



Athlete Guide
Welcome to CassadagaMan
***Revised 8/25/2021**

Saturday, September 4th, 2021
Cassadaga Beach, Park Avenue, Cassadaga, NY 14718

Race Communications:

Mark H. Wilson (914-466-9214) or coachmarkwilson@gmail.com

Tonia H. Wilson (716-353-1288) or tonia@coachmarkwilson.com

**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.**

Please do NOT bring dogs to the race

- The park does not allow dogs
- Outside of the park are peoples lawns
- Dogs and bikes do not mix
- We like dogs, but please DO NOT bring your dog to this race

Packet Pick-Up and Bike Drop Off:

- NOT mandatory
- Friday, September 3rd at the race site, Cassadaga Beach, Park Avenue from 12noon - 8pm
- Overnight security will be present

RACE DAY

We do not have cut-off times; you finish your race when you finish
You cannot leave the designated courses at any time

We will be there to cheer you in at the Finish Line
If you decide to abandon your race for whatever reason you must notify the timers at the table next to the Finish Line

PARKING

- There will be three FREE parking lots for all athletes and spectators
 - Park Church off of Maple Ave
 - Fire Hall on Mill Street off of Maple Avenue
 - E2CC Boces parking lot off of Maple Ave. - 1/2 mile from race site
 - Follow the white "Park Here" signs
- Please do not park on grass at any of these locations
- Please do not park on the streets
- Please do not park in front of or behind the businesses on Maple Ave or SR60
- Park Avenue will be CLOSED to all traffic except residents
- **NO UNLOAD ZONE OR BIKE DROP OFF AT RACE SITE**

REGISTRATION

- Open 5:30am - 7:40am
- Please use your inside voices prior to the race start as there are many residents surrounding the park
- Please be prepared to show your photo ID and current USAT card (phone image is fine). If you do not have this you will be required to pay \$15 for one day membership. \$15 cash or \$16.50 with credit card including service fee
- If you purchased one day event membership at registration you do not need to show anything other than your photo ID
- Inside your goodie bag will be the following:
 - Swim cap that we ask all participants to wear
 - Wrist band that all participants must wear POST RACE to receive your free meal and entrance to the Beer Zone

TIMING CHIPS

- Chips will be distributed on race morning

BODY MARKING

- Your bib # will be marked on your hand, your age on your calf

BIB NUMBER & STICKERS

- Bib number must be displayed on the front of your body during the run portion of the race
- Helmet and bike stickers will be given with your packet and must be attached

- POST RACE YOU WILL NEED TO PRESENT BIB# TO MATCH THE BIKE STICKER # TO REMOVE YOUR BIKE FROM TRANSITION

TRANSITION

- Open from 5:30am - 7:40am
- **NO ONE OTHER THAN PARTICIPATING ATHLETES ARE PERMITTED INTO TRANSITION AT ANY TIME! NO SPOUSES, CHILDREN, COACHES THIS IS FOR YOUR SAFETY AND THE PROTECTION OF YOUR PROPERTY**

RELAY TEAMS

- **Please wait to check in until all members of your team are present and come to the table together**
- Designated spot in transition for relay teams between the “Swim In” and the basketball hoop
- CHIPS WILL BE EXCHANGED IN TRANSITION
- Cyclist cannot un-rack your bike until swimmer transfers you the timing chip
- Runners cannot leave until cyclist has racked the bike and transferred timing chip
- Please note that all members of the team may cross the finish line together
Please do not impede other participants as they enter the finish chute

AQUABIKE

- Your race is complete after you cross over the timing mat at bike dismount
- Make your way to the Finish Line for your photo and to receive your Medal

PRE-RACE MEETING

Pre-race meeting (**mandatory**) held 7:45am at the waterfront

There will be two waves for the start:

Men - 8:00am

Women & All Relay Teams - 8:03am

His & Her changing tents will be available next to transition

Medical tent with licensed PA will be available near the transition area

TIMING MATS*

- Timing mats will be in place to verify athletes have completed every section of the race course as well as to provide you with split times.
- Timing mat locations will be evident; it is YOUR responsibility to ensure you cross the mat, not the volunteers.
- If you lose your timing chip you must notify the timers at the table next to the finish line immediately
- Locations:
 - Swim Exit
 - Bike Out
 - Bike Mile #14 (approaching the aid station on Burr Road)
 - Bike Mile #28 (just after the corner off of Route 60 onto Maple Ave where you begin your second loop)
 - Bike Mile #42 (approaching the aid station on Burr Road)
 - Bike Mile #56 (just after the corner off of Route 60 onto Maple Ave before you return to dismount)
 - Bike In
 - Run Out
 - Run Course - turnaround location #1 (bottom of Spoden Road)
 - Run Course - turnaround location #2 (end of Glasgow Road)
 - Finish Line

SWIM



- **Swim warm-up will be allowed from 7:15am - 7:40am**
- 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
- Course will be a counter-clockwise course and you will keep all buoys on your left shoulder
- You will be provided with a swim cap that we require all participants to wear during the race
- Wetsuits are legal. Water temperature will be between 66-70 degrees
- You are able to rest on a kayak and continue to finish your race
- If you need assistance from a kayak please roll over on your back
- Kayakers will be instructed to keep you on course and not cut inside the buoys
- You must travel around the outside of each buoy keeping it on your left shoulder

BIKE

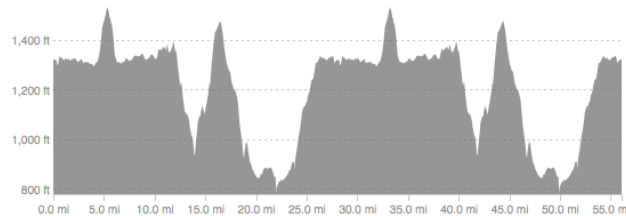
Strava bike link:

- <https://www.strava.com/activities/2722622133>

NO-ONE WILL BE ALLOWED TO ACCOMPANY ATHLETES INTO TRANSITION AREA

NO EXCEPTIONS!

- YOUR HELMET MUST BE SNAPPED ON BEFORE you remove your bike from the rack
- Walk the bike out of the transition area and mount in the designated location
- 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
- You must 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
- **LOUD Performance** will be set up next to transition for pre-race bike maintenance



- **You will complete two loops of the 28 mile course**
- There will be 2 aid stations on the course stocked with water and Hammer Nutrition products including Heed, Gels, and Fizz. Port-a-johns available at both
 - #1 - At the corner of Burr Road and Bear Lake Road (roughly mile #14 & 42)
 - #2 - Ames Commons at the red light intersection of Route 60 and Maple Avenue (mile #28)

YOU ARE ABLE TO DROP OFF A SPECIAL NEEDS BAG AT AID STATION #2 PRIOR TO THE RACE. We will mark your bag with your bib#

YOU WILL BE RESPONSIBLE TO GET OFF OF YOUR BIKE TO GET YOUR BAG - VOLUNTEERS WILL BE MONITORING THIS AREA. BAGS WILL BE LAID OUT IN BIB# ORDER

- Any areas on the course that we know have potholes, etc will be marked with orange spray paint
- **There are bright orange arrows marked on the pavement before each turn. If you don't see the arrows, don't turn!**

It is your responsibility to know the course beforehand

- Right turn out of Park Avenue onto Maple Avenue
- Left turn onto Putnam Road/S. Stockton-Cassadaga Road
- Right turn onto Bruyer Road
- Right turn to continue on Bruyer Road
- Left turn onto Pierson Road
- Right turn onto S. Main Street/County Route 380
- Continue straight thru 4 way stop to N. Main Street/County Road 380 / 70
- Bend left onto Stockton-Brocton Road
- Continue onto Stockton Road
- Right turn onto Burr Road (aid station# 1 at end of road)
- Left turn onto Bear Lake Road
- Right turn onto Kelly Hill Road
- Left turn onto Chautauqua Road
- Right turn onto Webster Road
- Cross over Fredonia-Stockton Road
- Right turn onto Porter Road
- Right turn onto State Highway 60
- Right turn onto Maple Avenue (aid station #2 and special needs bag location drop off)

Always stay to the right hand side of the road. Use the shoulder when available

- SAG vehicle that will sweep the course

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- Bike tech support is available. However, you will need to have your own gear pack with the appropriate tools and back up tubes and CO2 cartridges with you. We can assist with flats, chains, etc but not major mechanical issues like broken wheels. Also, realize that it may take time for the bike tech to reach you
- If you need assistance on course please ask a fellow rider to alert a fire police official or aid station attendant

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

DO NOT litter on the course!
Garbage cans are available at each aid station.
All items must be kept on you until you can discard properly!

- Dismount your bike in the designated area and walk your bike into transition

RUN

Strava run link:

- <https://www.strava.com/routes/21423601>
- The 13.1 mile run begins as you run out of transition.
- The course has two (2) out and backs.
- **You must cross over the timing mats at the two turn-around points on the run course to be considered a Finisher!**
- There will be 8 aid stations(the first in transition) at each mile marker with water and Hammer Nutrition products including Heed, Gels and Fizz, Coke, fruit, cookies, chips and candy available on the course as well as 3 locations with port-a-johns available.
- Stay on the right hand side of the road both out and back.
- **The course is open to traffic and not closed. Please use caution and never run in the roadway.**

IF AT ANY TIME YOU ABANDON YOUR RACE YOU MUST NOTIFY THE TIMERS AT THE TABLE NEXT TO THE FINISH LINE

NEW THIS YEAR:

Our aid station volunteers are going to try and out-do each other to bring you a memorable and fun aid station experience.

All participants will be asked to VOTE on their favorite aid station at the merchandise table post race.

Prize will be awarded for the crowd favorite!

FINISH

- Please look up for your finisher photo at the end ;)
- Water and Body Armor will be available
- Finisher Medals

DIVISIONS & AWARDS

- Top 3 Overall (M & F) *Prizes and podium ceremony
- Top 3 Age Group (M & F)
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+. *Podium ceremony
- Top 3 AquaBike (M&F) *Prizes and podium ceremony
- Top 3 Relay Teams *Prizes and podium ceremony
- Individualized finisher certificates will be emailed post race

CassadagaMan merchandise will be available for sale. Credit cards and cash will be accepted. Orders can also be taken and shipped.

Post Race Massage generally \$1 per minute given directly to the massage therapist.

Medical tent with licensed PA will be available near the transition area.

FOOD

- Post race food will be provided by *Super Duper Catering* with a full menu available. Participants will be given a wrist band in their packet and must wear post race to receive FREE food.
- Coffee and breakfast food will be available beginning at 6am
- There will be gluten free option for those that need it
- Your spectators will be able to purchase food and beverages directly
- Enjoy the live music by our friends 2nd Street Sunset

BEER ZONE

Beer is provided by our sponsors at **Southern Tier Brewing Company**

- There will be a fenced in Beer Zone
- Athletes only permitted with wrist bands
- No beer is permitted to leave the Beer Zone

IF you have someone that is coming with you that would like to assist us please have them contact Tonia at tonia@coachmarkwilson.com or register directly for a time slot and task at the RunSignUp registration page.

Volunteers will receive FREE food and event t-shirt for helping us!

USAT Most Violated 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.
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.
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. This also applies to spectators. You will be asked to leave. No refunds given.

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.

We reserve the right to ask anyone that does not follow our guidelines or makes anyone uncomfortable or feel threatened to leave. No refunds will be given.

Thank you for racing with us. We strive to plan a fun, athlete centered event for you to test your fitness and endurance. Please watch our website at www.CoachMarkWilson.com for race results, future events and activities.

Best of luck and stay safe.

Mark & Tonia Wilson

Wilson Endurance Sports, LLC

The sponsors this year have been remarkable!



Please visit their locations, "LIKE" or "FOLLOW" on social media.

Let them know that you appreciate their commitment in bringing you this quality event and the great swag you receive this year!

Southern Tier Security
Tom's Pro Bike
Alivana

Southern Tier Brewing Company
PEL Industrial Supply Inc
Chadwick Bay Property Management
Hammer Nutrition

Mike Frame Images & Computer Consulting
Kravitz Tree Service
Loud Performance

HyWit Corp
Fermentation Station
King Kone
Doctor Hoy's
SBR Sports, Inc.

E-Z Self Storage
Gay Mark Tire & Wheel, Inc.
Heart of the Home Kitchen and Bath Gallery
Om Nohm Bakery & Cafe
The Pineapple Place
Thrivent ~ Terry Hokaj
Upstate Farms

716 Realty Group

Add Lumber True Value
Basil Chevrolet~Buick~Cadillac

Cassadaga Lakes Association

Chai's Chocolates & Gifts

Chautauqua County Fire Police

Chautauqua County Sheriff Department

Chautauqua Health & Fitness

Darwin's Gym

Dunkirk Fitness

HBKS Wealth Advisors

Howard Hanna Holt Real Estate

Liberty Vineyards & Winery

Merritt Winery

Pinelli Landscaping

Paul's Limousine Service

Sherwin Williams

Sly Clover Photography

Stockton Hotel

Town of Pomfret

Village of Cassadaga

Woodbury Winery & Vineyards

Zambotti Collision