



Athlete Guide
Welcome to the FINDLEY LAKE TRIATHLON FESTIVAL

Saturday, July 31, 2021
Downtown Findley Lake
Main Street, Findley Lake, NY 14736

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

**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 prior to the race start TO TONIA TO A
FUTURE RACE**

PACKET PICK UP & BIKE DROP OFF

- Friday, July 30 from 12p - 8pm at the race site.
- Not mandatory.
- OVERNIGHT SECURITY

There is NO race day registration and on line registration will close at 5pm on Thursday, July 29th.

PARKING

- Parking will be in the **Our Own Candle Company** parking lot at the top of the hill.

MISCELLANEOUS ITEMS

- Port-a-johns will be available at the race site. There will be aid stations on the run course only at each mile stocked with water, *Hammer Nutrition* Electrolytes & Gels.

RACE DAY SCHEDULE

SPRINT & DOUBLE FINDLEY

5:00am - 6:45am - Sprint & Double Findley Check-In
5:00am - 6:45am - Sprint & Double Findley Transition open
6:15am - 6:45am - Sprint pre-swim available
6:45am - Sprint MANDATORY pre-race meeting at the beach
7:00am - RACE START for Sprint Triathlon, Sprint AquaBike, Double Findley and Sprint Relay Teams

OLYMPIC

7:10am - 8:40am - Olympic Check In
7:10am - 8:40am - Olympic Transition open
8:25am - 8:40am - Olympic pre-swim available
8:45am - Olympic MANDATORY pre-race meeting at the beach
9:00am - RACE START - Olympic Triathlon, Double Findley, Olympic AquaBike and Olympic Relay Teams

We ask that Olympic distance participants allow all Sprint participants to get thru the check-in lines so that they can get to their race on time.

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.

BODY MARKING

- Your bib # will be marked on your hand and your age on your calf

BIB, BIKE & HELMET NUMBER

- You must have your number displayed on the front of your body during the run portion of the race.
- Timing will be done manually and this is a **MUST**
- Please make sure that your helmet and bike numbers are in place before leaving bike in transition.

RELAY TEAMS

Relay team members must reach the designated spot within the bike transition area before the next team member can move forward to the next leg of the race.

The team will be issued one race number that the runner must wear on the front of their body.

AQUABIKE

You will begin your race at the listed times above. Your race ends as you cross the finish line on foot. (You can walk or run to the finish line but your race time will be the time you cross the finish line.) You must have your number on the front of your body.

DOUBLE FINDLEY

- **Participants will check in and receive one bib number.**
- **You MUST have this number on the front of your body as you cross the finish line for both individual events.**
- **You will begin your race with the Sprint at 7am. As you finish the Sprint, transition for the next swim portion which will begin at 9am promptly.**
- **The combined time of both events will be your finish time for the Double Findley and awards will be based on this time.**
- **You will qualify for individual Sprint and Olympic awards as well.**

SWIM

- The course will be a 750 meter triangle in a counter clockwise direction with an in-water start.
- Olympic participants will complete two loops.
- You are permitted to use a personal swim buoy during the race if you feel more comfortable.
- You will be provided with a swim cap that we require all participants to wear during the race.
- This is a 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 race.
- If for any reason you have difficulty in the swim portion of the race; you will be permitted to continue the bike and run portions of the race **after** speaking with Mark or Tonia Wilson on the beach.

***If you are in need of assistance please flip on to your back immediately.

*****We cannot express enough that your safety is the most important part of your race. Your family members are counting on you to go home to them tonight. This is a race that is designed for your enjoyment, the spirit of competition and the pursuit of fun, fitness and well-being. IF YOU ARE NOTICING ANYTHING THAT DOES NOT FEEL RIGHT TO YOU AT ANY TIME DURING YOUR RACE, PLEASE STOP AND ASK FOR ASSISTANCE. The courses are open to traffic. DO NOT ride in the road and NEVER cross over the yellow line in the middle of the road.

BIKE

- The bike course is open to traffic.
- Please use caution and obey the rules of the road.
- Athletes **only** will be allowed in transition area and athletes **only** will be allowed to remove bike from transition. NO spouses, coaches, children, dogs, etc will be permitted to enter transition.
- 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.
- Dismount your bike in the designated area and walk your bike into transition.



Turn by Turn Instructions:

****Olympic distance competitors will do two loops of the bike course:**

Out of transition continue on Route 430

Right turn onto Bailey Hill Road

Right turn onto Mina French Creek Road

Mina French Creek Road turns into French Creek Mina Road

Right turn onto Mann Road

Continue straight onto Griffin Road

Right turn onto Pekin Hill Road

Pekin Hill Road becomes West Mina Road

Right turn onto Route 430

****Sprint turns into transition, Olympic continues straight to complete lap #2.**

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

- The run will take you along the lake shore. Both courses are an out and back. Sprint will run down Sunnyside Road to the turnaround point at 1.55 mile marker.



The Olympic distance run will take you PAST the Sprint turnaround point - continue on Sunnyside Road to take a right onto Shadyside Road and turnaround at the 3.1 mile marker.



****Please be mindful that this course is NOT closed to traffic.**

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

Be sure to look up and smile as you cross the finish line for our staff photographer, Mike Frame. You will be able to purchase and/or download race photos~watch your email and Facebook for the links.

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 and Body Armor available.

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

AWARDS

9:15am - Sprint

12:00pm - Olympic & Double Findley

Top 3 Overall (M & F) Triathlon, AquaBike, Relay Teams ~ Podium ceremony.

Individualized certificates will be emailed to you post race.

Individual Triathlon - Top 3 for each Age Group (M & F) ~ Podium ceremony.
Certificates will be emailed. 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+

FOOD

Pre-race there will be coffee provided by Wilson Endurance Sports.

Post race we will be grilling hot dogs.

The Beer Zone is courtesy of our sponsor; Southern Tier Brewing Company. The Beer Zone is for participating athletes only. All beer must stay within the Beer Zone. No-one under the age of 21 will be permitted inside the Beer Zone.

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.

It will take a large number of volunteers to hold a race of this size. If you have friends or family members that would be available to volunteer please have them contact Tonia Wilson.

Please support and thank our local sponsors:

Our Own Candle Company

Scott Bensink, CPA

Findley Lake Apparel

French Creek Tavern & Liquor Store

Pine Junction

Jack's Repair Shop

Findley Lake Landscape & Garden Supply

Findley Lake Sporting Goods

Lictus Oil & Propane

Alexander's on the Lake

Twin Docks Gourmet Food & Deli

Comfort Inn

Town of Mina Recreation Department

Findley Lake Volunteer Fire Department

We'd like to thank our Corporate Sponsors

HAMMER NUTRITION
SOUTHERN TIER BREWING COMPANY
SOUTHERN TIER SECURITY
TOM'S PRO BIKE
DOCTOR HOY'S
MIKE FRAME IMAGES & COMPUTER CONSULTING
SBR SPORTS, INC.
SHAVE SECRET
LOUD PERFORMANCE

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 Facebook group page & website at www.CoachMarkWilson.com for race results, photo links, future events and activities.

Best of luck and stay safe.

Mark & Tonia Wilson~Wilson Endurance Sports, LLC

