



**Athlete Guide**  
**Welcome to the FINDLEY LAKE TRIATHLON FESTIVAL**

Saturday, August 3, 2019  
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

**PACKET PICK UP**

There will be packet pick up available on Friday, August 2nd at the race site from 12pm - 8pm. We will be set up in the gazebo across the street from the boat launch. 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 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* HEED, Electrolytes & Gels.

**RACE DAY SCHEDULE**

5:30am - 7:10am - Sprint Registration  
5:30am - 7:10am - Sprint Transition open  
6:45am - 7:10am - Sprint pre-swim available  
7:15am - Sprint MANDATORY pre-race meeting at the beach  
7:30am - Sprint Triathlon, AquaBike and Sprint Relay Teams RACE START

7:10am - 8:40am - Olympic Registration  
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 - Olympic Triathlon, AquaBike and Olympic Relay Teams 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 5:30am - 8:40am.

RACE DAY PACKET PICK UP - See above schedule. We ask that Olympic distance participants allow all Sprint participants to get thru the registration and body marking lines so that they can get to their race on time.

Race day registration is always available and \$5 more than the last published rate for that event. Credit/debit cards are accepted with a \$2.50 service fee or you can pay with cash or check made out to "Wilson Endurance Sports".

- Pre-Registered **with valid USAT card** (or image on phone). Please come prepared to registration desk with photo ID and USAT card.
- 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).

*\*\*Please note that there will be a \$2.50 service charge for paying with a credit/debit 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 sticker 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 7:30am, all WOMEN & Sprint Relay at 7:33am.

Olympic waves as follows: all MEN at 9:00am, all WOMEN & Olympic Relay at 9:03am.

## **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 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 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:

**\*\*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, Heed, Endurolytes & Hammer Gels.

Be sure to look up and smile as you cross the finish line for our staff photographer, Mike Frame. (And please wish him a Happy Birthday!!) 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 coffee provided by Wilson Endurance Sports.

Post race food will be provided by Wilson Endurance Sports.

**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:**

**Our Own Candle Company**

**The Camp at Findley**

**Findley Lake Insurance Company**

**Findley Lake Sporting Goods**

**JRSC Digital**

**Town of Mina Recreation Department**

**Findley Lake Volunteer Fire Department**



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

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MIKE FRAME IMAGES & COMPUTER CONSULTING  
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RIP & REFUEL  
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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](http://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 DOUBLE FINDLEY/\$89 relay teams.**

**Monday - Wednesday ONLY, August 5-7 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

