



Athlete Guide
Welcome to the Ticonderoga Triathlon Festival

Saturday & Sunday, June 22 & 23, 2019
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)

PACKET PICK UP

Packet pick up will be located at the race site on Friday, June 21st from 12pm - 8pm. This is not a requirement. Race day registration and packet pick up will open at 5:00am on Saturday and 7:00am on Sunday.

If you are not a current USAT member OR did not purchase one day USAT coverage during online registration, please come prepared with \$15 cash or check.

Participants that pick up packets on Friday will need to plan time to be body marked and pick up your timing chip on race morning.

PARKING

Please watch your email and our Facebook Page for updates. The current plan is to park in fields across from the race site, however; due to the extremely wet Spring we are considering a shuttle system to off-site parking to avoid damage to your vehicles. Parking opens at 5am.

RACE DAY SCHEDULE
SATURDAY

SPRINT DISTANCES

Sprint Triathlon, Sprint AquaBike, Sprint Relay Teams, Sprint Combo, Double and Triple Ti.

Registration and packet pick-up will be open for athletes competing in the ABOVE LISTED events from 5:00am - 6:45am.

Transition open 5:00am - 7:10am

Pre-swim is welcome and all athletes must be out of the water at 7:10am prepared for the **mandatory pre-race meeting held at 7:15am on the beach.**

6:45am - registration closes
7:10am - everyone out of water
7:10am - transition area closes
7:15am - mandatory pre race meeting

Races begin at 7:30AM, SHARP
Two waves ~
All Men at 7:30am,
All Women at 7:33am

OLYMPIC DISTANCES

Transition, registration and packet pick-up will be open for athletes competing in the Olympic Tri and AquaBike, and Combo events from 5:00am - 8:40am.

Two waves ~
All Men at 9:00, All Women at 9:03am for Olympic Triathlon, AquaBike, and Relay Teams as well as Double and Triple Ti competitors.

Pre-swim is welcome in a designated area away from the Sprint athletes and all athletes must be out of the water and out of transition at 8:40am **prepared for the mandatory pre-race meeting held at 8:45am on the beach.**

8:15 registration closes
8:40 everyone out of water
8:40 transition area closes
8:45 mandatory pre race meeting
9am Race start

Kids Triathlon - 2:30pm (**See separate Athlete Guide)

SUNDAY

Duathlon - 9am

Transition, registration and packet pick-up will be open from 7:00am - 8:15am.

Transition closes at 8:40am.

Mandatory pre-race meeting held at 8:45am at Finish Line.

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

Please pay attention to the signs to make this quick and efficient for all.

NON USAT MEMBERS

If you are not a current member of USAT (and **did not** purchase one day coverage when you registered online) or cannot produce a valid card or image on your phone, you will be required to purchase one day event coverage for \$15. (\$10 for ages 17 & under). Cash or Check only. NO CREDIT CARDS. Please enter this line FIRST

PRE-REGISTERED

If you are a current USAT member and have pre-registered with no changes needed OR you purchased one day event coverage during registration.

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!

Anyone that purchased one day coverage do not need to show anything except your photo ID.

RACE DAY REGISTRATION or CHANGES NEEDED

For anyone needing to make changes to their registration (distance, relay team members, etc) or those registering on race day.

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.

We do offer Race Day Registration at \$5 more than last published rate per distance. Due to possible spotty internet service for our credit/debit card machine, please be prepared to use cash or check only.

Minors must have a parent or legal guardian present at registration to sign waiver.

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 the bike sticker on your bike to enter and exit transition before and after the race.

BODY MARKING

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

RELAY TEAMS

Relay team members must tag each other 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.

*If your swimmer is a female she will start the race with the Womens wave at 7:33am and if your swimmer is a male he will start the race with the Mens wave at 7:30am.

*Same guidelines apply for Olympic distance teams with starts at 9:00am or 9:03am.

SWIM

The course will be a 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.

You are allowed to use a personal swim buoy during the race if you feel it necessary. You will be provided with a Wilson Endurance Sports swim cap that we require all participants to wear during the race.

This will be 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 swim.

If you are in need of assistance please flip on to your back and wait for kayak to reach you.

BIKE

The Bike Course is open to traffic. Please use caution and obey the rules of the road.

VeloFix-Albany will be available pre-race for light bike maintenance and on the course during the race.

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, relatives, club members will be allowed in transition. No exceptions! This is for the safety of the participating athletes and security of property.

YOUR HELMET MUST BE SNAPPED ON BEFORE YOU MOVE YOUR BIKE OFF THE RACK!

You must transport the bike out of the transition area and mount in the designated location, the same of the return. Look for the DISMOUNT BIKE HERE signs.

You will note that there will be orange arrows marked 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. 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 and Duathlon athletes will complete 1 (one) loop, Olympic distance athletes will complete 2 (two) loops of the course.

This is a mostly flat ride with one short, steep grade that will take your breath away with a fast descent back to the flats.

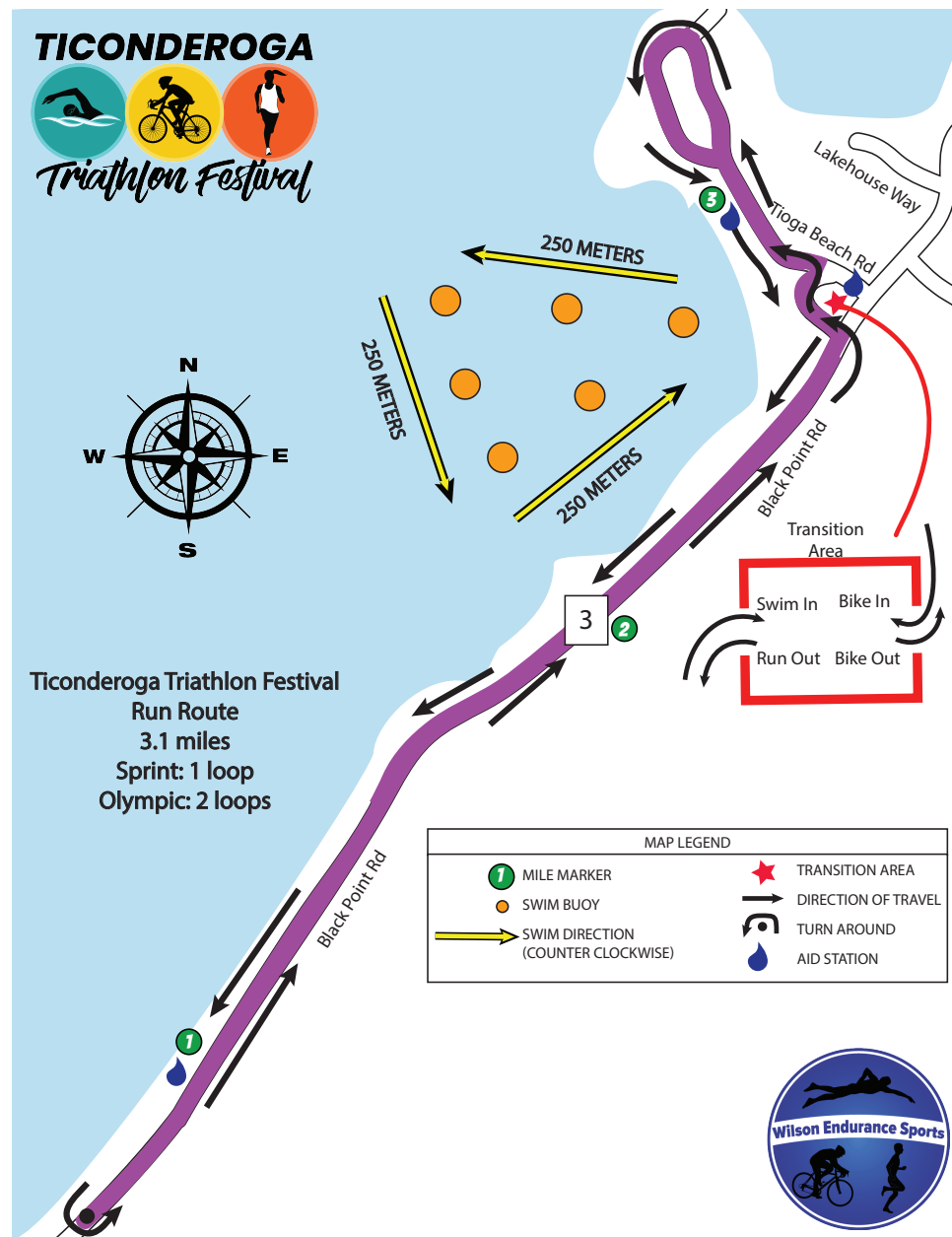
There will be NO Aid stations on the bike course.

There will be 6 port-a-johns near the transition area.




RUN

The run course is a flat and fast 5K lollipop loop.
The Olympic will do two (2) loops of the lollipop.



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.



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 Paul Sutton Photography. 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 immediately and hand in your timing chip.

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. If you are an AquaBike participant your race ends as you enter the transition area off of the bike. Please make your way to the Finish Line to receive your Finisher Medal.

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

AWARDS

Saturday:

10am - Sprint Distances

12:30pm - Olympic Distances & Double Ti

3:30pm - Kids Triathlon

Sunday:

10:30am Duathlon, Combo and Triple Ti

Prizes and Certificates - Top 3 Overall (M&F) for all Races, Combos, Double and Triple Ti.

Certificates - Top 3 for each Age Group (M&F) Triathlon and Duathlon only. 19&Under, 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, chocolate milk (provided by our sponsors; King Brothers Dairy), SporTea and pastries available for athletes and spectators.

Post race food will be provided by The Wind-Chill Factory.

All Athletes will receive a wrist band at registration. **YOU MUST WEAR THIS BAND TO BE ELIGIBLE FOR FREE FOOD AND BEER! NO EXCEPTIONS.**

Spectators will be able to purchase food for a fee.

BEER TENT

Sponsored by SOUTHERN TIER BREWING COMPANY.

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

ENTERTAINMENT

On Friday evening there will be a volunteer party on the beach to coincide with packet pick up from 6pm – 8pm.

We invite you to stick around and enjoy the FREE concert by the Phil Henry String Band. We will have a fire pit and S'mores by the water.

Saturday, Andy Groton will perform from 12:30 to 2:30pm.

We invite you to stick around after the events to enjoy the beach, the music, food and beverages

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.

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 other generous donations) of the Ticonderoga Area Backpack Program.

Please support and thank our local sponsors:

Amrita Health Foods, Alumidock, Best Western - Ticonderoga, Black Point Civic Association, Bridgepoint Communications, Builders First Choice, Casella Waste Management, DeFranco Landscaping, Inc., Doctor Hoy's, Frog Hollow Bikes, International Paper Mill, King Brothers Dairy, Rip and Refuel, ROOST, Safeguard of the Hudson Valley, SBR Sports, Inc., SporTea, The Garrison Gym, Ticonderoga Area Chamber of Commerce, Ticonderoga Emergency Squad, Ticonderoga Festival Guild, Town of Putnam, Town of Ticonderoga, Tractor Supply - Ticonderoga, Trudeau Home Improvements, VeloFix - Albany, WIN.

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

SOUTHERN TIER BREWING COMPANY, AMRITA HEALTHFOODS, VELOFIX ALBANY, RIP & REFUEL, HAMMER NUTRITION, SCICON, PLAYTRI, DOCTOR HOY'S, METALLIC LADDER, ALUMIDOCK, SBR SPORTS, INC., WIN, RIP & REFUEL, ORANGE MUD, SHAVE SECRET

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 27 events throughout New York State and 1 in Connecticut. We hope to see you again in the future.

WE WILL BE OFFERING SUPER EARLY BIRD PRICING - THREE DAYS ONLY - MONDAY - WEDNESDAY, JUNE 24 - 26 FOR 2020. GET REGISTERED AND SAVE \$\$\$\$\$\$.

Best of luck and stay safe.

Mark & Tonia Wilson

Wyatt McAllister

Wilson Endurance Sports, LLC

