



Athlete Guide

Welcome to the Southern Tier Triathlon Club Summer Tri Series

Wednesday evening; July 10, August 7, September 4, 2019
Cassadaga Beach
Park Avenue
Cassadaga, NY

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. If we need to reach out to you we will contact you via text message, email and our Facebook page.

PARKING

All athletes/spectators must park across from Park Ave on Maple Ave at the church building or on Mill Street at the Cassadaga Firemans grounds, which is diagonal across Maple Ave. from Park Ave. There is extremely limited parking at the race site and we'd like those available for spectators with mobility issues and to use as an unloading zone for athletes. There is NO parking along Park Avenue!

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).

Payment can be made with credit/debit cards, cash or check made out to "Wilson Endurance Sports"

BODY MARKING

Every athlete will be body marked on their hand at registration.

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 a pontoon boat at the turn around point in the water. You will swim counter-clockwise towards the boat, go around the outer side of the boat and back towards the shore. You will be provided with a swim cap that we require all participants to wear during the race. Wetsuits are legal.

BIKE

Transition area is on the fenced in basketball course at the park. Rack your bike, 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. Please be aware of the steps as you leave transition. We will have the area next to the steps carpeted for you. **YOUR HELMET MUST BE SNAPPED ON BEFORE YOU LEAVE TRANSITION.** Be careful of the narrow gate door as you leave and enter transition.

Dismount your bike in the designated area and walk your bike into transition.

The course is all right hand turns. You will leave the transition area and turn right onto Maple Ave., turn right onto Frisbee. Straight thru stop sign at Dale and Frisbee. Continue onto T in road at Fredonia-Stockton Rd. Turn right. 2 miles downhill take a right at 4 corners onto Webster. 1/4 mile to 4 way stop in Laona, take right onto Porter. Take right onto State Route 60. All the way up hill to light in Cassadaga, right onto Maple and then one block right again onto Park Ave.

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. 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.

RUN

The 2 mile run begins as you run out of transition. Follow the cones along the fence and out of the gate, running next to the Finish Line. You will run to the end of Park Avenue and take a left turn onto Dale Drive. Please stay on the lake side of Dale Drive both out and back. The course will be marked. You must run all the way to the cone at the turn around point before turning back. There will be an aid station with water and Hammer Gels available at the turn around 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 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
- Top 3 AquaBike (M&F) - 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. There is always plenty of food for all! Beer is provided by our sponsors at **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. **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. Our timing is done manually and in order to provide you with race splits, volunteers are essential.

Please support and thank our local sponsors; Hollyloft Ski & Bike, Southern Tier Brewing Company, Mike Frame Images & Computer Consulting, Alumidock, Catrina Usher Designs, Fredrickson Builders Supply, Cassadaga Shur Fine, Lily Dale and Cassadaga Country Club.

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

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

