



Athlete Guide
Welcome to the Ticonderoga Triathlon Festival

All participants must read this guide with Covid protocols in place!

Saturday, June 19th, 2021

Black Point Beach

Black Point Road and Tiroga Beach Lane

Ticonderoga, NY 12883

Race Communications:

Mark H. Wilson - 914-466-9214

Tonia H. Wilson - 716-353-1288 (text is best)

****Please note that there is extremely limited cell service at the race site.**

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 TO TONIA TO A FUTURE RACE.

- **THERE IS NO PARKING OR DROP OFF AT THE RACE SITE ON RACE DAY**

PACKET PICK UP & BIKE DROP OFF

- Packet pick 12pm - 8pm
- Race site on Friday, June 18th.
- This is the **ONLY** time you will be able to park at the race site.
- This is **NOT** mandatory.
- Participants that pick up packets on Friday will need to plan time to be body marked on race morning.
- **BIKE DROP OFF - OVERNIGHT SECURITY**
 - **Bike drop off is highly recommended to avoid congestion on race morning.**

RACE DAY SCHEDULE

DUE TO COVID - THE TWO EVENTS (SPRINT & OLYMPIC) WILL BE SPREAD OUT. PLEASE PAY CLOSE ATTENTION TO THE TIMES FOR YOUR RACE

SATURDAY, JUNE 19TH

SPRINT DISTANCES

Sprint Triathlon, Sprint AquaBike & Double Ti

RACE STARTS AT 7AM

5:00am

- CHECK IN OPEN
- TRANSITION OPEN
- TRANSPORTATION SHUTTLE

- CHECK IN CLOSES AT 6:30AM
- TRANSITION CLOSES AT 6:40AM
- PRE-SWIM MUST BE OUT OF WATER AT 6:40AM
- **Mandatory pre-race meeting held at 6:45am on the beach.**

RACE START

All Men at 7:00am

All Women at 7:03am

OLYMPIC DISTANCES

Olympic Triathlon, Olympic AquaBike & Double Ti

RACE STARTS AT 10AM

8:30am

- CHECK IN OPEN
- TRANSITION OPEN
- TRANSPORTATION SHUTTLE

- CHECK IN CLOSES AT 9:40AM
- TRANSITION CLOSES AT 9:40AM
- PRE-SWIM MUST BE OUT OF WATER AT 9:40AM
- **Mandatory pre-race meeting held at 9:45am on the beach.**

RACE START

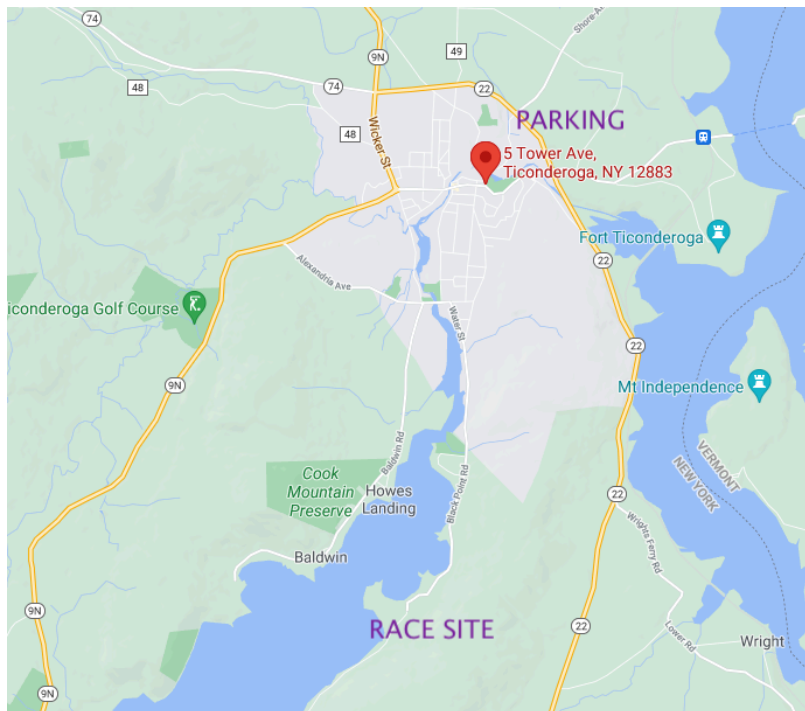
All Men at 10:00am

All Women at 10:03am

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.

PARKING

- Elk's Lodge - 5 Tower Ave, Ticonderoga, NY
- 3.3 miles from race site
- All parking will be located at this location and transportation to the race site will be provided by shuttle.
- NO PRE RACE BIKE DROP OFF.
- BIKES CAN BE LOADED SHUTTLE OR RIDDEN TO BEACH!
- Spectators are to use shuttle as well as participants.
- **THERE IS NO PARKING OR DROP OFF AT THE RACE SITE ON RACE DAY**



CHECK IN

- There will be NO race day registration.
- There will be tables and signage for a Men's Check In and a Women's Check In with cones placed 6 ft apart.
- Waiver will have been signed electronically upon registration.

- You do NOT need to show any paperwork or your USAT card at registration.
- If you are more comfortable, please wear a mask as you approach the tables.

BIB NUMBER

- You must have your number displayed on the front of your body during the run portion of your race.

BIKE NUMBER & HELMET NUMBER

- You will be given stickers for the above.
- You will need these to exit transition post race with your bike.

BODY MARKING

- Race morning-your # will be marked on your hand
- USAT age (your age on 12/31/2021) will be marked on your calf.

PRE-RACE MEETING

- Please meet at the waterfront and adhere to the guidelines of keeping 6ft between you and other participants.

SWIM

- 750m triangle counter-clockwise swim with a beach start.
- **Olympic distance** will complete 2 loops of the course.
 - You will need to exit the water and complete a brief beach run to re-enter water and begin the 2nd loop.
- Personal swim buoy is acceptable for your swim.
- **NO** swim fins or webbed gloves are permitted
- You will be provided with a Wilson Endurance Sports swim cap that must be worn during your race.
- Wetsuit legal race.
- There will be lifeguard and volunteers in the water in both kayaks and motor boats.
- You are allowed to hold onto a kayak for assistance but they cannot move your forward if you intend to finish your swim.
- **If you are in need of assistance please flip on to your back and wait for kayak to reach you.**

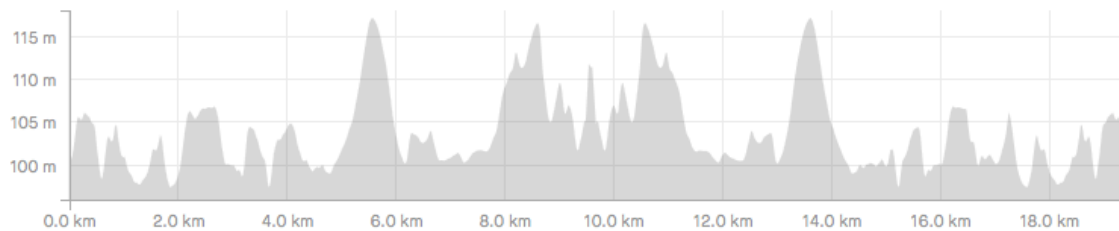
BIKE

FROG HOLLOW BIKES will be available pre-race for light bike maintenance and on the course during the race.

- The bike course is a 12 mile loop. Sprint athletes will complete 1 (one) loop, Olympic distance athletes will complete 2 (two) loops of the course.
- The Bike Course is open to traffic.
- Please use caution and obey the rules of the road.
- Rack your bike in the transition area, first come first serve.
- Please be mindful of your fellow racers and keep your items confined to a small space underneath your bike.
- 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 coaches, spouses, children, relatives, club members will be allowed in transition. No exceptions! This is for the safety of the participating athletes and security of property.
- There will be NO drafting; this means that you must keep 3 bike lengths between you and the rider in front of you. Only when you are going to pass can you call out "ON YOUR LEFT" and then pass, only on the left side, making sure that you are able to move into the roadway safely.
- Quickly pass (within 15 seconds) the other rider and then safely move back in front, moving ahead to leave 3 bike lengths between you and the rider that you passed.
- **YOUR HELMET MUST BE SNAPPED ON BEFORE YOU MOVE YOUR BIKE OFF THE RACK!**
- You will note that the course will be well marked with orange arrows on the pavement before each turn as well as yellow with black arrow lawn signs.
- It is your responsibility to know the course beforehand.
- Always stay to the right hand side of the road. Use the shoulder when available.
- Officers and Fire Police will be located at key intersections for your safety.



Ti Tri Festival (Sprint-1 loop, Olympic-2 loops)



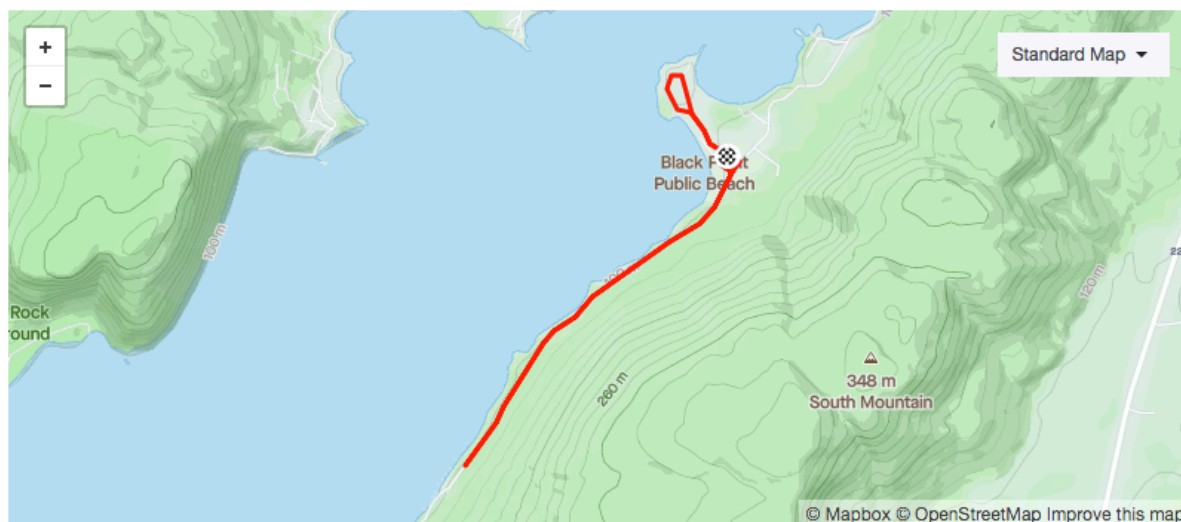
- **DO NOT ride in the road and NEVER cross over the yellow line in the middle of the road.**
- **The course is NOT closed to traffic.**

There will be a SAG vehicle that will sweep the course. If you need assistance please wait for them.

- The bike course is a 12 mile loop. Sprint athletes will complete 1 (one) loop, Olympic distance athletes will complete 2 (two) loops of the course.
- Dismount your bike in the designated area and walk your bike into transition.
- There will be NO Aid stations on the bike course.
- There will be port-a-johns near the transition area.



Ti Tri Festival (Sprint-1 loop & Olympic-2 loops)



RUN

The run course is a rolling 5K lollipop loop.
The Olympic will do two (2) loops.

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

- Aid stations will be at every mile and transition exit with water, Hammer Nutrition Heed, Endurolytes & Gels and more.

Be sure to look up and smile as you cross the finish line for our photographer. You will be able to purchase/download your race photos from Mike Frame Images. Watch for a link sent to you via email as well as posted on our Facebook page post race.

FINISH

- If at any time you decide to abandon your race, PLEASE notify Mark or Tonia Wilson (will be located at the finish line).
- You will be timed as you cross under the finish line. Manually timed. No timing chips.
- Water bottles at the finish as well as your Finisher Medals!
- **AquaBike** participants; you need to walk/run to the Finish Line and that time is included in your race time.

AWARDS

Certificates - Top 3 Overall (M&F) for all Races & Double Tri.

Certificates - Top 3 for each 5 year age Group M&F

*Individualized certificates will be emailed to all winners.

FOOD

Pre-race there will be coffee, chocolate milk (provided by our sponsors; King Brothers Dairy), SporTea and pastries available for athletes and spectators.

Post-race there will be pre-packaged items available.

BEER ZONE

Sponsored by SOUTHERN TIER BREWING COMPANY.

All athletes over the age of 21 will receive a colored wrist band to gain entrance into the roped off Beer Zone. All alcohol must be consumed within this area only. No exceptions.

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 USE THE GARBAGE CONTAINERS NEAR THE AID STATIONS ON THE RUN COURSE

THANK YOU TO THE BLACK POINT CIVIC ASSOCIATION AND SO MANY OTHER VOLUNTEERS THAT MADE THIS EVENT POSSIBLE.

Thank you for your support (part of your registration fee and additional generous donations) of the Ticonderoga Area Backpack Program.

Please support and thank our sponsors:

- **Southern Tier Security**
- **Hammer Nutrition**
- Southern Tier Brewing Company
- Bridgepoint Communications
- Garrison Gym
- DeFranco Landscaping
- International Paper Mill
- King Dairy
- Mike Frame Images & Computer Consulting
- Ticonderoga Area Chamber of Commerce
- Best Western Ticonderoga Inn & Suites
- Trout House Resort
- Casella Waste Management
- Black Point Civic Association
- Frog Hollow Bikes
- Doctor Hoy's
- SBR Sports, Inc.
- SPORTea

- Shave Secret
- Ticonderoga Tractor Supply Co.
- Ticonderoga Emergency Squad
- Ticonderoga Police Department
- Town of Ticonderoga
- Town of Putnam

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. Wilson Endurance Sports, LLC produces 25 events throughout New York State and 1 in Connecticut. We hope to see you again in the future.

Best of luck and stay safe.

Mark & Tonia Wilson

Wilson Endurance Sports, LLC

