

COMMISSION ACTION FORM

SUBJECT: WAIVER OF NO SWIMMING RULE AT ADA HAYDEN HERITAGE PARK FOR TRIATHLON EVENT

BACKGROUND:

For the past 15 years, Iowa Multisport (IM) have hosted the Hickory Grove Triathlon at Hickory Grove Park. The lake at Hickory Grove Park has been drained so improvements can be made and IM is looking for an alternative location for this event. Attachment A details the request to waive the No Swimming Rule that prohibits swimming in Ada Hayden Heritage Park (AHHP).

This park is managed, in cooperation with the Friends of Ada Hayden Heritage Park, to minimize negative environmental impacts. This is to better ensure a quiet and serene recreational experience for park visitors and for the wildlife that reside at this site. The park is a former rock quarry and the lake contains deep drop-offs which can be seen in Attachment B. Therefore, the no swimming rule was put in place for the safety of park users.

This request was presented to the Commission on February 21, 2019. After discussion regarding the event, the Commission referred this item back to staff to gather additional information. Staff has met with Alex Syhlman, Iowa Multisport, to discuss the event and gather this information which follows.

DATE AND TIME:

The original request was to host the triathlon on Sunday, May 19. IM is now requesting to host the event on Sunday, June 30 to allow for more time to plan and promote the event. If the Commission chooses to allow swimming in the lake, staff is supportive of the June 30 date as long as the event starts at 8:00 AM and set-up takes place starting at 4:00 AM on the same day. Commission would need to approve IM to be in the park prior outside of regular park hours.

EVENTS:

In addition to the triathlon (swim, bike, run), two additional sub-events are held. These are the aquabike (swim, bike) and duathlon (run, bike, run). Below is an explanation of the sub-events.

Aquabike (swim, bike): Participants typically have bad knees and can't run or don't want to run. These athletes would swim and bike just like the triathletes except they would stop after the bike. Typically less than 10 people participate in this sub-event.

Duathlon (run, bike, run): Participants typically have an upper extremity injury, don't know how to swim, or don't prefer to swim. Some athletes will switch to this category if the water happens to be colder than normal. These athletes would do a short run, then bike, and finish with a 5K run just like the other triathletes. Typically less than 30 people participate in this sub-event.

PARTICIPANT SUMMARY:

Below is a breakdown of the last five years of the Hickory Grove Triathlon. IM switched registration providers in 2017 and only has limited data for prior years. In addition, IM does not have data on how many participants are new to the sport.

	Ames	Story	Bordering county	Other	Total
2018	24	27	74	94	195
2017	16	21	81	89	191
2016	20	23	N/A	N/A	185
2015	18	20	N/A	N/A	184
2014	23	27	N/A	N/A	207

COMPARABLE LAKES INFORMATION:

Location 1:

Copper Creek Lake, Pleasant Hill, Iowa

- This 40 acre lake is in a 70 acre park with playground, running trail, restrooms, picnic tables, and shelter
- It is surrounded by businesses and residential homes
- It is an old rock quarry with steep slopes and depths up to 40+ feet
- City of Pleasant Hill - Parks and Recreation owns and manages
- No Swimming 363 days a year. They have allowed swimming for the triathlon and for a swim practice/clinic with lifeguards the day before the triathlon
- Pleasant Hill Parks and Recreation (PHPR) has no swimming signs posted around the lake. PHPR reported there were no swimming incidents attributable to the triathlon the rest of the year and indicated it was positive experience for the city and the park.

Location 2:

Lake Petocka, Boundurant, Iowa

- This 18 acre lake is part of a 40 acre park with a playground, volleyball court, baseball/softball fields, shelters, running trail, bathrooms, etc...

- It is in a rural setting with adjacent farm fields and sport complex
- This lake has a maximum depth of 19 feet
- City of Bondurant - Parks and Recreation (CBPR) owns and manages
- No Swimming 364 days a year. They allow a swimming exception for the triathlon only.
- CBPR reported there were no swimming incidents attributable to the triathlon being in the lake the other 364 days a year and noted the race was great way to highlight the park and the city.

Location 3:

Fidler Pond, Goshen, Indiana

- This 80 acre pond is part of a 100 acre park with canoe, kayak, pedal boat rentals, running trail, shelters/pavilions, etc...
- It is surrounded by businesses, fair grounds, and residential
- It is an old rock quarry with similar topography and depth as Ada Hayden Lake
- City of Goshen - Parks and Recreation owns and manages
- No Swimming 364 days a year. They allow swimming one day per year for the triathlon they host.
- Goshen Parks and Recreation (GPR) has no swimming signs posted around the lake. GPR reported there were no swimming incidents attributable to the triathlon being in the lake the other 364 days a year.

HICKORY GROVE TRIATHLON EVALUATIONS:

IM conducted a post-race survey the first 5-7 years of the race but haven't taken one the last five years. Most feedback is received through conversation and emails and are related to topics such as switching shirt sizes, lost and found items, picking up awards, weather, etc. The overarching feedback for Hickory Grove Triathlon usually relates to weather and water temperatures. If it is a particularly cold year IM will get comments on the weather or people asking to switch to the duathlon (run, bike, run) if the water is cold.

If IM is allowed to hold the triathlon at Ada Hayden Park, IM has agreed to conduct a post-race survey to gather feedback. They are also willing to ask any questions Park and Recreation staff or the Commission would like to be included in the survey.

PARTICIPANT EDUCATION REGARDING NO SWIMMING:

Staff has discussed this topic with IM and are confident they will take this seriously as it is a park rule and IM would be receiving an exception to this rule for the event. Below are ideas IM is considering in order to educate participants:

1. Include a no swimming message on the front page of the website. This message would be repeated in different sections of the website such as swim course page.
2. Include the statement "I understand that swimming in Ada Hayden Lake is not allowed at any time outside of race day 6/30/2019 and only during the race." as

part of the registration. Each person would have to check a box indicating that they have read, understand, and will adhere to the statement.

3. Include this second statement on the registration form "I understand that if I am found to be swimming in Ada Hayden Lake prior to race day I will not be allowed to participate on race day and I will not receive a refund under any circumstance." Each person would have to check a box indicating that they have read and understand.
4. Each person will receive an automated confirmation email when they register which will include educational language reminding them there is no swimming at AHHP except on race day during the race.
5. A pre-race email normally goes out to participants on Monday, Tuesday, or Wednesday before the race and would include another reminder there is no swimming at the lake.
6. No swimming yard signs could be placed at the boat ramp or near parking areas leading to the park during the week leading up to race day.
7. Any media presence IM uses (print, radio, TV) would also remind people that there is no swimming at the lake before or after the race.
8. IM is also open to any additional ideas or suggestions.

SPECIAL EVENTS COMMITTEE:

IM submitted an application and met with the Special Events Committee on Monday, March 11. Alex Syhlman, Iowa Multisport, presented an Ames Triathlon Timeline & Safety Plan for review. Based on the discussions, Alex has made changes and Draft 2 is Attachment B.

ALTERNATIVES:

1. Approve the request from Iowa Multisport to:
 - a. Waive the No Swimming Rule at Ada Hayden Heritage Park North Lake, **7:00 – 10:00 AM**, on Sunday, June 30, 2019 to allow Iowa Multisport to host a triathlon event.
 - b. Give permission to Iowa Multisport to enter Ada Hayden Heritage Park at 4:00 AM on Sunday June 30, 2019 to begin event set-up.
2. Deny the request from Iowa Multisport to allow swimming in Ada Hayden Heritage Park Lake in order to host a triathlon.
3. Refer back to staff.

STAFF RECOMMENDED ACTION:

The No Swimming Rule was put in place for the safety of all users. Since the park has opened, staff has consistently enforced this rule. Whether it be observing someone in the water or an individual making a request, staff educates users on why there is no swimming. All rules are put in place for a reason and one may ask if that reason is still valid. Because of the steep drop-offs, staff feels this is still a valid reason to have the no swimming rule. Please note the Friends of Ada Hayden Heritage Park are still opposed to waiving the no swimming rule for any event.

Staff has been working with Iowa Multisport since the last Commission meeting and found them to be responsive, accommodating, and open to finding common ground for this event to be held at Ada Hayden Heritage Park if Commission approves. Attachment B reflects the results of these conversations. In addition, Attachment C shares correspondence received in support of waiving the no swimming rule at AHHP for this event.

If the Commission feels that waiving the no swimming rule for this event is not the right thing to do and sets a bad precedent for the future, then the Commission should approve Alternative 2 as stated above.

However, if the Commission feels that waiving the no swimming rule for this event based on the measures Iowa Multisport has in place to provide a safe event for all, then the Commission should approve Alternative 1 as stated above.

ATTACHMENT A

From: "Alex" <alex@truetimeracing.com>
To: "kabraham@city.ames.ia.us" <kabraham@city.ames.ia.us>
Cc: "Chris Syhlman" <chris@truetimeracing.com>, "Kristi Syhlman" <kristi@truetimeracing.com>

Date: Wednesday, January 30, 2019 12:44AM
Subject: Request to host triathlon at Ada Hayden Park

History: [↩ This message has been forwarded.](#)

Hi Keith

It was nice talking to you about hosting Hickory Grove Triathlon at Ada Hayden Park. Thanks for helping me better understand the process in requesting permission to use the lake and park. We hope after reviewing this information and discussing it with your staff, we could receive a positive recommendation for our event.

As I mentioned on the phone, we have been hosting Hickory Grove Triathlon at Hickory Grove Park for the past 15 years. This year the DNR has drained Hickory Grove Lake for improvements. We are hoping to host our 16th annual triathlon at Ada Hayden. Typically this would consist of a swim between 500 yards and 750 meters, a bike course of around 12.4-15 miles, and 5k/3.1 mile run. Typically we hold this race on the Sunday before Memorial Day weekend which would be Sunday May 19 this year but we are open to other dates too.

Safety is paramount to all of our events and because of this we have been sanctioned by USA Triathlon (the national governing body for the sport of triathlon) every year the race has been in existence. The standards set forth by USAT set the stage for a safe race and we meet and/or exceed those standards. In addition I have also attained a level 2 Race Director Certification through USA Triathlon.

The order of a triathlon is swim, bike and run. Since bike and run courses have already been established at Ada Hayden and there is precedent for them, I won't spend a lot of time talking about them. If allowed, we intend to use the established 5k course within the park on the paved path. The bike course would be very similar to the one used by the GAAR. We would only adjust it to make it the desired length. We would like to set up the transition area (portable bike racks) in the grassy area near the boat ramp.

This leaves the swim portion which is what we are seeking an exception for, and a supportive recommendation to the parks commission. I have attached two potential swim course maps to this email along with some lake topo/depth maps for comparison. Both swim courses use the shallow sections of the north pool which are shallower than the sections of lake we have been swimming in at Hickory Grove Lake and Don Williams Lake for the past 15 years. Having said that we treat every depth of a swim course the same whether it is 1 foot, 10 feet, or 100 feet. Both swim courses also start and end at the north boat ramp. Boat ramps are commonly used for triathlon swim courses, providing a safe entry and exit point for participants and safety personnel.

While all triathlons in Iowa swim in sections of a lake not normally open to swimming, there are also triathlons in lakes that don't have swimming beaches and are normally closed to swimming. Two examples being CyMan Triathlon held at Lake Petoka in Boundurant and Copper Creek Triathlon held at Copper Creek Lake in Pleasant Hill, Iowa. These swims start/finish either from boat ramps or a favorable section of shoreline and have been both safe and successful races. Neither venue is ever open for public swimming without an approved exemption for the respective races.

I also wanted to touch on some of our safety protocols. USA Triathlon recommends 1 lifeguard per 50 swimmers in the water. We always attempt to exceed this and aim for 1 guard per 25-35 swimmers in the water. In the past we have also worked with the Story County Dive Team and Skunk River Paddlers to provide safety spotters, rides for life guards, and places to rest should someone need to stop for a minute or two. If granted permission to swim in Ada Hayden we would also inquire about water support from the Ames Fire Dept.

We would also utilize a swim start method called a time trial start. Essentially one person would start the race every 3-7 seconds as determined by the swim course director who releases the athletes one at a time into the water. This method is preferable because it allows the water course team to better track swimmers from start to finish and allows us to control the number of people on the swim course at one time.

In summary, we take safety seriously and utilize many resources and strategies to provide a safe race experience for triathletes. If you have any questions I would love the opportunity to discuss and answer them. I am also happy to meet with you and/or your staff if you would find that beneficial. We hope you will consider recommending a swim exception and approval for our proposed triathlon to the Parks Commission.

Thanks for your consideration and we look forward to your response.

Alex Syhlman
USAT Lv2 Certified Race Director
Hickory Grove Triathlon
True Time Racing Services
alex@truetimeracing.com
515-450-1751

ATTACHMENT B

Ames Triathlon Timeline & Safety Plan- Draft 2

Timeline overview for race day:

- 4am – transition area setup in park
- 6am – registration and transition area open to athletes
- 6am – swim buoys are placed in the water
- 7:20am - water safety in place for warm ups
- 7:25am – Swim warm up begins
- 7:40am – Swim warm up ends
- 7:45am – Pre-race meeting and announcements
- 7:55am – Para Triathlon event starts(or para triathlon will start at the end)
- 8:00am – First Age group athlete starts with one person starting every 3-7 seconds after that
- 8:07am - First swimmer exits the water - estimated
- 8:30am - Last swimmer exits water and all bike on the road - estimated
- 8:43am - First bike returns - estimated
- 9:02am – First finisher - estimated
- 10:00am – Last bike enters park - estimated
- 10:50am – Last Finisher - estimated
- 10:50am – or after last person finishes Awards Ceremony
- 11:15pm-12:30pm tear down and clean up (Typically gone before noon)

Medical Plan:

Ambulance on site stationed near boat ramp
Mary Greeley notified of event

Swim course:

Distance: 500 meters

Agencies: Ames Fire Dept, Story County Sheriff Dive Team

Lifeguards: 1 Lifeguard per 25 swimmers in the water

Communications: TBD at special event meeting

Timeline (estimated on 200 athletes start average 5 seconds apart):

8:00 AM – First swimmer starts

8:07 AM – First Swimmer out

8:17 AM – All swimmers in the water

8:30 AM – Last swimmers out of the water

- Course layout and start method
 - Triangle shaped swim course (prevents cross over collisions among swimmers)
 - Two turns on course are marked with 5.5 ft tall tetrahedron swim buoys
 - Boat ramp entry and exit
 - Boat ramp covered with carpet to protect bare feet
 - 4 foot tall channelizer cone with weight to mark edge of ramp so athletes know where the ramp ends and they should push off on entry and put their feet down when exiting
 - End of boat ramp checked for debris
 - Time Trial swim start – 1 person starts every 3-7 seconds
 - Allows control of the number of people on course to ensure safety ratios
 - Swimmers don't have negotiate other swimmers trying to enter at the same time Staging will be just east of the boat ramp

- Water quality
 - We will depend on water testing by Iowa State University and/or the Iowa Dept of Natural Resources to determine if the water quality is safe for swimming

- Pre-race meetings
 - Race announcements and no Swimming posted at boat ramp during the week leading up to the race
 - Rules and safety measures communicated to participants and volunteers via pre-race safety meeting, pre-race email, website, or other communication.
 - Race day meeting for volunteers and water course personnel.
 - Update on weather and water conditions
 - Review communications plan
 - Review flag system
 - Race day meeting for participants
 - Update on weather and water conditions
 - Review rules and course
 - Review flag system
 - Answer any remaining questions

- Categories of water safety
 - Kayaks, jet skis, canoes capable of supporting operator and one other person
 - Stay on route to keep swimmers on course and provide a resting point for tired swimmers
 - Also, notify evacuation boats of emergencies and exhausted swimmers
 - As the majority of the participants finish the few remaining swimmers will have a higher ratio of support craft to swimmers
 - Evacuation boats (motorized boats - primarily Ames FD and Story Co. Dive Team)
 - Responsible for assisting Kayaks, skis, and canoes in removing swimmers from the water
 - Evacuation boats should only return medically needy swimmers to shore and not swimmers who are just tired in order to maintain coverage
 - Assist in closing swim course in case of weather or emergency
 - Evacuation boats will have red flags to signal course closure if needed

- Sweeper vessel
 - Follows last swimmer
 - Typically a kayak
 - Escorts
 - Escorts are one support craft to one swimmer
 - As the majority of racers finish support craft will begin to become escorts for the slowest swimmers
 - Inefficient swimmers or tiring swimmers will often have as coverage allows
 - Lifeguards in motorized vessels, canoes, on shore, or in other water vessels
- Communications
 - Boat Ramp is staging/setup area
 - Radio/Cell phone communication to
 - Race director Alex (cell 515-450-1751)
 - Swim Safety coordinator: TBD
 - Ham Radio: TBD
 - Ames Fire: TBD
 - Story Co Dive Team: TBD
 - Canoes, ski, kayaks should have whistle or air horn to alert evacuation boats of a swimmer that needs to go to shore or be picked up
 - Chip timing and tracking
 - All participants will be required to wear a timing chip on their person
 - All participants will cross a mat prior to entering the water so we know who went in the water and started the race
 - Rescue personnel and participants will need to be certain to notify race officials if they drop out or do not finish the race to prevent a false missing swimmer event
 - We will be able to reference the chip reads to determine if a swimmer entered and/or exited the water
 - Transition Bike Check
 - Once the last swimmer exits the water and the transition area there should be a period of time where there are no bikes in the transition area
 - If a bike remains in transition area after the last swimmer exits the water the swim director and/or transition director should determine what the race number is of the bike(s) left in transition.
 - This race number should be compared with any people that were reported to have dropped out of the race or quit early
 - If the race number is not linked to a person known to have dropped out of the race their name should be announced on the PA system
 - Simultaneous to announcing the name over the PA system the participant's phone number should be tracked down from the Race Director or Race Timer and the Swim Director should attempt to call that person.
 - The race timer should also check to see if that timing chip was handed out on race morning and if so were there any chip reads at the swim course timing mat that would indicate they entered the water.
 - If the above steps are unable to locate or determine if there is a missing swimmer discuss starting a missing swimmer incident with Ames Fire and Story Co Dive Team leaders.

- Missing swimmer Incident
 - If it is determined there is a missing swimmer the swim course will be closed
 - Closed course will be signaled via red flags, PA Announcements, and cell/radio communication
 - Ames Fire Dept and Story County Dive Team will be in charge of any missing swimmer incident

SWIM COURSE MAP:



Bike Course:

Distance: 15 miles

Agencies: Ames Police Dept, Story County Sheriff

Communications: TBD at special event meeting

Timeline (estimated):

8:08 AM – First Biker starts

8:30 AM – Last Biker leaves AHHP

8:43 AM – First Biker returns to AHHP

10:00 AM – Last Biker returns to AHHP

Fastest Pace: 26.8 mph

Slowest Pace: 10 mph

Intersections with estimated times:

Bloomington @ Stange

First person: 8:12 AM

Last person: 8:42 AM

GW Carver @ Cameron School Rd

First person: 8:15 AM

Last person: 8:54 AM

Cameron School Rd @ R38

First person: 8:20 AM

Last person: 9:03 AM

R38 @ E23(170th)

First person: 8:25 AM

Last person: 9:20 AM

E23(170th) @ GW Carver

First person: 8:30 AM

Last person: 9:32 AM

GW Carver @ W 190th St.

First person: 8:34 AM

Last person: 9:44 AM

W 190th St. @ Grand Ave

First person: 8:39 AM

Last person: 9:55 AM

Return to park

First person: 8:43 AM

Last person: 10:00 AM

Bike Turn by turn directions:

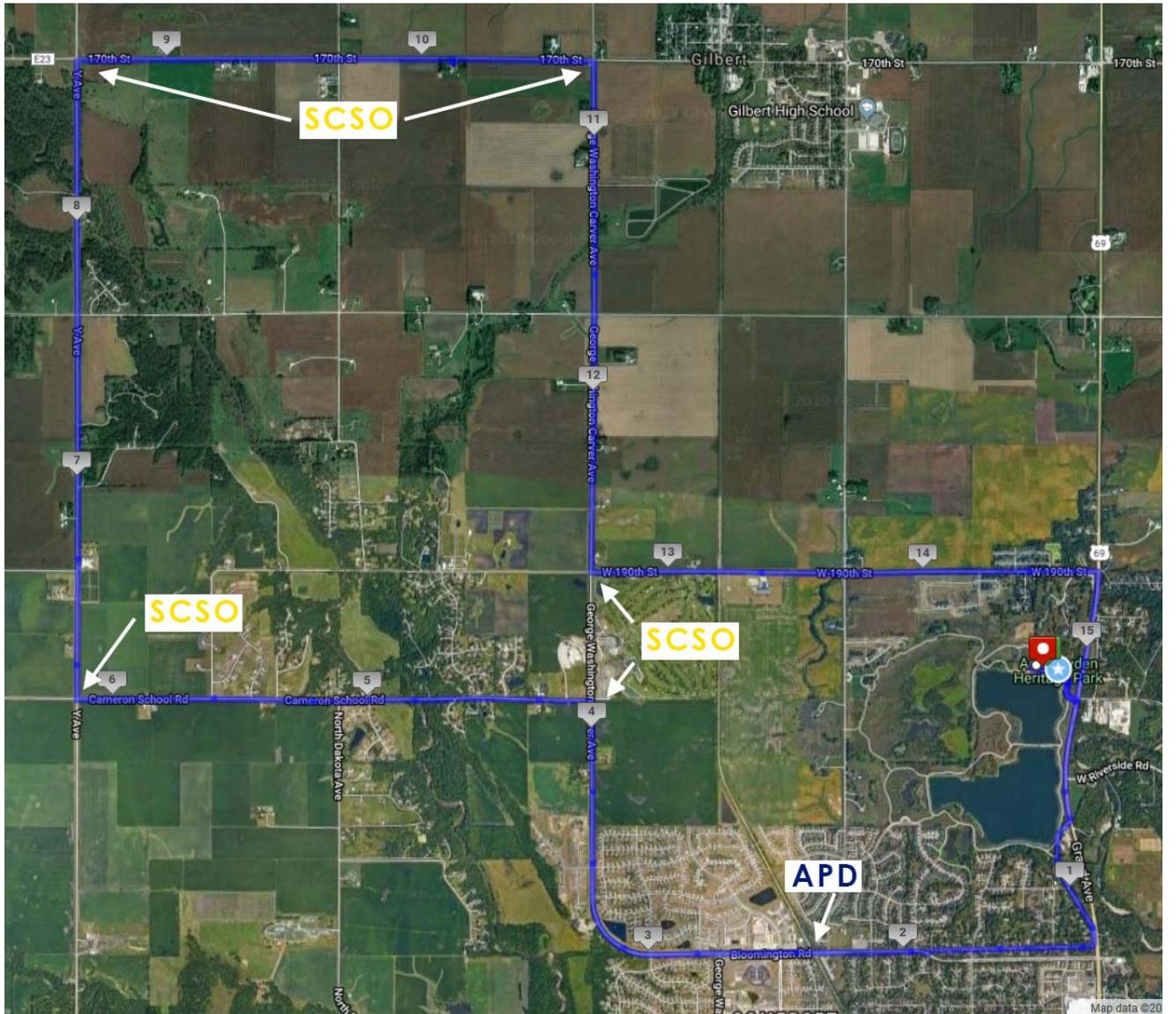
- Starting in AHHP north parking area near boat ramp
- Exit from park turning south on shoulder of Grand Ave
- Slight right on to Dawes Dr.
- Turn right (west) on Top-O-Hollow Rd
- Merge on to Bloomington Road (continue West)
- Turn right (north) Blooming curves to the north becoming George Wash. Carver Ave
- Turn left (west) on Cameron School Road
- Turn right (north) on R38
- Turn right (east) on 170th Street
- Turn right (south) on George Wash Carver Ave
- Turn left (east) on W. 190th St
- Turn right (south) on to should of Grand Ave
- Turn right (west) to enter park and return to transition area in north parking lot of AHHP

Bike Traffic Plan – signs and volunteers

- Bike route starts in AHHP north parking lot and exits south on to the should of Grand Ave.
- Grand Ave @ Dawes Dr
 - Cones w/arrows showing biker to turn right
 - Volunteer with safety vest to reinforce right turn
- Dawes @ Adams St.
 - Adams St. EB - Caution Event in progress
- Top-O-Hollow Rd @ Roy Key
 - Roy Key NB - Caution Event in progress
- Top-O-Hollow Rd @ Calhoun Ave.
 - Calhoun Ave. SB - Caution Event in progress
- Top-O-Hollow Rd @ Hoover Ave.
 - Hoover Ave. SB and NB - Caution Event in progress
- Top-O-Hollow @ Bloomington Rd.
 - Cones preceding intersection to get west bound car traffic to move to the middle lane and separating the two lanes for 50-100ft past the intersection
 - Cones directing with arrows directing cyclists to turn right heading west on Bloomington
 - Potentially CSO vehicle with directional stick to get cars to move over east of the intersection
- Bloomington @ Fletcher Ave.
 - Fletcher NB and SB - Caution Event in progress
- Bloomington @ Eisenhower Ave.
 - Eisenhower NB and SB - Caution Event in progress
- Bloomington @ Hyde Ave
 - Hyde NB and SB - Caution Event in progress
- Bloomington @ Stange Rd
 - Ames Police control intersection
 - Traffic lights set to flash red
- George Washington Carver Ave @ Chilton Ave
 - Chilton Ave SB – Caution Event in Progress

- George Washington Carver Ave @ Valley View Rd
 - Valley View Rd SB – Caution Event in Progress
- George Washington Carver Ave @ Harrison Rd
 - Harrison Rd WB – Caution Event in Progress
- George Washington Carver Ave @ Weston Dr
 - Weston Dr. WB – Caution Event in Progress
 - Weston Dr. EB – Caution Event in Progress
- George Washington Carver Ave @ Cameron School Road
 - Sheriff controls intersection
 - 2 directional arrows - Cyclists turn left (west) on Cameron School Road
- Cameron School Rd @ North Dakota
 - Caution Event in progress
 - Possible volunteer location
- R38 @ Cameron School Rd
 - Sheriff controls intersection
 - 2 directional arrow right turn (north)
- R38 @ E23 (170th St.)
 - Sheriff controls intersection
 - 2 directional arrow right turn (east)
- E23 @ George Washington Carver Ave
 - Sheriff controls intersection
 - 2 directional arrow right turn (south)
- George Washington Carver @ W 190th
 - Sheriff controls intersection
 - 2 directional arrow left turn (east)
- W 190th @ Grand Ave
 - DOT Sign North of the intersection facing south bound car traffic warning of bikes on the shoulder
 - 4 ft tall channelizer traffic cones on the line separating the shoulder and traffic from W. 190th to Park entrance
 - 2-4 right arrows tell cyclist to turn right (south)
 - 1 Volunteer with safety vest ensuring cyclist turn on to the shoulder
 - W 190th - Slow down sharp turn ahead sign approx. 200ft prior to intersection with Grand Ave.
- Park entrance
 - 1 volunteer with safety vest
 - 2-4 cones with right (west) turn arrows

BIKE COURSE MAP:



Run Course:

Distance: 3.1 miles

Agencies: Volunteers only

Communications: TBD at special event meeting

Timeline (estimated):

8:44 AM – First Runner starts

10:02 AM – Last Runner starts

9:02 AM – First Finisher

10:50 AM – Last Finisher

Run course is contained in Ada Hayden Park and is 5k/3.1 miles. The race will use all paved bike trails on the establish figure 8 course(course map below).

- All turns on the trail will utilize 18 inch tall orange traffic cones with a directional arrow(s) attached to the top of it. We typically place two cones with signs per turn.
- Yard signs with step in stakes can be used if better suited for a particular area
- No paint, chalk, or other marking will be placed on the pavement
- Signs will not be attached to trees
- 2 volunteers one at the pedestrian bridge (one east and one west) to assist runners as needed
- Water station at half way point (southeast corner of lake near southern restroom/Dawes/Calhoun Park)

RUN COURSE MAP:



Transition Area:

- Portable bike racks 10ft long each holding 6 bikes (34 bike racks estimated for 200 people)
- Paratriathlon area left open to allow for handbikes or other para-equipment
- Fabric fencing around the bike racks to separate athletes from spectators

TRANSITION AREA COURSE MAP:



ATTACHMENT C

TRIATHLON CORRESPONDENCE

To Whom it May Concern,

My name is Mandy McGuire and my husband and I have been residents of Ames since 2006. Upon graduating from Iowa State University, we moved away for a while, but were happy to return a few years later.

One of the reasons we chose to move back to Ames was for the great health, fitness and sport opportunities the town offers. Both Ryan and I, and now our kids, enjoy participating in the numerous "healthy" offerings that the city has - from 5k runs on the weekends, to track clubs, to baseball leagues, and the list goes on. We live in the Bloomington Heights area and Ada Hayden provides us with our favorite walking path for the dogs. We appreciate all that you do to maintain this area throughout the year (especially this winter!) with the nicely paved paths and well-maintained restroom facilities.

I recently heard about a small group requesting a waiver to the no swimming rule at Ada Hayden Heritage Park to host a triathlon. I am writing to fully support the waiver and the idea of having a triathlon in Ames. I know one of the people on the planning committee and have full faith that the group would put on a well-run and safe event.

Ada Hayden is a place that should continue to be showcased to the community and a triathlon would be a win-win for both groups. Holding a triathlon would also give the people of Ames and surrounding areas more choices of working towards a healthier and happier lifestyle. Having worked in the fitness business for over 20 years, I know how important it is to offer choices for people as well as the importance of having specific goals/events to work towards.

My husband and I fully support the race and hope you consider the no swim waiver for this event. If you have any further questions, please feel to contact me at the information listed below.

Sincerely,
Mandy McGuire
515.460.1115
mandym@amesracfit.com

To The Director and Commission:

My name is Mike Mullins and I was a resident of Ames from 2000 until 2010. During my time in Ames, I participated in numerous park and recreation programs and frequently enjoyed the city's many park resources. From 2008 until 2010 I was a seasonal employee for the City of Ames, grooming snow trails for cross country skiing at River Valley Park. I also helped organize a small charity 5K run in River Valley Park.

Through social media, I recently learned about a group requesting a waiver to the no swimming rule at Ada Hayden Heritage Park in order to host a triathlon. I am writing to support their request and the idea of having a certified triathlon in Ames. I know several of the planners and I believe that their event would be organized safely, monitored carefully, and managed responsibly.

Granting a swimming waiver at a lake where swimming is normally prohibited would not be unprecedented. As an example, for the last 20 years the city of Madison, Wisconsin has hosted an Ironman triathlon race, with the swim portion of the event held in Lake Monona. This large lake, located in the center of the city adjacent to their state capitol building, typically is the home of large power boats and water ski ramps, but the city and organizers have worked together to make the lake safe for swimmers just during the weekend of the race.

I think that event has provided significant benefits to their community, and a triathlon in Ames could do so as well. Were this event to be held, I would definitely come back to participate. This is an exciting opportunity and I encourage you to grant a waiver to the organizers.

Sincerely,
Mike Mullins
Brookville, Ohio

Dear Keith Abraham, Jeremy Bristow, Sarah Cady, Sean Carlton-Appleton, Kelsey Culbertson, Eve Doi Lederhouse, Sara Litwiller, Ed Moran -- City of Ames - Park and Recreation Director and Commission (Commission)

We are aware of a committee of local people who are planning to bring a triathlon event to Ames, Iowa – specifically to Ada Hayden Heritage Park.

We understand that there is a pending request with the Commission to allow swimming during a specific triathlon event this summer. Triathlon event involves swimming, bicycling and running. A triathlon event at Ada Hayden will be planned much like the successful Great Ames Adventure Race (GAAR) .. except in lieu of canoeing/kayaking a participant would be swimming. Similar successful triathlon events involving swimming have been held at Grays Lake Park in the City of Des Moines.

As a local runner, I support the request to temporarily allow swimming at Ada Hayden Heritage Park for a triathlon event and request that the Commission consider approving such park use.

Sincerely,
Mike Parsons
530 River Oak Drive,
Ames, IA 50010-4755
515.290.6025
prsnsmk@gmail.com

To The Director and Commission:

I am writing this to encourage you to approve a one-day waiver of the no swimming ordinance at Ada Hayden Heritage Park. Allowing Ames to support a triathlon at Ada Hayden would enhance people's regard for sports and fitness in our community and the beauty of Ada Hayden.

The swim portion at Ada Hayden would have minimal impact on water quality. Race director Alex Shylman has in place all safety measures such as boats, kayaks, and water boards. He also has an outstanding relationship with EMS and the Story County Sheriff's Department. He runs a professional race sanctioned by USA Triathlon which would expose people to a collegiate, Olympic, and professional sport.

Drawing people to Ames would have an economic impact in regards to hotels, restaurants, gasoline sales, and bike shops. People excited for triathlon also use pools, spin classes, and fitness memberships to train.

Please don't pass on what will be a big deal for Ames and Ada Hayden. Vote yes to a one-day waiver of the no swimming ordinance at Ada Hayden Heritage Park.

Thank you for serving, and thank you for your consideration.

Regards,
Nicole Rasmussen
2808 Northridge Ln
Ames, IA

Dear Mr. Abraham & Ames Parks and Recreation Commission,

My name is Sally Carnes; my husband, Dave, and I live in Ames. Since moving to the Ames community about 17 years ago, I have been impressed by the many parks, wellness programs, and recreation facilities available. Our family especially enjoys spending time outside in many of Ames' beautiful parks.

I recently heard about a small group requesting a special waiver to the no swimming rule at Ada Hayden Heritage Park in order to host a triathlon. I am writing to support the waiver for this event as well as the idea of hosting a triathlon in Ames. I'm acquainted with one of the individuals proposing the triathlon at Ada Hayden and I'm confident that they will organize a safe, well-planned event.

For the past 6 years I've organized a small 5K run/walk event at Ada Hayden Park and recognize that it is an ideal venue to bring the community together and to host athletic events. Ada Hayden Park would be uniquely well-suited to host a triathlon, and this is a great opportunity to engage Ames' enthusiastic fitness community. Thank you for thoughtfully considering this waiver request.

Sincerely,
Sally Carnes
Ames, IA

Director and Commission Members,

My name is Kari Smith. My husband and I live in Ames and are both employed by the Ames Community School District. Additionally, we have 3 daughters who attend school in the Ames District. Over the years, we have all participated in the wonderful programs offered by the Ames Parks & Recreation department. We are pleased to live here and love the opportunities we have. Ames has wonderful parks, and we enjoy them often as a family.

I recently heard about a small group requesting a waiver to the no swimming rule at Ada Hayden Heritage Park in order to host a triathlon. I am writing to fully support the waiver and the idea of having a triathlon in Ames. I know the people planning it, and they will undoubtedly operate a safe and fun event for the participants.

I have attended events at Ada Hayden. What a wonderful park to host athletic events such as 5K races. Adding a triathlon would most definitely benefit our community members who have an interest in fitness and the outdoors.

Sincerely,
Kari Smith, Ames, IA

To The Director and Commission:

My name is Emily Hampton and I have lived in Ames since 2000.

I very much enjoy some of the great programs you offer like, yoga in the park.

I recently learned of a small group requesting a waiver to the no swimming rule at Ada Hayden Heritage Park to host a triathlon. I am writing to fully support the waiver and the idea of having a certified triathlon in Ames. I know several of the people planning it. They are the best organizers, and I encourage you to endorse their effort.

Ames has wonderful parks, I enjoy them often. Adding a triathlon would most definitely benefit our community and those that choose to visit Ames and participate.

Sincerely,
Emily Hampton
Ames, IA

To The Director and Commission:

My name is Jacob Adams, and I have lived in Ames since 2006.

I am an avid runner, cyclist, and father of 5 year-old twins. The beautiful parks system of Ames allows me and my family to enjoy the outdoors, and some of us believe that it has yet more to offer.

A small group of race organizers is requesting a waiver to the no swimming rule at Ada Hayden Heritage Park to host a triathlon. I am writing to support the waiver and the idea of having a USAT (USA Triathlon) certified triathlon in Ames.

I fully believe hosting a triathlon at Ada Hayden Heritage Park will promote the "Healthiest Ames" initiative, encourage people to live healthy lives, and provide people of various backgrounds (including para athletes) the opportunity to participate in a triathlon in Ames.

As the Ames Parks and Rec website states: "Our Mission: To enrich lives by providing excellent parks, facilities and programs for current and future generations." Hosting a triathlon at Ada Hayden Heritage Park aligns with this mission.

Ames has wonderful parks that should be showcased and used to their fullest potential. Adding a triathlon at Ada Hayden Heritage Park would most definitely benefit our community and those that choose to visit Ames and participate.

Sincerely,
Name
Ames, IA

Dear Keith & The Ames Parks & Recreation Commission,

My name is Teresa (Tess) Balsley. I have lived in Ames since the fall of 1982 and truly consider Ames my home. I have been an avid runner my entire life and found myself drawn to triathlon in the early 90's as a form of cross training. I had no idea when I participated in my 1st biathlon in Waterloo or my 1st triathlon at Big Creek how much this sport and lifestyle would influence my life. Triathlon is a vibrant lifestyle and supportive community, not just a sport and has grown in popularity by leaps and bounds. I am now a 6 time Ironman Finisher as well as countless shorter distance events. Although I have not competed in several years due to family commitments, I do plan to return to competition. Last fall I was lucky enough to attend the CyMan Triathlon, sponsored by ISU, in Bondurant to support a close friend and ISU student. The atmosphere at any triathlon is inspirational, helpful, upbeat and always leaves me with a smile on my face for days. I did think it was a shame that ISU couldn't host it's own event here in Ames rather than so far away. Inviting this group of people to experience Ames would be a good thing in my opinion.

I understand that there are concerns surrounding the possibility of hosting a triathlon in Ames, specifically in regards to allowing swimming at the Ada Hayden Heritage Park. I believe that a one day waiver to accommodate this is worth trying. I caught part of the live feed of your Feb 21st meeting and felt compelled to lend my support to this proposal. I felt the representative from ISU spoke well and covered some important points. I also believe that the Ames community, not just the triathlon community, will step up to provide the volunteer force needed to promote, administer and clean up after this event. (Leave it better than you found it.) I for one will be happy to help out. As to the worry that people will assume that swimming is now an approved activity at Ada Hayden, I really don't see this being an issue. With all the signage that is currently out there and the obviousness of a special event, I don't see people honestly believing that swimming would be permitted all the time. Addressing this issue during promotion of the event and throughout the day would be essential. Obviously, time would be the determining factor. I am sure there are strong, valid points on both sides of this conversation and I don't mean to take anything away from those that are in favor of preserving Ada Hayden as is. As not only a proponent of triathlon but of nature conservancy as well and as a daily user of Ada Hayden, I personally don't see how allowing swimming for a single day event would harm the park.

Thank you for your consideration and I know that whichever decision is made will be made with thoughtfulness and respect to all aspects and parties involved.

Sincerely,
Tess Balsley
1808 Ada Hayden Rd
Ames, IA 50010

To whom it may concern:

I am writing this to encourage you to approve a one-day waiver of the no swimming ordinance at Ada Hayden Heritage Park. Allowing Ames to support a triathlon at Ada Hayden would enhance people's regard for sports and fitness in our community and the beauty of Ada Hayden.

The swim portion at Ada Hayden would have minimal impact on water quality. Race director Alex Shylman has in place all safety measures such as boats, kayaks, and water boards. He also has an outstanding relationship with first responders and the Story County Sheriff's Department. He runs a professional race sanctioned by USA Triathlon which would expose people to a collegiate, Olympic, and professional sport.

Drawing people to Ames would have an economic impact in regards to hotels, restaurants, gasoline sales, and bike shops. People excited for triathlon also use pools, spin classes, and fitness memberships to train.

I remember the first time my dad came to watch me in a triathlon and afterwards commented, "Wow, this is kind of a big deal".

Please don't pass on what will be a big deal for Ames and Ada Hayden. Vote yes to a one-day waiver of the no swimming ordinance at Ada Hayden Heritage Park.

In best regards,

Galen Crawford
3329 Jewel Drive
Ames, Iowa 50010
515-231-2635

To The Director and Commission:

My name is Kecia Place-Fencil and I have lived in Ames since 1995.

Over the years, I have been the race director for Five on the Fourth, as well as volunteered and/or participated in American Cancer Society's 5K for Life, Run for the Roses, the Iowa Able Foundation Run/Walk, and Mary Greeley Medical Center's Hope Run.

I know of a small group requesting a waiver to the no swimming rule at Ada Hayden Heritage Park to host a triathlon. I am writing to fully support the waiver and the idea of having a USAT (USA Triathlon) certified triathlon in Ames. As a personal trainer and fitness advocate in Ames, I fully believe hosting a triathlon at Ada Hayden Heritage Park will promote the "Healthiest Ames" initiative, encourage people to live healthy lives, and provide people of various backgrounds (including para athletes) the opportunity to participate in a triathlon in Ames.

As the Ames Parks and Rec website states: "Our Mission: To enrich lives by providing excellent parks, facilities and programs for current and future generations." Hosting a triathlon at Ada Hayden Heritage Park aligns with this mission. Ames has wonderful parks, that should be showcased and used to their fullest potential. Adding a triathlon at Ada Hayden Heritage Park would most definitely benefit our community and those that choose to visit Ames and participate.

Sincerely,
Kecia Place-Fencil
ACE Certified Personal Trainer
CPR/AED Certified
keciapf@gmail.com
515.451.9647

To The Director and Commission:

My name is Abbey Westbrook and I have lived on Kellogg Avenue near downtown Ames for 10 years.

It was recently brought to my attention that a group has been working hard to organize a triathlon here in Ames. It is also my understanding that the planning has involved a request for a waiver to allow swimming at Ada Hayden Heritage Park. Many of the triathlon organizers have actually helped plan and execute other events held at Ada Hayden Park (Five on the Fourth and Iowa Able Run are two I can confirm), as well as many activities held at other parks throughout town. I am incredibly excited about the possibility of this coming to life and know that those who are working so hard to organize this will put together an amazing event. I am writing to fully support the waiver and the

idea of having a certified triathlon in Ames and hope you choose to do the same. Adding a triathlon would most definitely benefit our community and those that choose to visit Ames and participate.

Sincerely,
Abbey Westbrook
704 Kellogg Avenue
Ames, IA 50010

To The Director and Commission:

My name is Nathan Graves. I currently live in Nevada, but grew up in Gilbert and have lived in Central Iowa most of my life. I currently work at Iowa State and Ames is a big part of my everyday life. I have always maintained an active lifestyle and in the last year have become involved with Triathlons. This last summer I participated in as many events as I could manage around the surrounding area.

I recently learned of a small group requesting a waiver to the no swimming rule at Ada Hayden Heritage Park to host a triathlon. I am writing to fully support the waiver and the idea of having a certified triathlon in Ames. I know several of the people planning it. They are the best organizers, and I encourage you to endorse their effort. The proposed event is something I would definitely consider participating in or being a volunteer. Either way, I would want to help make the event successful.

I know there is some concern about the lake being too deep or the steep edges of the lake boundary. I have spoken with some of the committee planning this event. If they are approved, using the boat ramp as an entry and exit point would make the event very safe. I have full confidence in their ability to host a safe and fun event.

Ames has wonderful parks. Adding a triathlon would most definitely benefit our community and those that choose to visit Ames and participate.

Sincerely,-
Nathan Graves
(515) 460-5526
nathan.s.graves@gmail.com

To The Director and Commission:

My name is George Klotzbach and I have lived on Linden Drive in Ames since 1986.

Over the years, I have served on several not-for-profit boards and commissions in the community. I have helped plan events to benefit these organizations, such as Five on the Fourth, the American Cancer Society's 5K for Life, Run for the Roses and the Iowa Able Foundation Run/Walk.

I recently learned of a small group requesting a waiver to the no swimming rule at Ada Hayden Heritage Park to host a triathlon. I am writing to fully support the waiver and the idea of having a certified triathlon in Ames. I know several of the people planning it. They are the best organizers, and I encourage you to endorse their effort.

Ames has wonderful parks, I enjoy them daily with my dog. Adding a triathlon would most definitely benefit our community and those that choose to visit Ames and participate.

Sincerely,
George J Klotzbach
Small Business Accountant LLC
1411 Linden Drive
Ames, IA 50010

Hello Keith,

Tim Fencl has informed me that at tonight's Parks and Recreation Board meeting there is to be discussion on swimming at Ada Hayden pursuant to his goal of having a triathlon at the park. I am out of town and cannot attend so I am sending this note as an expression of my opinion!

As a planner, promoter, and participant in the annual Great Ames Adventure Race I can attest that these type of athletic events bode well for showcasing the City of Ames park system! While not favoring public swimming I do think favorably of a special event swimming exception for a triathlon!

Thanks Keith, have a good day!
Art Barton

Dear Parks and Rec Commission:

I write to ask you to support the holding of a triathlon with the swimming portion at Ada Hayden Park. As detailed in my accompanying letter, I don't believe there is any physical reason that the lake can't safely be used. Depth simply isn't an issue.

Depth is even *less* of an issue than it might otherwise be because of the date proposed for the race, which is in May. While no one can predict the weather precisely, it is very likely that this would be a "wetsuit legal" race because of the water temperature at the time of year. The vast majority of racers will wear buoyant wetsuits that make it almost physically impossible not to float. As I point out in the letter, safety at a race like this is related to supervision, not depth.

It seems to me that the only significant objection in your staff report is literally the waving of the rule regarding no swimming in Ada Hayden. Yes, of course it sets a precedent for swimming: under highly supervised conditions under city permit. Midnight madness sets a precedent for running down Main Street. It's just not a reason to hold up the application.

I want to make clear that I am a disinterested party here, save that I support the triathlon community, as well as various other sporting communities in town. I am not affiliated with the race or its promoters in any way.

I intend to attend the meeting and would be available to answer any questions from the perspective of an extremely experienced racer.

William Jenks
3101 Greenwood Road, Ames

To The Director and Commission:

My name is Shelley Oren. Although I do not currently live in Ames, I fell in love with Ames as a college student in the 80's and have supported the community since that time. My family lived in rural Boone for 25+ years and our family has supported Ames in many ways. Two of my adult children graduated from ISU and currently live and work in Ames along with my beautiful grandchildren ❤️. Thus, I still have strong connections to the community and Ames will always be special town for me.

After earning both my BS and MS from ISU, I worked for ISU for 15 years before transitioning to Des Moines University in 2000 as a Faculty member. I commuted from rural Boone to Des Moines before moving to Altoona in 2017.

As I approach my 50's, I realized I needed to get active -again- as I had previously been a High School athlete. I started with running but quickly transitioned to Triathlons. My first Tri Training group and training companion were in Ames. Thus, a significant amount of my training occurred in Ames despite living outside of town. I made life long tri friends through the group – some that currently reside in Ames.

2019 is my 9th Triathlon season, at age 58, and the sport has become my passion and hobby. In the past (and plan to continue,) I have participated in 'local' triathlons in Ogden, Des Moines, Pleasant Hill and Bondurant, each time supporting the community by eating at a local restaurant and/ or buying gas. Consider that each of these races brought at a minimum 200 racers + family/ friends to town. I realize this is small in comparison to ISU events, but perhaps, a new demographic of people and focus. People will travel and support triathlons. Ames is an easy commute for athletes and offers great post race opportunities. Ada Hayden is one of Ames' gems and holding a Sprint Triathlon would show-case the great area as well as the town. Yes, a triathlon in Ames would be great for central Iowa athletes, but also the Ames community.

It is my understanding, that Ames resident athletes are attempting to bring a triathlon to Ames and are asking for a waiver to the no swimming rule at Ada Hayden. I ask that you please consider allowing the event and support your citizens in creating the first ever Ames Sprint Triathlon! I fully support the idea and have committed to helping make it a success.

In Support,
Shelley Oren, M.S.
shelleyoren@gmail.com
Age 58
Altoona, IA.
