



**Athlete Guide
Kids Triathlon
Welcome to the Delta Lake Triathlon**

Saturday July 20, 2019
Delta Lake State Park, 8797 Route 46
Rome, NY 13440

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

PARKING

Parking will be at the race site within the State Park. There will be no fee to gain entrance to the park if you are in by 8am. Please let your spectators know this. After 8am regular Delta Lake State Park admission fees apply of \$7 per vehicle.

Races begin SHARP as follows:

11:30am for Ages 12 -17

11:35am for Ages 11 & Under

Pre-race meeting held 11:15am for All Ages AT THE WATER FRONT.

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. We will contact you via email and Facebook posts if there are to be any last minute changes due to weather.

REGISTRATION

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

Packet pick-up & Body Marking - Race Day beginning at 9:00am.

Registration will be available race day from 9:00am - 11:00am

All athletes must pick up their race packets themselves

We do offer Race Day Registration.

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 an annual membership for \$10. Cash or Check or Debit/Credit cards accepted(\$2.50 service fee for using debit/credit cards).

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 at registration-your # will be marked on your arm and your USAT age (your age on 12/31/2019) will be marked on your calf.

SWIM

The course will be within the roped off swim area in a counter clockwise direction with a beach start.

Ages 11 & Under will complete ONE LOOP and exit the water.

Ages 12 - 17 will complete TWO LOOPS and exit the water. You will exit the water between loops.

Parents are allowed to accompany their children in the water for Ages 11 & Under ONLY. No physical assistance is allowed. Please do not impede other racers.

You will enter and exit the water at the same location. 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 Wilson Endurance Sports swim cap that we require all participants to wear during the race. Wet suits are not usually worn but if you wish to do so you are permitted.

There will be lifeguard and volunteers in the water in kayaks. 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

Ages 11 & Under will complete ONE LOOP
 Ages 12 - 17 will complete TWO LOOPS.

The Bike Course is entirely within the State Park and is open to traffic. Please use caution and obey the rules of the road. Stay to your right unless passing a fellow triathlete.

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

****Please note:** The Adult races will still be going on when your transition open. PLEASE use caution and do not get in the way of the adults as this could cause a dangerous situation to you and other athletes.

Athletes and one adult 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.

Parents are welcome to join the 11 & under athletes ONLY on the course and must use proper helmet and traffic laws. No physical assistance is allowed. Please do not impede other racers.

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 move your bike. And it must not be removed until after you rack your bike. Dismount your bike in the designated area and walk your bike into transition.

There will be designated arrows and volunteers along the bike course to keep you on course.

It is your responsibility to know the course beforehand. Always stay to the right hand side of the road unless passing. The course is NOT closed to traffic.

RUN

All age athletes will complete ONE LOOP of the run course only. The course is entirely within the State Park.

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



Aid station at the turnaround at the half mile mark will be available with water, *Hammer Nutrition* Heed & Gels.



Be sure to look up and smile as you cross the finish line for our professional photographers. Prints and downloads will be available for purchase a few days after the event, watch your email and Facebook for 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 available and this is where you will receive your Finisher Medal.

AWARDS

12:30pm - Kids Triathlon

- Top 3 Overall (M & F) for each distance. Certificates will be given.
- Top 3 for each Age Group (M & F): 16 & 17yr old, 14 & 15, 12 & 13, 10 & 11, 8 & 9, 6 & 7, 5 & UNDER. Certificates will be given.

FOOD

There will be post race snacks & beverages provided by Wilson Endurance Sports.

The Delta Lake State Park Concession Stand will be available on race day with a wide variety of items for purchase by all athletes and spectators.

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 are individual tests of fitness.

4. Transition Area: All equipment must be placed in the properly designated and individually assigned bike corral. 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. 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.

6. 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.

7. 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.

8. 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.

9. 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'd like to thank our Sponsors for providing us with great goodie bag stuffers & discount codes.

HAMMER NUTRITION, AMRITA HEALTHFOODS, RIP & REFUEL, PLAYTRI, DOCTOR HOYS, METALLIC LADDER, ALUMIDOCK, SBR SPORTS, INC., WIN, ORANGE MUD, SHAVE SECRET, FLEET FEET ~ SYRACUSE, MIKE FRAME IMAGES & COMPUTER CONSULTING AND PAUL SUTTON PHOTOGRAPHY.

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. It is our hope that you fall in love with staying fit and healthy for life and always enjoy the world of Multi-Sport. Please watch our website at www.CoachMarkWilson.com for race results, future events and activities. Wilson Endurance Sports, LLC produces other Kids Triathlon events across New York State. Please visit our website; we hope to see you again in the future.

Best of luck, have fun and stay safe.

Mark & Tonia Wilson

Troy Weaver

Wyatt McAllister

Wilson Endurance Sports, LLC

