



Athlete Guide

Welcome to the New York Duathlon Series

Saturday, May 1 & May 15, 2021
Weeden Road Park
Weeden Road
Randolph, NY 14772

Race Communications:
Mark H. Wilson (914-466-9214)
Tonia H. Wilson (716-353-1288)

7am - 8:45am - Transition open and packet pick-up
8:45am - Mandatory Pre-race meeting
9am - Race start

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. If we need to make adjustments we will reach out via email, Facebook and text message.

COVID PROTOCOLS

- No race day registration.
- 6ft apart waiting spots at check in will be designated with orange cones.
- Please wear a face mask as you approach the check in table and while in transition pre and post race.
- Hand sanitizer will be available at several locations of the race site.
- Please wear a face mask during the pre-race meeting and maintain social distancing.
- **You will not need to wear a face mask while racing.**

TRANSITION AREA:

- Bike racks will be spread out within the basketball court area with two bikes to each rack (instead of the four it is designed to hold).
- Tables with hand sanitizer will be at all entrances and exits.
- No-one other than participants will be allowed into the transition area.

RELAY TEAMS

- There will be designated bike racks and there will be no physical touch between team members in transition.

RUN COURSE

- Aid station at turnaround will be self serve with water bottles and Hammer Nutrition gel packets set up for athletes to take with no one-on-one contact.
- Runners will not run face to face on the out and back 1 mile course. You will stay on the right side of the road and fire police will be controlling traffic at the cross-over points. Roads are open to traffic.

FINISH LINE

- Water bottles will be placed spread apart on a table for each finisher to grab. Bottles will be placed on table from cooler by one individual wearing a face covering
- Bib #s will NOT be removed from runner after finishing to avoid one-on-one contact with anyone.

CHECK IN

- All athletes must pick up their race packets themselves on RACE-DAY.
- No paperwork will be required - all waivers will be signed online during registration

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

BIB, HELMET AND BIKE NUMBER

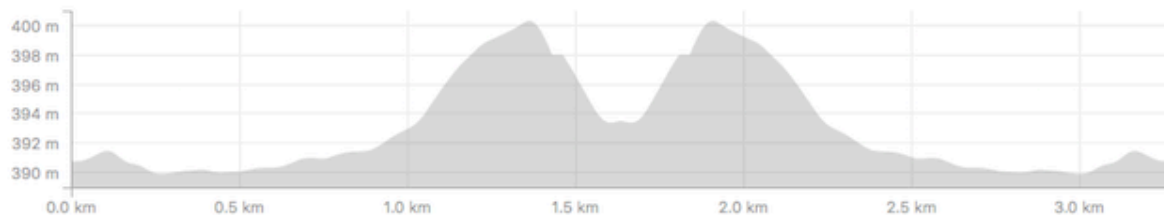
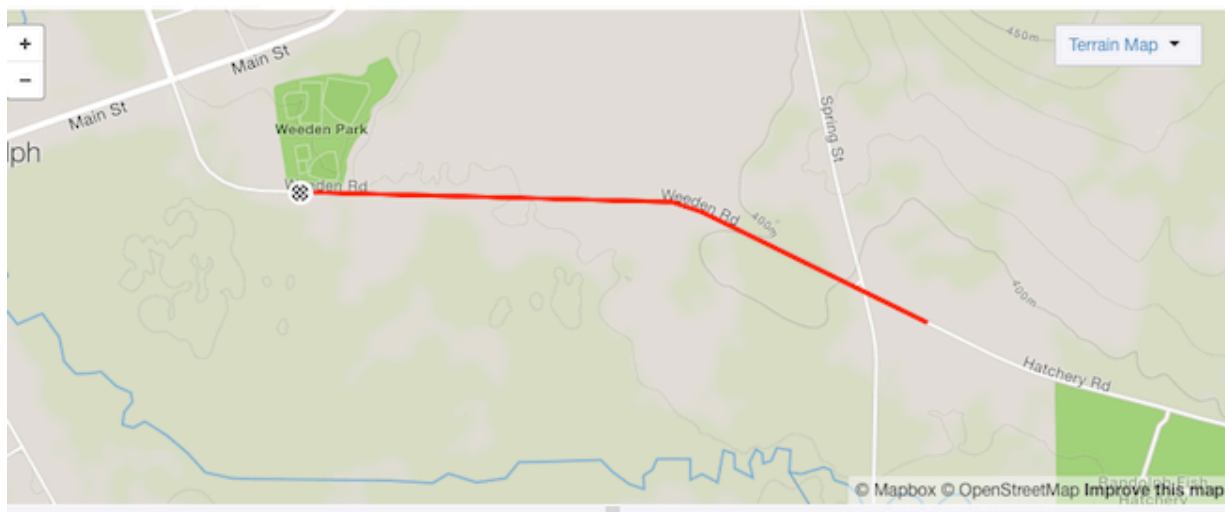
You must have your BIB displayed on the front of your body during each run portion of the race. You will also be given a bike sticker and a helmet sticker.

RELAY TEAMS

- Each team will be issued one race bib - this must be worn on the front of the runner for each running leg of the race
- The runner must be next to the cyclist before the bike is taken off the rack.
- The bike must be racked before the runner, standing at your transition spot, may leave transition.

Strava Running Route

New York Duathlon Series (Southern Tier)



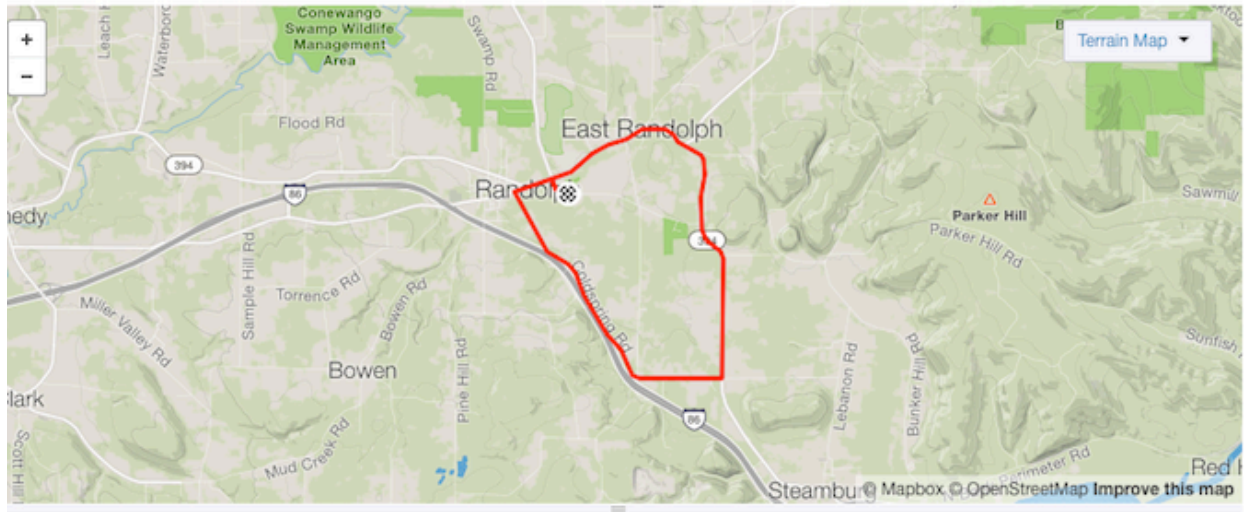
RESTROOMS

There are restrooms available at the park.

RUN

- The 2 mile run for the first and last leg of the race are the same course.
- All athletes will begin at the same time at the Start/Finish line.
- You must run all the way to the cone at the turnaround point before turning back.
- There will be an aid station with water and Hammer Gels available at the turnaround point.

New York Duathlon Series (Southern Tier)



BIKE

10 mile loop course

You must walk the bike out of the transition area and mount in the designated location.

- Turn right out of the park and continue on Weeden Road.
- Right turn onto Main Street (Route 394)
- Right turn onto Price Corners
- Continue **UNDER** the bridge and immediately turn right onto Coldspring Road.
- You will cross over railroad tracks, please prepare and use caution.
- Right turn onto Main Street (Route 394), please use caution at the red light, there will be Fire Police at this intersection for traffic control.
- Right turn onto Weeden Road
- Left turn into the Park.
- Dismount your bike in the designated area and walk your bike into transition.

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.

- It is your responsibility to know the course beforehand.
- Please use caution at the railroad tracks and intersections.
- Always stay to the right hand side of the road. Use the shoulder when available.
- **DO NOT ride in the road and NEVER cross over the yellow line in the middle of the road.**
- **The course is NOT closed to traffic.**

SAG vehicle will be following the last rider.

FINISH

You will be manually timed as you cross under the finish line. No split times will be taken, finish line times only.

There will be water bottles available.

Be sure to look up and smile for our photographer, Mike Frame. Photos will be available for purchase or download.

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

With covid protocols we are not able to do a podium ceremony. Winners will be announced and individualized certificates will be emailed.

FOOD

Pancakes and sausage, beverages, STBC Beer, Body Armor, plates, silverware, etc will be provided. We invite all participants and spectators to stay and enjoy. Please follow Covid protocols while waiting for your pancakes, made by Coach Mark Wilson himself!

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.

We are always in need of volunteers to assist on race day. If you have a family member or friend that is able to help us, please have them get in touch with us or come on race day. We would be so appreciative.

Please support and thank our sponsors; Southern Tier Brewing Company, Hammer Nutrition, Tom's Pro Bike, Dr. Hoy's, SBR Sports, PlayTri, Rip and Refuel, and our great photographer, Mike Frame.

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. Please watch our website at www.CoachMarkWilson.com for race results, future events and activities.

Best of luck and stay safe.

Mark & Tonia Wilson

Wilson Endurance Sports, LLC

