



**Athlete Guide**  
**Welcome to the Cooperstown Triathlon**

Saturday, May 30, 2020  
Glimmerglass State Park  
1527 County Highway 31  
Cooperstown, NY 13326

Race Communications:  
Mark H. Wilson (914-466-9214) - Race Director  
Tonia H. Wilson (716-353-1288) - Administrator

**PARKING**

Parking will be at the race site within the State Park. There will be no fee to gain entrance to the park as long as you are in by 9am. Please let your spectators know this. After 9am regular park admission fees apply.

Races begin SHARP as follows:

7:00am for Sprint Tri

7:00am for Aqua Bike

7:00am for Relay Teams

**Pre-race meeting held 6:45am AT THE WATER FRONT.**

**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. We will contact you via email and Facebook posts if there are to be any last minute changes due to weather.

**REGISTRATION**

Packet pick-up on Friday from Noon - 8pm at the race site. (Not a requirement)

\*\*Bike drop off and overnight security are available in transition. All bikes must have bike stickers applied before dropping off.

Packet pick-up & Body Marking - Race Day beginning at 5am.

Registration will close at 6:45am.

All athletes must pick up their race packets themselves, relay team members too.

What to bring with you:

1. Photo ID
2. USAT card (either card or digital copy is acceptable)
  1. IF not a current member **OR** if you cannot produce a valid USAT membership - \$15 cash, check or credit/debit card(+\$2.50 service fee)

We do offer Race Day Registration. \$105 for individuals and \$160 for Relay Teams. Cash, check and credit/debit card accepted (+\$2.50 service fee for cards)

### **BIB NUMBER**

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

### **BODY MARKING**

Marking will be done at registration-your # will be marked on your arm and your USAT age (your age on 12/31/2020) will be marked on your calf.

### **SWIM**

400 meters, one loop of the course. Keep the buoys on your left shoulder.

There will be lifeguards and volunteers in the water in kayaks. 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 call out for lifeguard or kayak and you will be assisted.

You will be issued a swim cap at registration that we require to be worn.

Wetsuits are optional but recommended.

### **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.

You must walk the bike out of the transition area and mount in the designated location marked on the pavement. **YOUR HELMET MUST BE SNAPPED ON**

BEFORE YOU move your bike. And, it must not be undone until after you rack your bike. Dismount your bike in the designated area and walk your bike into transition.

There will be designated arrows and volunteers along the bike course to keep you on course.

**It is your responsibility to know the course beforehand. Always stay to the right hand side of the road unless passing. The course is NOT closed to traffic.**

Turn by Turn course directions: Out of the park, left turn onto County Hwy 31, left turn onto Mill Road, Mill Road bends to the right, left turn onto County Road 53, immediate right turn onto Griggs Road, right turn onto State Route 20, right turn onto County Hwy 31, right turn into Glimmerglass State Park.



There will be no aid station on the bike course. Restrooms are located in the bathhouse.

Bike tech support provided by VeloFix Albany - Carl Miller

Wilson Endurance Sports will provide a SAG wagon following the last cyclist.

Participants in the **AquaBike** competition will complete the event after the bike. Finish times are recorded as participants cross the timing mat as they enter transition. Finishers can make their way to the Finish Line for their race medals. There are no relay team entries for the AquaBike.

## RUN

There will be 2 aid stations along the run course that will be stocked with water, and nutrition provided by our sponsor, Hammer Nutrition, featuring HEED, Endurolytes & Gels.

The run course is NOT closed to traffic. **This is a single loop course.**





Be sure to look up and smile as you cross the finish line for our professional photographers. Prints and downloads will be available for purchase a few days after the event.

## **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 and volunteers will reward you with a well deserved Finisher Medal.

Relay Teams are welcome to all cross the finish line together. Please do not impede other athletes at anytime within the Finish chute.

## **DIVISIONS:**

- Male Age Group – 19 & Under, and 5-year age groups from 20-80+
- Female Age Group – 19 & Under, and 5-year age groups from 20-80+
- AquaBike
- Relay Teams

## **AWARDS:**

- Overall Top 3 Male & Female - Sprint Triathlon - Podium, Prizes and Certificates.
- AquaBike - Top 3 Overall Male and Female - Podium, Prizes and Certificates.
- Relay Teams - Top 3 - Podium, Prizes and Certificates.
- Top 3 in each Division Age Group - Podium & Certificates

## FOOD

There will be post race snacks & beverages provided by Wilson Endurance Sports. Beer zone provided by our sponsor, Southern Tier Brewing Company. All beer will be required to stay inside the designated area. Must be 21 years of age to enter. Wrist bands will be issued at registration and must be worn to enter beer zone.

The Glimmerglass State Park Concession Stand will be available on race day with a wide variety of items for purchase by all athletes and spectators.

## RULES

**NO DOGS ARE ALLOWED AT ANY TIME ON THE COURSE, WATERFRONT, TRANSITION OR NEAR THE FINISH LINE AREA. WE HIGHLY RECOMMEND AND REQUEST THAT YOU DO NOT BRING YOUR DOG TO THE EVENT.**

*Glimmerglass State Park Pet Policy:* A maximum of two pets are allowed in campsites and day use areas unless prohibited by sign or directive. Pets are to be supervised at all times and either be crated or on a leash not more than 6-feet in length. Proof of rabies inoculation shall be produced if requested by staff. Pets are not permitted in playgrounds, buildings, golf courses, boardwalks, pools and spray-grounds or guarded beaches (this does not apply to service animals).

No rollerblades, skateboards, strollers or motorized vehicles including bicycles allowed. No non-registered participants allowed on course during event.

## 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 are individual tests of fitness.

**4. Transition Area:** All equipment must be placed in the properly designated and individually assigned bike corral. 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. Athletes in transition area only.

**5. 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.

**6. Unsportsmanlike 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.

**7. Headphones:** Headphones, headsets, iPods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race.

**8. 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.

**9. 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.

There is NO refund for this event. However, with ADVANCE notice (prior to race day) you may transfer to another Wilson Endurance Sports event or defer to next years race. You must speak with Tonia Wilson directly via email at [tonia@coachmarkwilson.com](mailto:tonia@coachmarkwilson.com) or 716-353-1288.

Any questions on the course or race please contact Race Director, Mark H. Wilson, via email [CoachMarkWilson@gmail.com](mailto:CoachMarkWilson@gmail.com) or 914-466-9214.

Produced by Wilson Endurance Sports in cooperation with the New York State Office of Parks, Recreation and Historic Preservation – Central Region.

We'd like to thank our Sponsors for providing us with great goodie bag stuffers & discount codes.

HAMMER NUTRITION, WIN, PLAYTRI, DR. HOYS, ALUMIDOCK, RIP & REFUEL, SBR SPORTS, INC., ORANGE MUD, SHAVE SECRET, SOUTHERN TIER BREWING COMPANY

Thank you for racing with us today. We strive to plan a fun, athlete centered event for you to test your fitness and endurance. It is our hope that you fall in love with staying fit and healthy for life and always enjoy the world of multi-sport. Please watch our website at [www.CoachMarkWilson.com](http://www.CoachMarkWilson.com) for race results, future events and activities. Wilson Endurance Sports, LLC produces multiple events in NY State and Connecticut. We hope to see you again in the future.

WE WILL BE OFFERING SUPER EARLY BIRD PRICING ~ THREE DAYS ONLY, Sunday May 31st - Tuesday June 2nd, ~ FOR **JUNE 12, 2021**. GET REGISTERED AND SAVE \$\$\$\$\$\$. And, you never have to worry about losing anything. We always allow deferrals to the next year or a transfer to another event within that calendar year. Registration thru the link on our website only. No other coupons or offers will apply.



Best of luck, have fun and stay safe.

Mark & Tonia Wilson

Wilson Endurance Sports, LLC