

# Cassadaga Kids



## Triathlon

### Athlete Guide

### Welcome to the Cassadaga Kids Triathlon

Saturday August 14, 2021

Cassadaga Beach

Park Avenue

Cassadaga, NY 14718

Race Communications:

Mark H. Wilson (914-466-9214)

Tonia H. Wilson (716-353-1288)

### Things your parents need to know:

- Parking will be across the street off of Maple Avenue at the church or fireman grounds. There will be no parking or drop off at the race site on Park Avenue.
- Check-in opens at 8:00am and they need to have everything set up prior to 9:40am to make it down to the athlete meeting at 9:45am.
- Please allow your child to answer all questions to our volunteers at the check-in table. We want them to be treated like and feel like a true triathlete today! ;)
- There is a complete list of Frequently Asked Questions at the bottom of this guide. Anything we didn't cover, please feel free to reach out. Tonia can be contacted at the number above or email at [tonia@coachmarkwilson.com](mailto:tonia@coachmarkwilson.com).
- The most important thing that we ask of you is to be a huge cheerleader for your child and all others.
- Race begins at 10am, SHARP! Late-comers will not be able to race. ;(

**Pre-race meeting held 9:45am for All Ages AT THE WATER FRONT.**

**UNLESS** you hear from us directly, always assume that the race is on regardless of weather conditions where you are at. We will race rain or shine but will never put any of our athletes in danger.

**Ok, enough of the business side of things, now lets get to the race!**

**Things our Triathletes need to know:**

**All activities will start and finish at the Cassadaga Beach.**

#### **CHECK IN**

- Opens at 8am.
- Closes at 9:40am.
- Athlete meeting that is MANDATORY will be held for all racers at 9:45am.

#### **BIB NUMBER/BIKE & HELMET STICKER**

- You will be given a race # to wear on the front of your clothing for the run portion of the race.
- We have custom made fasteners for you that you will receive at check in.
- You will also receive stickers for your bike and your helmet.
- HELMETS ARE REQUIRED and you won't be able to race without one.

#### **BODY MARKING**

- Your bib # will be marked on your arm and your age will be marked on your calf.

#### **TRANSITION**

- Your bike will be placed on the basketball court. This is the area known as "transition" as you will come to this spot between each event.
- Please bring all of your gear to this location and place neatly next to your bike.

## SWIM

- **100m swim for all ages.**
- You are allowed to wear a life vest, personal swim buoy and/or arm floats.
- Goggles are not required but can be worn.
- You will be given a swim cap that we ask all participants to wear\*
- The course will be within the roped in area of the beach with a beach start.
- You will swim around the big buoys in the water in a triangle shape.
- You will touch the large buoy at the beach and head back out for a second loop.
- Two loops of the course will be completed for ALL AGES

## BIKE

- **3.1 mile bike ride**
- Your helmet must be buckled under your chin securely before you move your bike in transition
- WALK your bike out of transition to the road where you will see a sign that says "Mount Bike Here"
- The course is a 3.1 mile loop around the lake.
  - Exit the transition area and turn right onto Maple Avenue
  - turn right onto Burnham Place that turns into Alden Street
  - turn right onto Frisbee Road
  - at the STOP sign you will turn right onto Dale Drive
  - turn right onto Park Avenue and get off of your bike at the signs and walk your bike into the transition area
- **The Bike Course is open to traffic.** Please use caution and obey the rules of the road. The course will have Fire Police controlling traffic and volunteers along the way.
- If you are going to pass another racer, please yell out "on your left" and ALWAYS look and make sure there are no cars coming in the road.
- Stay to the far right side of the road at all other times.
- There will be an aid station with water inside transition

## **RUN**

- **One mile run**
- An out-and-back run - leave the beach area onto Park Avenue.
- Turn left at the stop sign and run along the lake
- One half mile from the transition area you will turn around and come back the same way. There will be volunteers and signs at the location.
- You will always stay on the lake side of the road, never crossing the road.
- Please be mindful that this course is NOT closed to traffic.
- Aid station at the turnaround at the half mile mark will be available with water.



Be sure to look up and smile as you cross the finish line for our local photographer and sponsor, Mike Frame. You will be able to purchase race photos from Mike Frame Images. Links will be emailed to you.

## **FINISH**

- If at any time you decide to abandon your race, PLEASE notify Mark or Tonia Wilson immediately.
- You will be timed as you cross under the finish line. There will be water bottles available.

## **AWARDS**

- Top 3 Overall (M & F) Ages 9 & above, Ages 8 & under.
- Top 3 for each Age Group(M & F): 12 & 13, 10 & 11, 8 & 9, 6 & 7, 5 & 4.
- Individualized emails will be sent with personalized certificates for every participant.

## POST RACE FOOD

- We will be having a pancake and sausage breakfast after the race sponsored by The RED House.
- Milk and Apples provided by McDonalds
- Ice cream treats provided by Wells Ice Cream
- Your parents are invited to bring something to share but it is not required for all of you to participate in the meal.
- All plates, silverware & beverages will be provided.
- ALL FAMILY MEMBERS AND SPECTATORS WELCOMED

## RULES

1. **Helmets:** Helmets must be worn at all times while on your bike.
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. **Transition Area:** All participants must return their bicycles to an upright position in their designated area. 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. We ask that only one guardian be in transition with each athlete to keep the flow moving and open.
4. **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.
5. **Unsportsmanlike-Like Conduct:** Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, volunteers, spectators or fellow athletes is forbidden.
6. **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.

★ **No Dogs, Please:**

- There are no dogs allowed in the park and since most all activities happen in the park, dogs are not permitted.
- We do not think it is very nice to have dogs hanging out in the neighbors yards.
- Your dog may be the sweetest thing ever but many children are afraid of dogs.
- Dogs and bicycles do not mix.

◆ NO SMOKING AT ANY TIME ON PARK AVENUE

## FAQ

### **Can I stay with my athlete during the race?**

YES. We want everyone to be comfortable. It is good to let them do it themselves but one adult is welcome to stay next to their child during one or all three of the sports. We ask that you do not impede another racer in any way.

### **My child has sensory issues and cannot wear a swim cap or goggles, do they have to wear these items? Would they have to be body marked?**

No. We provide each racer with a swim cap at the check-in but if you speak to us ahead of time that is no problem. The same with body marking.

### **What are you doing for Covid safety?**

AT THIS TIME, THERE ARE NO MASKS NECESSARY! Hand sanitizer will be available.

If you or your child is ill, please do not come to the race. Registration will be deferred to 2022 with advance notice to Tonia.

### **Is there a certain type of bike that must be used?**

NO. Any type of bike that rolls is fine. Training wheels are permitted. Handle bar ends must be plugged or taped - no open metal. This is for everyone's safety.

## What about safety on the courses?

The Chautauqua County Fire Police are at the major intersections of the bike course along with adult volunteers. Several adults will be in the water as well as riding their bikes next to the kiddos keeping them to the right of the road and on course. On the run course there will be adults stationed along the way.

## Volunteers

We always appreciate volunteers and if you are willing to be out on the course on a bike, in the water, or out on the run course we would appreciate it. We do know that you want to be at the Finish Line cheering as your kiddo comes across and other volunteers will be available that day. However, we would never turn down an offer of help. Assistance is always needed at the finish line too.

Join us on our group Facebook page for up to the minute details and training day info.

WE CAN'T THANK OUR NUMEROUS SPONSORS ENOUGH FOR HELPING US BRING THIS EVENT TO YOU.

### PLEASE THANK AND SUPPORT THESE WONDERFUL LOCAL BUSINESSES;

Southern Tier Security

Tom's Pro Bike

Harvest View Greenhouse

Kravitz Tree Service

The RED House

Universal Audiology

Farrell Roofing

Greener Gardens

Tender Care Child Care, LLC

McDonalds

Burger King

Wells Ice Cream

Mike Frame Images & Computer Consulting

LOUD Performance

Chautauqua County Fire Police

Cassadaga Shur Fine

Village of Cassadaga

Thank you for racing with us today. 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. It is our hope that you fall in love with staying fit and healthy for life and always enjoy the world of Multi-Sport. Please watch our website at [www.CoachMarkWilson.com](http://www.CoachMarkWilson.com) for race results, future events and activities. Wilson Endurance Sports, LLC produces 25 races around New York State.

Best of luck, have fun and stay safe.

Mark & Tonia Wilson

Wilson Endurance Sports, LLC

