



Athlete Guide Welcome to the STISSING TRIATHLON

All participants must read this guide with Covid protocols in place!

Sunday, June 27, 2021
79 Beach Road
Pine Plains, NY 12567

Race Communications:

Mark H. Wilson - 914-466-9214

Tonia H. Wilson - 716-353-1288 (text is best) or tonia@coachmarkwilson.com

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.

PACKET PICK UP

- Packet pick-up on Saturday from Noon - 8pm at the race site.
- (Not a requirement)
- Participants that pick up packets on SATURDAY will need to plan time to be body marked and receive your timing chip on race morning.
- **BIKE DROP OFF - OVERNIGHT SECURITY**
 - **Bike drop off is highly recommended to avoid congestion on race morning.**
- **Packet pick up is available on race morning beginning at 5:30am**

RACE DAY

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 & Relays

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.

CHECK IN

- There will be **NO** race day registration.
- There will be tables and signage for a Men's Check In and a Women's 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.
- If you are more comfortable, please wear a mask as you approach the tables.

- 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.

5:30am

- CHECK IN OPEN
- TRANSITION OPEN

- CHECK IN CLOSSES AT 7:30AM
- TRANSITION CLOSSES AT 7:45AM
- PRE-SWIM MUST BE OUT OF WATER AT 7:40AM
- **Mandatory pre-race meeting held at 7:45am on the beach.**

BIB NUMBER, HELMET & BIKE STICKERS

- You must have your number displayed on the front of your body during the run portion of the race.
- Helmet sticker can be placed anywhere on your helmet.
- Bike sticker must go on your bike.
- These are required and you must have all of this to take your bike out of transition **POST RACE**

BODY MARKING

Marking will be done race morning-your # will be marked on your arm and your USAT age (your age on 12/31/2021) 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

- 800 yd triangle in a counter clockwise direction with a beach start.
- You will enter and exit the water at the same location.
- You are permitted to use a personal swim buoy during the race if you feel it necessary.
- NO swim fins or webbed gloves permitted.
- Swim cap provided 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 keep your items confined to a small space 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.
- NO coaches, spouses, children, relatives, club members will be allowed in transition. No exceptions! This is for the safety of the participating athletes and security of property.



- 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.

•YOUR HELMET MUST BE SNAPPED ON BEFORE YOU MOVE YOUR BIKE OFF THE RACK!

OUR SPONSORS, **BIKEWAY**, WILL BE AVAILABLE PRE-RACE FOR MINOR MAINTENANCE NEEDS.

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 photographer and sponsor, Mike Frame Images. You will be able to purchase race photos and the link will be posted on our Facebook Group Page and sent to you via email.

STISSING TRIATHLON



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

*Certificates (Emailed to all winners)

- Individual Triathlon - Top 3 for each 5 year age Group (M & F)

*Individualized certificates will be emailed to all winners.

FOOD

With covid protocols in place, all food will be pre-packaged only.

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;

- Southern Tier Security Hammer Nutrition
- Southern Tier Brewing Company
- Mike Frame Images & Computer Consulting
- Ancram Fire Department
- BikeWay
- Doctor Hoy's
- Gallatin Fire Department
- Lia's Mountain View
- Milan Fire Department
- New York State Trooper Dive Team
- Pine Plains Business Association
- Peck's Market
- Pine Plains Recreation
- Pine Plains Lion's Club
- Pine Plains Rescue
- Pine Plains Police Department
- Pine Plains Platter
- Ronnybrook
- SBR Sports, Inc.
- SPORTea
- Shave Secret

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 25 races in New York State and 1 in Connecticut. We hope to see you again in the future.

Best of luck and stay safe.

Mark & Tonia Wilson

Wilson Endurance Sports, LLC

