



Athlete Guide

Saturday, September 21, 2019
Park Avenue, Cassadaga, NY 14718

Race begins at 10am, SHARP
Transition and packet pick-up opens at 8am
Pre-race meeting held at water front 9:40am

Dress warmly and have fun. That's the plan for the day!

REGISTRATION

All athletes must pick up their race packets themselves.

Relay Teams - All members of the relay team must be present to pick up their packets.

All athletes need to show a photo ID and present your USAT membership card if you are a current member.

If you are not a current member of USAT, you will be required to purchase one day event coverage for \$15. (\$10 for ages 17 & under). Credit/Debit card(+ \$2.50 service fee), cash or check.

Minors must have a parent or legal guardian present at registration.

PARKING

All athletes/spectators must park across from the Park Ave on Maple Ave at the church or on Mill Street at the Cassadaga Firemans grounds, which is diagonal across Maple Ave. from Park Ave. There is extremely limited parking at the race site and we'd like those available for spectators with mobility issues and to use as an unloading zone for athletes. There is NO parking along Park Avenue!

You may unload your equipment on Park Ave. and then move your vehicle.

BODY MARKING

Each racer will have their race number body marked on their hand only upon registration. Relay teams will each have the same number on their hands. Upon exiting the Kayak course you will be asked to call out your number to the time keeper. WE ask that you have your bib # on the front of you when you head out on the run course and cross the Finish Line.

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.

Please dress for the weather of the day. Hopefully no one will enter the water during the race, but you must be prepared. There will be safety kayaks in place along the race route. If you have any issues please flag down one of these kayaks and wait for assistance.

The course will be counter-clockwise from the beach, between the lake shore and the buoy lines. All participants are required to stay within the course at all times. NO hitting, pushing off, interfering with other participants kayaks will be tolerated. Immediate disqualification will be the result.

We want to make this a fun, family friendly event. Please use common courtesy at all times throughout the day.

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.

You will be directed to the bike transition area.

Do not leave valuables of any kind in your kayak.

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!!

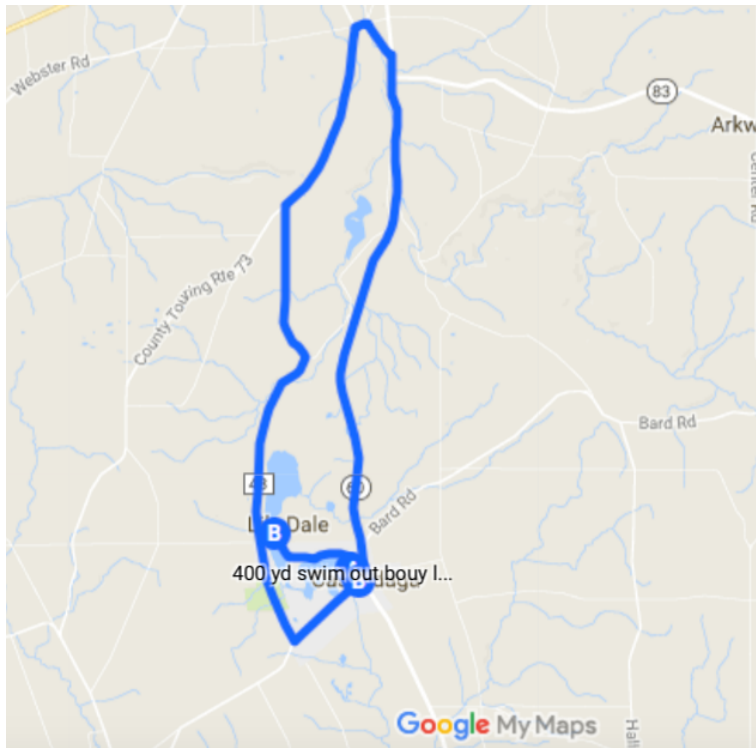
RELAY TEAMS

Relay team members must tag each other at the designated spot within the bike transition area before moving forward to the next leg of the race.

The team will be issued one race number bib.

The runner of the team must have the number on their body as they cross the finish line.

BIKE



The bike course is the same we use for the STTC Tri Series. You will leave the park in Cassadaga and turn right onto Maple Ave., turn right onto Frisbee. Straight thru stop sign at Dale and Frisbee. Continue until T in road at Fredonia-Stockton Rd. Turn right. 2 miles downhill take a right at 4 corners onto Webster. 1/4 mile to 4 way stop in Laona, take right onto Porter. Take right onto State Route 60. All the way up hill to light in Cassadaga, right onto Maple and then one block right again onto Park Ave. Entire route is currently marked on the roadway in orange/white spray paint.

RUN

You will exit the bike transition area and run out the main entrance of the park on to Park Avenue. You will take a left turn on Dale Drive, staying on the left hand side of the road. There will be an aid-station at the one mile turn-a-round point. You will run back to the park on the same side of the road that you came out on. Please be aware of traffic and other runners coming towards you at all times.

FINISH

You will be timed as you cross under the finish line. There will be water bottles available. Also, coffee and hot chocolate.

AWARDS

- Top 3 Overall (M & F)
- Top 3 Age Group (M & F)
15-19,20-25,25-29,30-34,35-39,40-44,45-49,50-54,55-59, 60-64, 65-69,
70-74,75-79,80-84,85+
- Top 3 Relay Teams

FOOD

There will be a pot luck picnic immediately following the race. Pancakes, sausage, beverages, plates, silverware, etc will be provided. You are encouraged to bring a dish to pass but it is not a requirement. We invite all participants and spectators to stay and enjoy.

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, 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.

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.

New this year we have teamed up with the Chautauqua Watershed Conservancy. A portion of your registration fee has already gone to them in support of the Cassadaga Lake Nature Park. We are excited to participate in this great project. There will be representatives on site sharing the details and assisting us.

We wish to thank the Village of Cassadaga for all of their support for this event. Please also take time to thank the Cassadaga Fire Police for their assistance out on the course keeping our athletes safe.

A HUGE thank you to our event sponsors:

Southern Tier Brewing Company and Mike Frame Images and Computer Consulting.

Cassadaga American Legion, Metallic Ladder, Cassadaga Country Club, Cassadaga Shur Fine, Fredrickson Builders Supply, Hammer Nutrition, Playtri, Shave Secret, Doctor Hoy's

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

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 for future events and activities.

Best of luck and stay safe.

Mark & Tonia Wilson

Wilson Endurance Sports, LLC

