



Athlete Guide

Welcome to the 5th Annual KBR Triathlon ~ Kayak, Bike, Run

Saturday, September 18, 2021
Cassadaga Beach, Park Avenue, Cassadaga, NY 14718

IF YOU ARE SICK OR HAVE BEEN EXPOSED TO SOMEONE THAT IS SICK, PLEASE DO NOT COME TO THE RACE! YOUR REGISTRATION WILL BE DEFERRED UPON NOTIFICATION TO TONIA TO A FUTURE RACE.

Race Communications:

Mark H. Wilson (914-466-9214) or coachmarkwilson@gmail.com
Tonia H. Wilson (716-353-1288) or tonia@coachmarkwilson.com

Race begins at 10:00am, SHARP

Transition and check in opens at 8:00am and closes at 9:40am

Pre-race meeting held 9:45am

PARKING

- FREE event parking at:
 - Park Church, directly across from Park Avenue off of Maple Ave.
 - Mill Street at the Cassadaga Fireman's grounds
 - There is NO parking AT THE BEACH or along Park Avenue!
- Please do not park on the roadways or in front of or behind our local businesses.
- Follow the signs that say PARK HERE
- Park Avenue will be CLOSED to all traffic except residents.
- You can drop off your kayak at the race site and then go park or there is a place to put in the water at the Fire Hall.

CHECK IN

- There will be NO race day registration.
- Check in is open from 8am to 9:45am.

- Please follow the signs for MEN CHECK IN or WOMEN & RELAY TEAM CHECK IN

BODY MARKING

- You will be marked on the back of your hand only at check in

HELMET & BIKE

- Stickers will be included with your check in packet
- Please adhere accordingly
- You will be checked coming out of transition with your bib # and bike # post race.

BIB NUMBER

- You **MUST** have your Bib number displayed on the front of your body during the run portion of the race.
- Timing is done manually. No split times will be kept, only finish times.

TRANSITION

- ATHLETES ONLY are allowed in the transition area. NO spouses, children, coaches, etc.
- Transition area is on the fenced in basketball court at the park.
- Please be mindful of your fellow racers and try and keep your items confined to a small a space as possible underneath your bike.

RELAY TEAMS

- Relay teams of 2 or 3 are welcome to participate.
 - You will meet at the bike rack in transition.
 - The kayaker must be present at the bike rack before the cyclist leaves transition
 - The cyclist must rack the bike before the runner leaves the designated spot.
 - Only the runner is required to wear the bib on the front of their body as they cross the finish line.
- Please note that all members of the team may cross the finish line together. Please do not impede other participants as they enter the finish chute.

PRE-RACE MEETING

- Please be in your kayak at the waterfront for meeting. Meeting will begin promptly at 9:45am.

KAYAK

- Please make sure that your kayak is clean and free of debris before entering the water.
- **All participants MUST have a life preserver!** One will **not** be provided for you, so please make arrangements in advance.
- Wetsuits can be worn. They are not required.
- Upon exiting the water, there will be volunteers assisting you in getting out of the kayak and moving the kayak out of the path of fellow racers. Place the paddle inside the kayak and exit as directed.
- NO-ONE will be allowed to remove kayaks from the waterfront until after the race is completed. Please ask your spectators to respect this and refrain from trying to load up the kayak while you are out on the bike. SAFETY for all of our racers is of the utmost importance!!

BIKE

- You must walk the bike out of the transition area and mount in the designated location.
 - YOUR HELMET MUST BE SNAPPED ON BEFORE YOU LEAVE TRANSITION.
- **DO NOT ride side by side in the road**
 - **Stay to the right of the roadway at all times unless you are passing**
 - **NEVER cross over the yellow line in the middle of the road.**
 - **The course is NOT closed to traffic.**

Absolutely NO littering on the courses

- There will be NO drafting; this means that you must keep 3 bike lengths between you and the rider in front of you. Only when you are going to pass can you call out "ON YOUR LEFT" and then pass, only on the left side, making sure that you are able to move into the roadway safely.

The course is all right hand turns.

- Out of transition right onto Park Ave and turn right onto Maple Ave.,
- Right turn onto Frisbee Road
- Straight thru stop sign at Dale and Frisbee onto Glasgow Road.
- Right turn at the T in road onto Fredonia-Stockton Rd.
- 2 miles downhill take a right at 4 corners onto Webster Road.

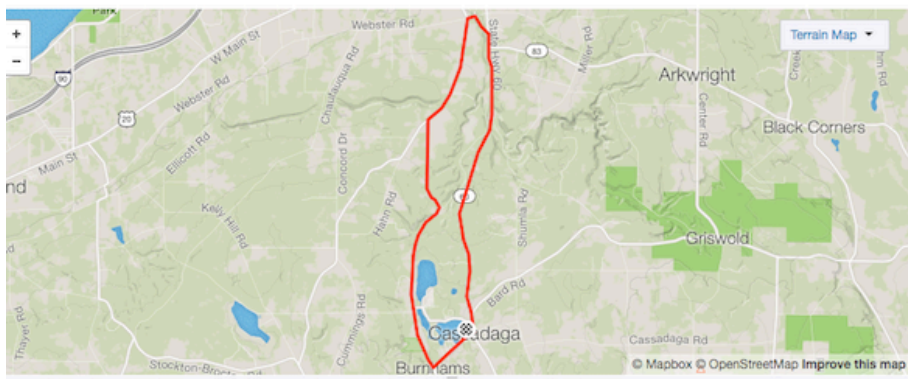
- Turn right onto Porter at the bottom of the short hill at the 4 way stop in Laona.
 - Right turn onto State Route 60. All the way up hill to light in Cassadaga,
 - Right turn onto Maple Avenue and then one block right again onto Park Ave.
- Any areas on the course that we know have potholes, etc will be marked with orange spray paint. Also you will note that there will be orange arrows marked on the pavement before each turn. If you don't see the arrows, don't turn!
- **It is your responsibility to know the course beforehand.** Always stay to the right hand side of the road. Use the shoulder when available. We do have a SAG vehicle that will sweep the course. If you need assistance please wait for them. Of course, if you see a fellow racer in need please have someone call 911.

DO NOT ride side by side in the road and NEVER cross over the yellow line in the middle of the road. The course is NOT closed to traffic.

- Dismount your bike in the designated area and walk your bike into transition.

Strava Cycling Route

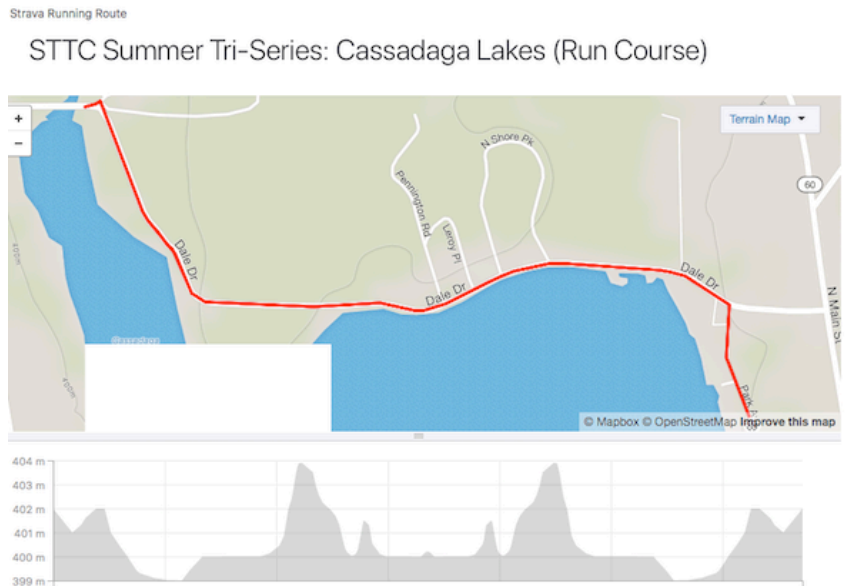
STTC Summer Tri-Series: Cassadaga Lakes



RUN

- The 2 mile run begins as you run out of transition. Follow the cones along the fence and out of the gate.
- You will run on the left side of the road to the end of Park Avenue and take a left turn onto Dale Drive, staying to your left.
- You must run all the way to the cone at the turn-around point

- There will be an aid station with water and Hammer Gels available as you exit transition and at the turn-around point.



FINISH

You will be timed as you cross under the finish line. There will be water bottles available. Please look up and smile for your finisher photo from our amazing photographer, Mike Frame. Don't forget to get your Finisher Medal!

DIVISIONS & AWARDS

- Top 3 Overall (M & F) - Podium ceremony.
- Top 3 Age Groups in five year increments (M & F) - Podium ceremony.
- Top 3 Relay Teams - Podium ceremony.
- Personalized certificates will be emailed to you.

FOOD

Pot luck picnic is back!

Hot dogs/Hamburgers, Body Armor and all paper products provided by Wilson Endurance Sports.

Beer is provided by our sponsors at Southern Tier Brewing Company.

Feel free to bring a dish to pass. Can be as simple as a bag of chips or a plate of cookies. All are invited to participate. Spectators too.

VOLUNTEERS ARE NEEDED - IF YOU HAVE A SPECTATOR THAT WOULD BE WILLING TO GIVE A HAND PLEASE HAVE THEM SIGN UP ON-LINE AT THE REGISTRATION SITE.

USAT Most Violated Rules

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.
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.
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.
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.
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.
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.

7. Unsportsmanlike-Like Conduct: Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, race officials, volunteers, spectators or fellow athletes is forbidden. You will be asked to leave the event and no refunds will be given!

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.

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.

10. 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.

A HUGE thank you to our event sponsors below. Please follow them on social media, visit their businesses and let them know how much you appreciate their support.

- Hammer Nutrition
 - Southern Tier Brewing Company
 - Southern Tier Security
 - H&E Home Projects
 - Tom's Pro Bike
 - Mike Frame Images & Computer Consulting,
 - Loud Performance,
 - Doctor Hoy's,
 - Ready About Sailing, Inc,
 - Fredonia Cycling,
 - Lactalis American Group
-
- Julie's Fish Market
 - The Home Depot
 - Papierski's Property Service

- RC Home Improvements
- Integrated Benefit Solutions
- A. Carapella Masonry
- Bum Automotive
- CAN KINGS
- Chautauqua Physical & Occupational Therapy
- Paul DeMarco Trucking
- SUP Erie Adventures
- VerHague's Custom Carpet Cleaning
- Stockton Hotel
- Tops Friendly Markets
- Cassadaga Shur Fine
- Village of Cassadaga
- Chautauqua County Fire Police

Benefiting the Jeremy Dolce Scholarship Fund

And, we couldn't do this without our great team of volunteers!

Thank you for racing with us. We strive to plan a fun, athlete centered event for you to test your fitness and endurance as well as leave with a new set of friends. Please watch our website at www.CoachMarkWilson.com and join our Facebook Group for race results, future events and activities.

Best of luck and stay safe.

Mark & Tonia Wilson

Wilson Endurance Sports, LLC

