



Athlete Guide

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) - Administration

PACKET PICK UP

There will be packet pick up on Friday, July 19th at the race site from 12pm - 8pm. This is not mandatory.

BIKE DROP OFF

You will be allowed (and encouraged) to drop your bike off on Friday between 12pm - 8pm. There will be overnight security at the race site.

PARKING

Parking will be at the race site within Delta Lake State Park. You will not be charged an entrance fee into the park; however if you have spectators coming they will be charged after 8am.

MISCELLANEOUS ITEMS

Restrooms will be available at the race site provided by Delta Lake State Park. There will be no other facilities available on bike or run courses.

There will be aid stations on the run course only at each mile stocked with water, *Hammer Nutrition* HEED, Electrolytes & Gels.

RACE DAY SCHEDULE

5:00am - 6:30am - Sprint Registration
5:00am - 6:40am - Sprint Transition open
6:15am - 6:40am - Sprint pre-swim available
6:45am - Sprint MANDATORY pre-race meeting at the beach
7:00am - Sprint Triathlon, AquaBike and Sprint Relay Teams RACE START

5:00am - 8:00am - Olympic Registration
5:00am - 8:10am - Olympic Transition open
7:45am - 8:15am - Olympic pre-swim available
8:15am - Olympic MANDATORY pre-race meeting at the beach
8:30am - Olympic Triathlon, AquaBike and Olympic Relay Teams RACE START

Kids Triathlon - please see separate *Kids Triathlon Athlete Guide*
11:30am - Race start

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 - RACE DAY

For those that picked up their packets on Friday - Body Marking and Timing Chip pick up will be available from 5:00am - 8:10am.

Race day registration is always available and \$5 more than the last published rate for that event. Credit cards are accepted but internet service is not always reliable so please come prepared to pay with cash or check made out to Wilson Endurance Sports just in case.

- Pre-Registered **with valid USAT card** (or image on phone). Please come prepared to registration desk with photo ID and USAT card. There will be a separate section for you to register. Please look for the signs.
- Pre-Registered and **purchased USAT one day** coverage online. Please come prepared to registration desk with photo ID. You will be required to sign the USAT waiver form.

- Pre-Registered and **need to purchase USAT one day coverage**

PLEASE COME PREPARED TO REGISTRATION DESK WITH PHOTO ID AND \$15 (\$10 for anyone under age 17). IN CASE INTERNET SERVICE IS NOT STRONG AND PAYPAL CHIP READER IS NOT WORKING PLEASE COME PREPARED WITH CASH OR PERSONAL CHECK.

***Please note that if the credit card machine is working, there will be a \$2.50 service charge for paying with a card.*

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.

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.

BIB NUMBER & STICKERS

You must have your number displayed on the front of your body during the run portion of the race as well as your bike and helmet stickers attached securely.

BODY MARKING

Marking will be done race morning-your # will be marked on your hand & arm and your USAT age (your age on 12/31/2019) will be marked on your calf.

RELAY TEAMS

Relay team members must tag each other and exchange the timing chip 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.

RACE START

Sprint waves as follows: all MEN at 7:00am, all WOMEN & Sprint Relay at 7:03am.

Olympic waves as follows: all MEN at 8:30am, all WOMEN & Olympic Relay at 8:33am.

AQUABIKE

You will begin your race at the listed times above. Your race ends as you enter the transition area off of the bike. Please make your way at your leisure to the Finish Line to receive your Finisher Medal.

SWIM

The course will be a 750 meter triangle in a counter clockwise direction with a beach start. Olympic participant will come out of the water, run around the buoy and enter the water again for your second loop of the swim.

You are permitted to use a personal swim buoy during the race if you feel it necessary. We will have a small number of buoys available to those that wish to use one. You will swim in a counter-clockwise direction keeping buoys on your left shoulder. 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.

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 with matching numbers on bikes and body. 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:

Out of transition follow the entrance/exit road for Delta Lake State Park.

Left turn onto State Route 46 (Townline Road)

Left turn onto River Road

Left turn onto State Route 53 (Stokes Westernville Road)

Right turn onto Main Street

Right turn onto State Route 46 (Townline Road)

*Right turn into Delta Lake State Park back to transition ~ Sprint


**Turn around at Delta Lake State Park entrance and repeat loop ~ Olympic

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 place entirely within the State Park grounds. Parts of the course will take you on a trail through the woods. This part will be tight for racers - please use common courtesy and stay to your right as much as possible.

*THIS CHANGE WAS MADE TO KEEP OUR ATHLETES SAFE AND OFF OF THE ROAD/BIKE COURSE. 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 staff photographers. 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 available. Finisher Medals will be awarded at that time.

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

AWARDS

9:30am - Sprint

12:00pm - Olympic

Top 3 Overall (M & F) Triathlon, AquaBike, Relay Teams ~ Prizes and certificates will be given.

Individual Triathlon - Top 3 for each Age Group (M & F) ~ Certificates will be given.

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 free coffee provided by Wilson Endurance Sports.

Post race snacks that will be provided by Wilson Endurance Sports include water, Coke, coffee, fruit & granola bars.

The Delta Lake Park concession stand, Teddy's Treats at Delta Lake State Park, will be open at 6am for all participants and spectators. The full menu will be offered for purchase throughout the day. Prices are extremely reasonable and the menu is great. All items will be available for purchase at any time.

The Beer Zone is courtesy of our sponsor; Southern Tier Brewing Company. The Beer Zone is for participating athletes only. All beer must be consumed within the zone. Wrist bands are provided in your goodie bag and must be worn for entrance. 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.

Please support and thank our local sponsors:

Fleet Feet - Syracuse

CNY Racing

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

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SHAVE SECRET
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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, photo links, future events and activities. Wilson Endurance Sports, LLC produce 27 races in New York State and 1 in Connecticut. We hope to see you again in the future.

WE WILL BE OFFERING SUPER EARLY BIRD PRICING -- \$49 individuals/\$98 DELTA DOUBLE/\$89 relay teams.

Monday - Wednesday ONLY, JULY 22-24 FOR 2020.

GET REGISTERED AND SAVE \$\$\$\$*Wilson Endurance Sports allows deferrals with advance notice of 2 days prior to race day OR transfer to another one of our events in that calendar year.

Best of luck and stay safe.

Mark & Tonia Wilson~Wilson Endurance Sports, LLC