



Athlete Guide
Welcome to the inaugural CassadagaMan

All participants must read this guide with Covid-19 protocols.

Saturday, September 5th, 2020
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

Packet pick-up will be available on Friday, September 4th at the race site from 12noon - 8pm. No bike drop off on Friday.

Transition and check in opens on Saturday at 5:30am and closes at 7:30am SHARP

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

NO EXCEPTIONS!

POST RACE YOU WILL NEED TO PRESENT RUN BIB# TO MATCH THE BIKE STICKER # TO REMOVE YOUR BIKE FROM TRANSITION. NO ONE OTHER THAN ATHLETES ARE PERMITTED INTO TRANSITION AT ANY TIME!
THIS IS FOR YOUR SAFETY AND THE PROTECTION OF YOUR PROPERTY!

Pre-race meeting (**mandatory**) held 7:45am at the waterfront. ***Please social distance on the hillside. You do NOT need to wear a mask at this point.***

Due to the unexpected situation we all find ourselves in this year, the way we have celebrated will change but not the pure JOY of racing, getting

together as a community and cheering each other on for the goals accomplished.

This will only work if everyone follows our guidelines, respects others, is patient and kind, and understands that we need to protect our community members, volunteers and the reputation of Wilson Endurance Sports so that we can continue to race for years to come.

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.

- ~There will be no split times kept, only finish times
- ~There will be a modified podium award ceremony
- ~We ask that your spectators have a mask available and do NOT approach the registration table with you or enter transition area with you.

IMPORTANT: COVID-19 PROTOCOLS THAT MUST BE FOLLOWED FOR US TO BE ABLE TO CONTINUE RACING IN 2020.

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.

PARKING

- ALL athletes/spectators must park across from Park Ave on Maple Ave at the Park Church building, on Mill Street at the Cassadaga Firemans grounds, which is diagonal across Maple Ave. from Park Ave and the E2CC Boces parking lot on Maple Ave.
- There is NO parking AT THE BEACH or along Park Avenue!
- Park Avenue will be CLOSED to all traffic except residents.
- NO UNLOAD ZONE OR BIKE DROP OFF AT RACE SITE!

REGISTRATION

- We will limit the race to 150 participants.
- There will be NO race day registration.
- There will be three tables (one for male, one for female and one for relay teams) with cones placed 6 ft apart and everyone must stay in line and wait to approach the table. No ID will be checked.

- Waiver will have been signed electronically upon registration.
- All participants will be given a face mask that we request you wear pre and post race.

BODY MARKING

- You will be marked on your hand only.

BIB NUMBER & STICKERS

- You must have your Bib number 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.

RELAY TEAMS

- **Please wait to check in until all members of your team are present and come to the table together.**
- You will have a designated spot in transition for relay teams between the “Swim In” and the basketball hoop. You will meet at the bike rack in transition.
- The swimmer must be present at the bike rack before the cyclist leaves transition and the same with the cyclist getting back, you must rack the bike before the runner leaves the designated spot.
- Only the runner is required to wear the bib on the front of their body during the run portion and as you cross the finish line.
- 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 dismount from your bike, rack your bike and check in with the volunteer at the transition aid station at the run out to report your time.
- Make your way to the Finish Line at your leisure to receive your medal.

PRE-RACE MEETING

- Please meet at the waterfront and adhere to the guidelines of keeping 6ft between you and other participants. Meeting will begin promptly at 7:45am.

There will be three waves for the start:

Men - 8:00am

Women - 8:03am

Relay teams - 8:06am

His & Hers changing tents will be available next to transition.

SWIM



- **Swim warm-up will be allowed from 7:15am - 7:40am.**
- You will enter and exit the water at the same location. Look for the buoys as you sight in. 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.

BIKE

- Transition area is on the fenced in basketball court at the park. Rack your bike, **2 to a rack**; first come, first serve. Please be mindful of your fellow racers and try and keep your items confined to a small a space as possible underneath your bike.

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NO EXCEPTIONS!

- YOUR HELMET MUST BE SNAPPED ON BEFORE you remove your bike from the rack!
 - You must walk the bike out of the transition area and mount in the designated location.
 - 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.
 - 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.
- **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)

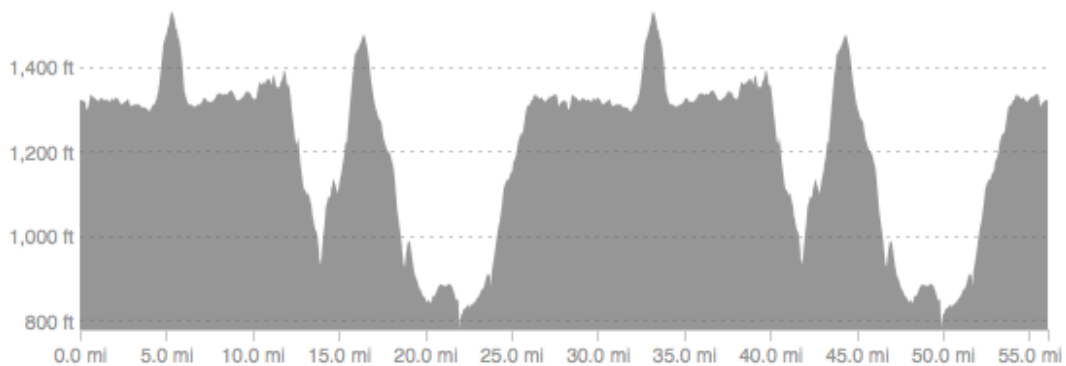
YOU ARE ABLE TO DROP OFF A **SPECIAL NEEDS BAG AT AID STATION #2 PRIOR TO THE RACE. WE WILL HAVE BAGS AVAILABLE FOR YOU TO USE OR YOU CAN BRING YOUR OWN AND WE WILL PLACE A STICKER WITH YOUR BIB#. YOU WILL BE RESPONSIBLE TO GET OFF OF YOUR BIKE TO GET YOUR BAG - VOLUNTEERS WILL BE MONITORING THIS AREA. 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. Also you will note that there will be 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.

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. Bike tech support avail. 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 to call Mark at 914-466-9214.

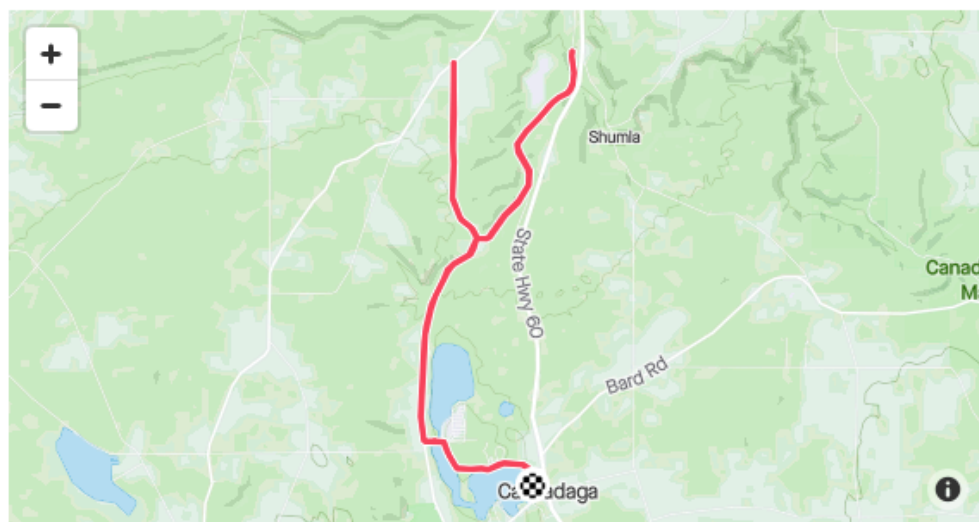


DO NOT ride side by side in the road and NEVER cross over the yellow line in the middle of the road. The course is NOT closed to traffic.

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

RUN

- The 13.1 mile run begins as you run out of transition. Follow the cones along the fence and out of the gate.
- **Your bib# will be checked at the two turn-around points on the course.** Please make sure it is on the front of your body for our volunteers. No finish times will become official until your bib# has been verified at each station.
- 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 MARK OR TONIA WILSON

FINISH

You will be timed as you cross under the finish line. There will be water bottles available, provided by our sponsors at the **Cassadaga Country Club & Cassadaga Shur Fine.**

DIVISIONS & AWARDS

- Top 3 Overall (M & F) - Modified award ceremony and prizes presented to adhere to Covid-19 protocols.
- 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+ - Winners announced, beer pint given, certificates emailed.
- Top 3 AquaBike (M&F) - Winners announced, beer pint given, certificates emailed
- Top 3 Relay Teams - Winners announced, beer pint given, certificates emailed.

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CassadagaMan merchandise will be available for sale. Credit cards and cash will be accepted. Covid protocols will be enforced.

Post Race Massage - we are hopeful that this service will be available. It depends on their Covid protocol restrictions. If so, it is 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 will be available followed by lunch items.
- Your spectators will be able to purchase food and beverages.
- Water and Body Armor will be provided post race as well as assorted fruit and granola bars.
- Please stay after your race and enjoy the live music and atmosphere while maintaining distance.

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 716-353-1288 or tonia@coachmarkwilson.com

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. 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 and national sponsors; Hollyloft Ski & Bike, Southern Tier Brewing Company, Mike Frame Images & Computer Consulting, Fredrickson Builders Supply, Cassadaga Shur Fine, The Red House and Cassadaga Country Club.

HAMMER NUTRITION, ROKA, RIP & REFUEL, SCICON, PLAYTRI, DR. HOYS, SBR SPORTS, INC., ORANGE MUD, SHAVE SECRET.

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

