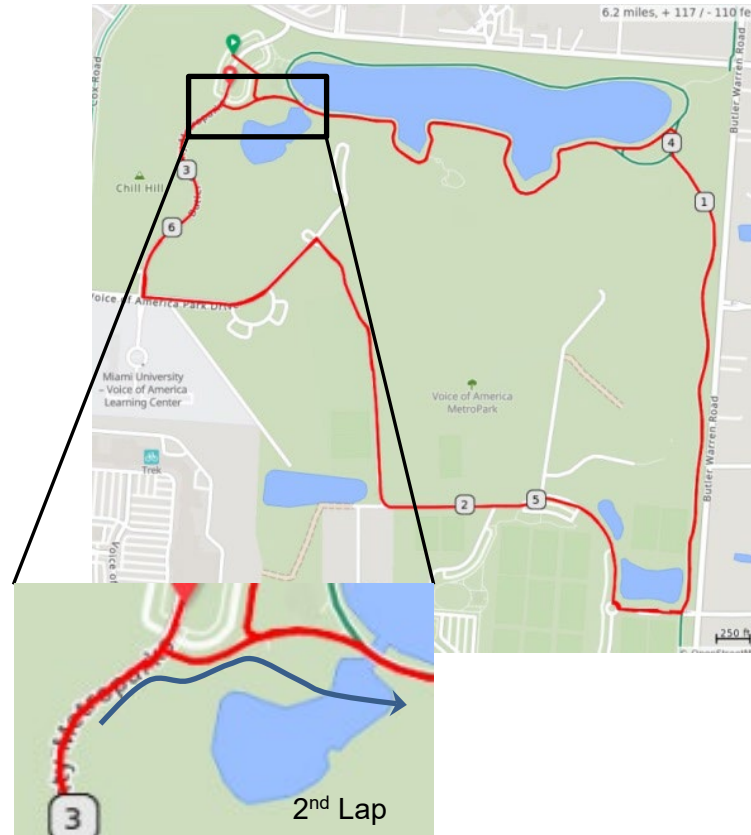
TRIATHLON RUN COURSE MAP



PRESENTED BY FLEET FEET



SPRINT TRIATHLON 5K - 1 LOOP

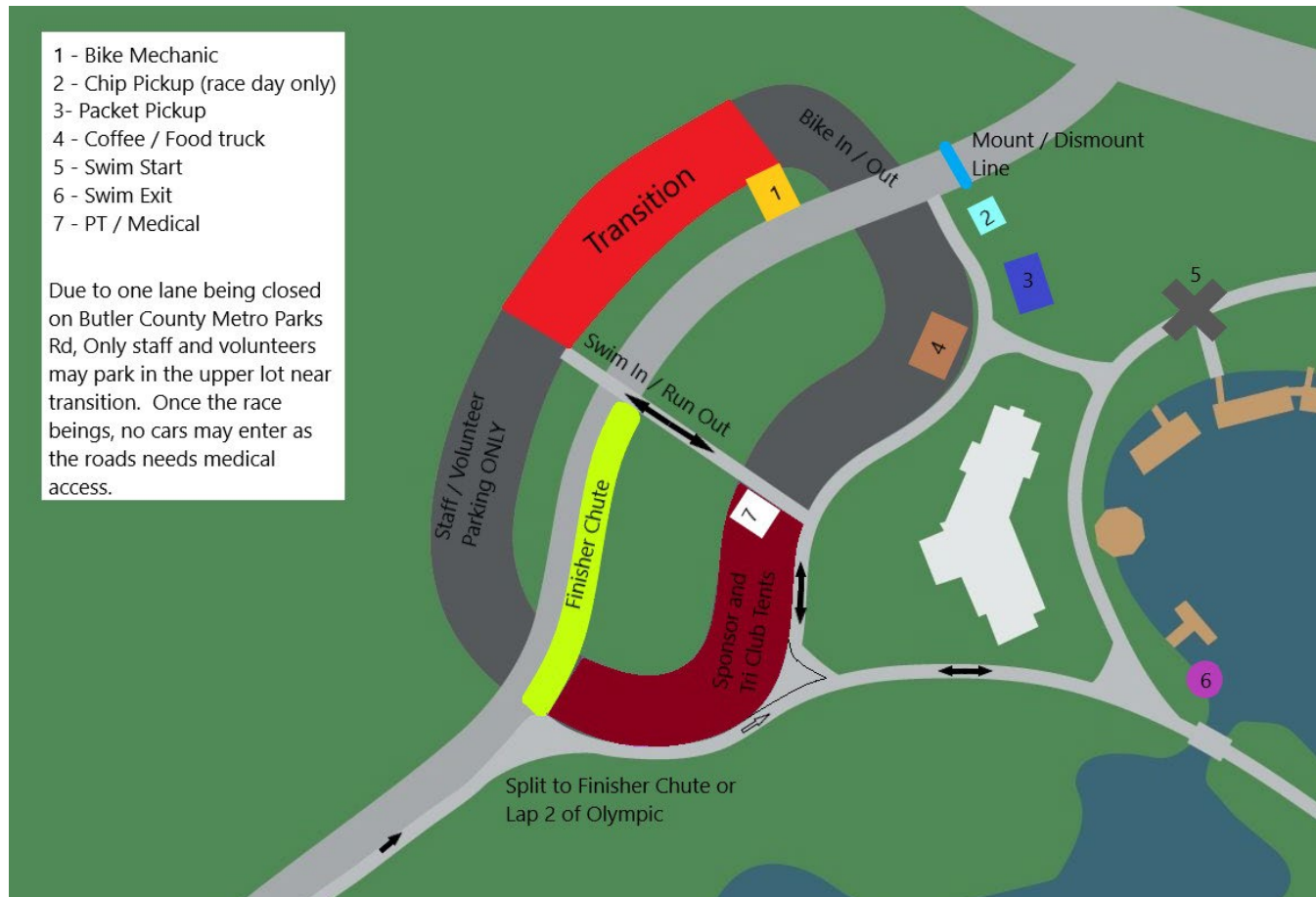


OLYMPIC TRIATHLON 10K - 2 LOOPS



TRANSITION MAP

PRESENTED BY AQUATECH POOLS



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 and it is racked. **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!

