

# Event Detail

## American Triple-T Ohio

May 21 - May 23, 2010

Shawnee State Park

Portsmouth, Ohio

(614) 585-9604

<http://www.hfpracing.com/>

### Summary

#### Dates

**May 21st through 23rd, 2010**

#### Location

Shawnee State Park

Portsmouth, Ohio

#### Start Time

Friday, May 21st, 2010 at 5:00 P.M.

Saturday, May 22nd, 2010 7:30 A.M.

Saturday, May 22nd, 2010 3:00 P.M.

Sunday, May 23rd, 2010 at 7:00 A.M.

#### Fees

US \$200 (early bird, individual) - \$500 (team)

#### Website

<http://www.hfpracing.com/>

#### Contact Name

Customer Service

#### Phone Number

(614) 585-9604

#### Email Address

[customerservice@hfpracing.com](mailto:customerservice@hfpracing.com)

#### Additional Event Information

Friday, May 21, 2010

*Race #1 - SUPER SPRINT*

**250m Swim :: 5mi Bike :: 1mi Run**

**The American Triple-T Ohio starts everything off with the SUPER SPRINT, a smack-in-the-face for those not quite ready for the brutal hills of Shawnee Forest - literally a wake-up call for all participants in the American Triple-T Ohio.** This short race will be the first opportunity for participants to see what they are truly in for. The swim starts off in time-trail format with participants going off every 1-3 seconds on a spectator friendly 250 meter triangle swim course off the main beach at Turkey Creek Lake. Participants will then mount their bike for a 5 mile bike course that will feature a half mile plus climb up to the Mohican Resort and back. After completing this challenging 5 mile course participants will take on a relatively flat 1 mile run that turns around at the base of Lamp Black Run.

*Race #2 - OLYMPIC AM*

**1500m Swim :: 40k Bike :: 6.55mi Run**

**Saturday morning starts of the American Triple-T Ohio race number 2 - the OLYMPIC AM.** The 1500 meter swim starts off in time-trail format with participants going off every 1-3 seconds on a two-lap counter clockwise rectangle swim course along the shoreline of Turkey Creek Lake. Participants will then mount their bike for a challenging 40k bike course that will challenge all ability levels. Participants will tackle the switch backs in Shawnee Forest before taking on the infamous Thompson Hill - an 18% grade climb that you soon won't forget. After completing this challenging bike course participants will take on Lamp Black Run - a trail that you will get to know very well by the end of the weekend. Featuring a dirt and packed gravel surface, this trail humbles all.

*Race #3 - OLYMPIC PM*

40k Bike - 1500m Swim - 6.55mi Run

**After a few hours of rest, the American Triple-T Ohio race number 3 gets started at 3:00pm on Saturday.** This uniquely formatted triathlon starts with the bike first. Starting in a time-trial format, this challenging 40k course will take participants on the longest climb of the weekend - Blue Creek Pass. This course is out and back which provides an opportunity for everyone to see the mutual suffering from your fellow competitors. The return trip on the bike does not offer any relief from the hills as you will take on as many climbs as on the way out. After completing this challenging bike course participants will take on a 1500 meter swim on a two-lap counter clockwise rectangle swim course along the shoreline of Turkey Creek Lake. After completing the swim (which will cause many to wonder if they can do the run), participants will return to Lamp Black Run for another 6.55 mile run.

#### *Race #4 - HALF IRON*

1.2mi Swim - 55.5mi Bike - 13.1mi Run

**Sunday morning arrives and participants must now summon enough strength to take on what is easily the toughest half iron course known to man.** You will experience what participants refer to as the "Triple-T Shuffle", similar to the Ironman shuffle but worse! This will be the day you won't soon forget. It starts off with a two-lap 1.2 mile swim on a counter clockwise rectangle swim course along the shoreline of Turkey Creek. Next up is a scenic but challenging 2-lap 55.5 mile bike course. The squiggly lines on the map are not from an over caffeinated graphic designer, moreover these are actual "Alps like" switch backs, although significantly shorter than the real thing. These switch backs provide breathtaking views of the 60,000 acre Shawnee Forest like no other. After finishing the bike course participants will again head out on to Lamp Black Run - this time for two laps!

**Awesome** prize packages will be awarded to top finishers! All participants will receive race bags goodies.