



Athlete Guide

**Welcome to the Southern Tier Triathlon Club Summer Tri Series
Thank you for racing with us in our 5th Season!**

All participants must read this guide with Covid-19 regulations.

Wednesday evening; June 2, July 7, August 4, September 1, 2021
Cassadaga Beach, Park Avenue, Cassadaga, NY 14718

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 5:45pm, SHARP

Transition and check in opens at 3:30pm and closes at 5:30pm SHARP

Pre-race meeting held 5:30pm

~We ask that your spectators have a mask available and do NOT enter transition area or approach the registration table with you.

IMPORTANT: COVID-19 PROTOCOLS THAT MUST BE FOLLOWED FOR US TO BE ABLE TO CONTINUE RACING.

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.

PARKING

- ALL athletes/spectators must park across from Park Ave on Maple Ave at the Park Church building, Ames Common or on Mill Street at the Cassadaga Firemans grounds, which is diagonal across Maple Ave. from Park Ave.
- There is NO parking AT THE BEACH or along Park Avenue!
- Park Avenue will be CLOSED to all traffic except residents.

REGISTRATION

- There will be NO race day registration.
- There will be tables and signage for a Men's Check In and a Women's & Relay Team Check In with cones placed 6 ft apart.
- Waiver will have been signed electronically upon registration.
- You do NOT need to show any paperwork or your USAT card at registration.

BODY MARKING

- Body marking will be done on the back of your hand as well as your age group on your left calf.

BIB NUMBER

- You must have your Bib number displayed on the front of your body during the run portion of the race.
- You will receive a helmet sticker and a bike sticker at check in.

RELAY TEAMS

- Relay teams of 2 or 3. Instructions will be given to the entire team together at check in. Please wait for all members of your team to be present before checking in.

PRE-RACE MEETING

- Please meet at the waterfront and adhere to the guidelines of keeping 6ft between you and other participants. Meeting will begin promptly at 5:30pm.

SWIM

- You will enter and exit the water at the same location.
- You are allowed to use a personal swim buoy during the race
- The course will be counter-clockwise out and back.
- You will be provided with a swim cap that we require all participants to wear during the race.
- Wetsuits are legal.

BIKE

Rack your bike, **2 to a rack**, first come first serve.

- 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.
- Quickly pass (within 15 seconds) the other rider and then safely move back in front, moving ahead to leave 3 bike lengths between you and the rider that you passed.

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.**

The course is all right hand turns.

- Out of transition area, turn right onto Maple Avenue
- Right turn onto Frisbee Road
- Straight thru stop sign at Dale and Frisbee onto Glasgow Road
- Right turn onto Fredonia-Stockton Road
- 2 miles downhill take a right at 4 corners onto Webster Road
- Bottom of the short hill at the 4 way stop in Laona, right turn onto Porter Road
- Right turn onto State Route 60
- At light in Cassadaga, right turn onto Maple Avenue
- one block right again onto Park Avenue

There will be orange arrows marked on the pavement before each turn. If you don't see the arrows, don't turn!

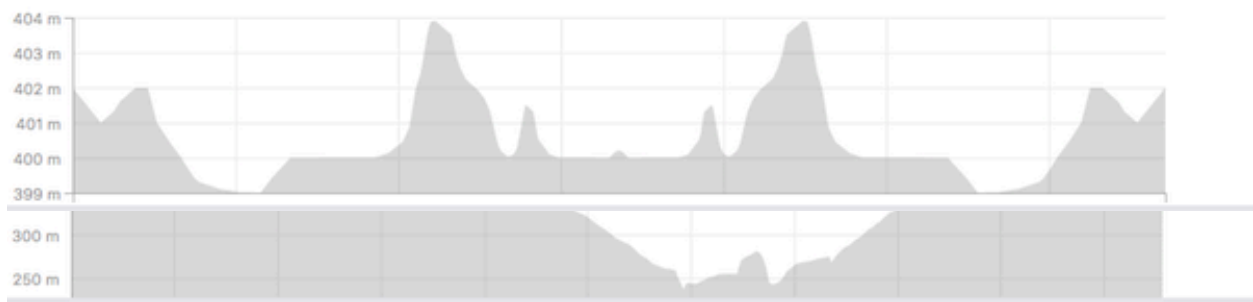
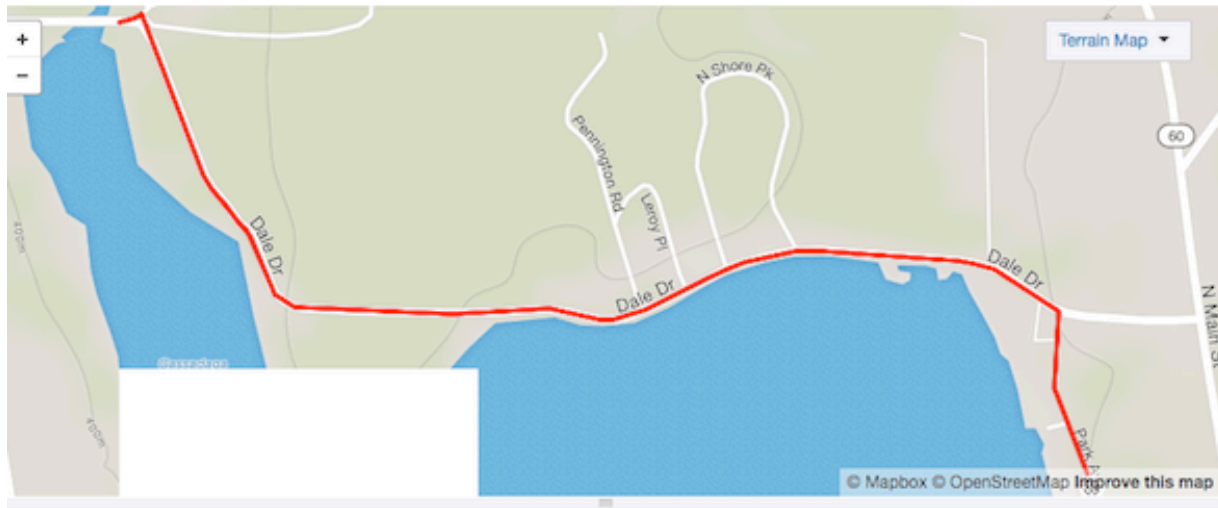
It is your responsibility to know the course beforehand.

- 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.

STTC Summer Tri-Series: Cassadaga Lakes (Run Course)



RUN

The 2 mile run begins as you run out of transition. 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. **Due to Covid-19 guidelines, All runners will run against traffic crossing over at the turnaround and again at Dale Drive and Park Avenue - Fire Police will be stationed to control traffic. Please use caution when crossing the road.**

- You must run all the way to the cone at the turn around point before crossing over.
- There will be an aid station with water and Hammer Gels available at the turnaround point.

FINISH

You will be timed as you cross under the finish line. There will be water bottles available, provided by our sponsors at the **Cassadaga Country Club & Cassadaga Shur Fine.**

DIVISIONS & AWARDS

- Top 3 Overall (M & F) - Certificates will be emailed to you.
- 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+ - Certificates emailed
- Top 3 AquaBike (M&F) - Certificates emailed

We will hold a podium ceremony for photos to be taken and recognition of all winners.

FOOD

One of the best parts of STTC is the pot luck picnic after the race. Being mindful of covid protocols, we are going to provide hot dogs, hamburgers & chips. We do not think that food items can be shared as we have done in the past.

All paper products will be provided.

Please bring a blanket and/or lawn chairs. We will spread out along the Beach grounds, still enjoying being together just separated.

Beer is provided by our sponsors at **Southern Tier Brewing Company**. Water & Body Armor will be provided.

VOLUNTEERS

We appreciate any and all volunteers. IF you have someone that is coming with you that would like to assist us please have them contact Tonia at 716-353-1288 or tonia@coachmarkwilson.com

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 or personal audio devices 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.

Please support and thank our local sponsors; **Southern Tier Security, Tom's Pro Bike, Southern Tier Brewing Company, Mike Frame Images & Computer Consulting, A. Carapella Masonry, St. Luke's Episcopal Church, Terry Hokaj-Thrivent, Ehrheart Collision, Fredrickson Builders Supply, Cassadaga Shur Fine, Lily Dale and Cassadaga Country Club.**

HAMMER NUTRITION, PLAYTRI, DOCTOR HOYS, SBR SPORTS, INC., SPORTea & SHAVE SECRET.

Please join our Facebook group for updates. We hold informal practices, open to anyone, no fee, on the course as follows:

Mondays - Open Water Swim - 5:30pm

Wednesdays (surrounding race nights) - Swim, Bike, Run - 5:30pm

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

