



Athlete Guide
Welcome to the STISSING TRIATHLON

Sunday, June 30, 2019
79 Beach Road
Pine Plains, NY 12567

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

PARKING

Parking will be at the Pine Plains Recreation Park (Race Site). Please park and then unload your vehicle. No unloading at transition.

RACE START TIMES

Sprint Triathlon and AquaBike, Relay Teams - 8:00am - All Men
8:03am - All Women

Kids Triathlons - 12pm (**See separate Athlete Guide)

Transition and packet pick-up opens at 5:30am
Pre-race meeting held 7:45am.

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.

REGISTRATION

Packet pick-up on Saturday from Noon - 8pm at the race site. (Not a requirement)

Packet pick-up, Timing Chip and Bib # pick up & Body Marking - Race Day - 5:30am - 7:30am. Registration and Transition will close at 7:40am.

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.

We do offer Race Day Registration.

All athletes MUST show a photo ID and present your USAT membership card if you are a current member. REMEMBER, NO ID! NO RACE! NO EXCEPTIONS!

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

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). As long as internet access stays strong we can accept credit/debit cards. Just in case please be prepared for payment with cash or check made out to "Wilson Endurance Sports"

BIB NUMBER

You must have your number displayed on the front of your body during the run portion of the race.

BODY MARKING

Marking will be done race morning-your # will be marked on your arm and your USAT age (your age on 12/31/2019) will be marked on your calf.

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.

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

SWIM

The course will be a half mile (800 yd) triangle in a counter clockwise direction with a beach start.

You will enter and exit the water at the same location. Look for the buoys as you sight in. You are allowed to use a personal swim buoy during the race if you feel it necessary. You will swim in a counter-clockwise direction keeping buoys on your left shoulder. You will be provided with a swim cap that we require all participants to wear during the race. Wetsuit legal race.

There will be lifeguard and volunteers in the water in both kayaks and motor boats. You are allowed to hold on to a kayak for assistance but they cannot move you forward if you intend to finish your swim. If you are in need of assistance please flip on to your back immediately.

BIKE



The 16.5 hilly bike course is open to traffic. Please use caution and obey the rules of the road.

Rack your bike in the transition area, first come first serve. Please be mindful of your fellow racers and try and keep your items confined to a small space as possible underneath your bike.

Athletes only will be allowed in transition area and athletes only will be allowed to remove bike from transition with matching numbers on bikes and body.

You must walk the bike out of the transition area and mount in the designated location marked on the pavement. **YOUR HELMET MUST BE SNAPPED ON BEFORE YOU LEAVE TRANSITION.** Dismount your bike in the designated area and walk your bike into transition.

Bike Route (turn-by-turn): Stissing Triathlon

- Exit T1 and turn LEFT onto Beach Rd.
- Turn RIGHT onto Lake Rd.
- Turn RIGHT onto State Route 199 East
- Make immediate LEFT onto Bowman Rd.
- Turn RIGHT onto Ryan Rd.
- Turn LEFT onto N. Main St. (no sign)
- Make immediate/sharp LEFT onto Silvernails Rd. (Hoffman Rd. goes RIGHT)

- At TRIANGLE stay RIGHT onto County Route 7
- Turn RIGHT onto Gallatinville Rd.
- At TRIANGLE stay LEFT onto Sigler Rd.
- Sigler Rd. becomes Hall Hill Rd.
- Turn HARD LEFT onto Dam Rd. (Hoffman Rd. goes RIGHT)
- Turn RIGHT onto State Route 82
- Turn RIGHT onto State Route 199
- Turn LEFT onto Poplar Ave.
- Turn RIGHT onto Stissing Ave.
- Turn LEFT onto Beach Rd. and enter T2

You will note that there will be orange arrows marked on the pavement before each turn as well as yard signs indicating turns. If you do not see an arrow on the pavement please do not 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 in the road and NEVER cross over the yellow line in the middle of the road. The course is NOT closed to traffic.

RUN



3.3 Mile Run is a loop around the lake.

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 stations at every mile with water, Heed, Endurolytes & Hammer Gels.



Be sure to look up and smile as you cross the finish line for our local photographer and sponsor, Paul Sutton. You will be able to purchase race photos from Paul Sutton Photography.

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. Finisher Medals will be awarded at that time. If you are an **AquaBike** participant your race ends as you enter the transition area off of the bike. Please make your way to the Finish Line to receive your Finisher Medal.

Relay Teams are permitted to cross the Finish Line together; please do not interfere or impede other athletes in any way.

AWARDS

10:00 am

- Top 3 Overall (M & F) Sprint Triathlon , AquaBike & Relay Teams ~ Prizes and certificates
- Individual Triathlon - Top 3 for each Age Group (M & F) ~ Certificates
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+

Kids Triathlon

1:00pm

FOOD

Athletes will receive a wrist band at registration. **YOU MUST WEAR THIS BAND TO BE ELIGIBLE FOR FREE FOOD AND BEER! NO EXCEPTIONS.**

Spectators will be able to purchase food for a small fee.

USAT 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.

Please support and thank our local sponsors:

Ancram Fire Department, BikeWay, Gallatin Fire Department, Lia's Mountain View, Milan Fire Department, New York State Trooper Dive Team, Peck's Market, Pine Plains Recreation, Pine Plains Lion's Club, Pine Plains Rescue, Pine Plains Police Department, Pine Plains Platter, Ronnybrook, Safeguard of the Hudson Valley, Superior Sanitation, Tower Pizza

We'd like to thank our National Sponsors for providing us with great goodie bag stuffers, discount codes and prizes.

HAMMER NUTRITION, SOUTHERN TIER BREWING COMPANY, AMRITA, SCICON, PLAYTRI, DOCTOR HOY'S, METALLIC LADDER, ALUMIDOCK, RIP & REFUEL, SBR SPORTS, INC., ORANGE MUD, SHAVE SECRET, SPORTEA, AMRITA.

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. Wilson Endurance Sports, LLC produce 27 races in New York State and 1 in Connecticut. Please visit our website; we hope to see you again in the future.

WE WILL BE OFFERING SUPER EARLY BIRD PRICING -- Monday - Wednesday ONLY, JULY 1 - 3 FOR 2020. GET REGISTERED AND SAVE \$\$\$\$

Best of luck and stay safe.

Mark & Tonia Wilson

Wilson Endurance Sports, LLC

