



Athlete Guide
Welcome to the 19th season of the
Hudson Valley Triathlon Club Summer Tri Series

Wednesday evenings; July 17, August 14, September 11, 2019
Kenneth L. Wilson State Park
Wittenberg Road
Mt. Tremper, NY

***IMPORTANT:** Do NOT use the address for Kenneth L. Wilson State Park in a GPS, it takes you to the wrong location; instead, please follow these directions.

Also note that there is very limited cell service in this area.

From Thruway Exit 19 at Kingston-take first right turn off traffic circle to Route 28, proceed approximately 21 miles west on Rte. 28 to Mt. Tremper, turn right on to Rte 212, 1/2 mile to 4 way intersection. Turn right again onto Wittenberg Road (County Rte. 40). The campground is approximately 4 miles on the right side. Alternate Route; Route 28 West, turn right at Rte. 375, to Rte 212, turn left off of Rte. 212 at Bear's Cafe onto Rte. 34, turn right onto County Rte. 40. Campground will be on the left side of the road about 2 miles.

Race Communications:

Mark H. Wilson (914-466-9214)

Tonia H. Wilson (716-353-1288)

Race day registration is always available.

Race begins at 5:45pm, SHARP

Transition and packet pick-up opens at 4pm

Pre-race meeting held 5:30pm

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

All athletes must pick up their race packets themselves on RACE-DAY.

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

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). If you are in need of an annual membership for USAT we can do that at registration for \$50. Cash or Check only.

Payment can be made with CASH or CHECK made out to "Wilson Endurance Sports". Credit/Debit cards are accepted IF the internet connection is working. That is not always the case at this venue so please be prepared with Cash or Check.

BODY MARKING

Every athlete will be marked on the back of their hand only.

BIB NUMBER

For individual racers, you must have your number displayed on the front of your body during the run portion of the race. You will be asked to call out your number as you exit the water to the timers.

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

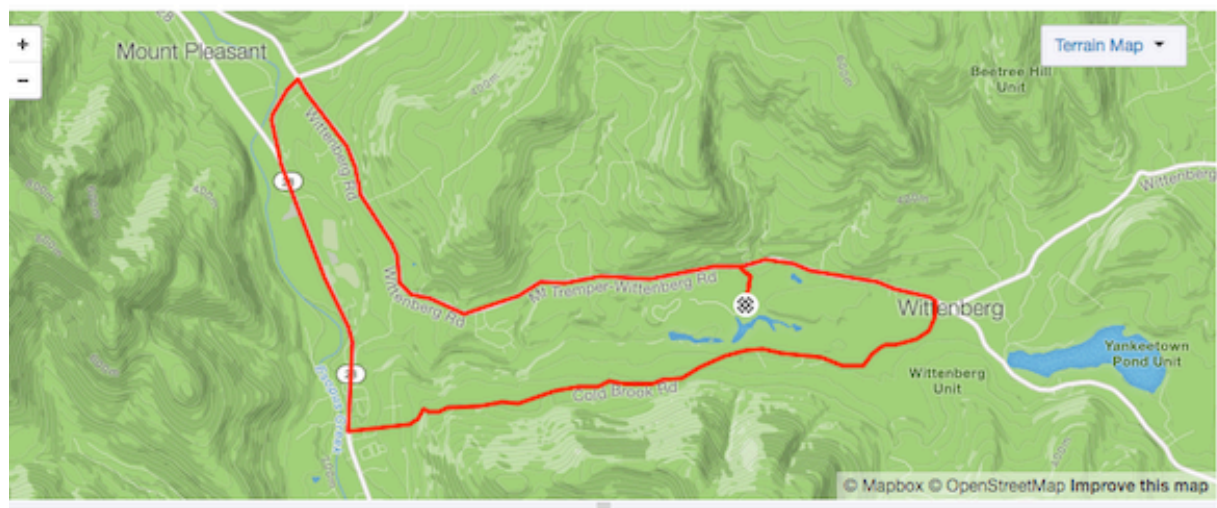
You will enter and exit the water at the same location. Look for the buoys as you sight in. You are allowed to use a personal swim buoy during the race if you feel it necessary. There will be three buoy's in the water forming a large triangle. You will swim in a counter-clockwise direction staying to the right of the buoy's. You

will be provided with an HVTC swim cap that we require all participants to wear during the race.

BIKE

Strava Cycling Route

HVTC Summer Tri-Series (Bike Course)



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 a space as possible underneath your bike.

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.

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.

There are 6 right hand turns; leave the park and turn right onto Wittenberg Road, right turn onto Coldbrook Road, right turn onto Route 28, right turn onto Route 212, right turn onto Wittenberg Road, right turn back in to Wilson State Park. 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

Strava Running Route

HVTC Summer Tri-Sreies (Run Course)



The 2 mile run begins as you run out of transition through the gate nearest the Finish Line. Follow the arrows as it takes you up and to the left near the recycling buildings, you then take a right and another right turn and head back towards the Y intersection staying to the left. There will be an aid station with water and Hammer Gels available at the turn around point. You must go around the cone in the road to complete the first loop and head back the same course that you came out on.

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

You will be timed as you cross under the finish line. There will be water bottles available.

AWARDS

- Top 3 Overall (M & F) - Certificates and prizes
- 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
- Top 3 Relay Teams - Certificates

There will be overall Series awards for those with the most overall points at the end of the Summer Tri Series in September.

FOOD

There will be a pot luck picnic immediately following the race. Hot Dogs, Beverages, plates, silverware, etc will be provided. You are encouraged to bring a dish to pass but it is not a requirement. We invite all participants and spectators to stay and enjoy. Beer will be provided by our sponsor; Southern Tier Brewing Company.

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. **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, Alumidock, Catrina Usher Designs, Paul Sutton Photography and Culligan Water.

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

RIP & REFUEL, HAMMER NUTRITION, SCICON, PLAYTRI, DR. HOYS, METALLIC LADDER, ALUMIDOCK, SBR SPORTS, INC., WIN, ORANGE MUD, 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.

Best of luck and stay safe.

Mark & Tonia Wilson, Wilson Endurance Sports, LLC

