



## Athlete Guide

### Welcome to the Southern Tier Triathlon Club Summer Tri Series

**All participants must read this guide with new Covid-19 regulations.**

Wednesday evening; July 15, August 5, September 2, 2020  
Cassadaga Beach, Park Avenue, Cassadaga, NY 14718

Race Communications:

Mark H. Wilson (914-466-9214) or [coachmarkwilson@gmail.com](mailto:coachmarkwilson@gmail.com)

Tonia H. Wilson (716-353-1288) or [tonia@coachmarkwilson.com](mailto:tonia@coachmarkwilson.com)

Race begins at 5:45pm, SHARP

**Transition and check in opens at 3:30pm and closes at 5:30pm SHARP**

Pre-race meeting held 5:30pm

***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.***

There will be MANY changes which you NEED to read below. 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.

\*Important updates for this season:

- ~There will be no split times kept, only finish times
- ~The post race food will not be provided
- ~There will be no t-shirts
- ~There will be NO relay teams for this first event
- ~There will not be a podium ceremony but individuals will be announced and stand in place for your applause ;) and overall and age group certificates will be emailed to winners
- ~We ask that your spectators have a mask available and do NOT enter transition area or approach the registration table 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, Ames Common or on Mill Street at the Cassadaga Firemans grounds, which is diagonal across Maple Ave. from Park Ave.
- There is NO parking AT THE BEACH or along Park Avenue!
- Park Avenue will be CLOSED to all traffic except residents.

## **REGISTRATION**

- We will limit the race to 100 participants.
- There will be NO race day registration. Online registration will be open until 5pm on June 30th or until our maximum capacity is reached.
- There will be one table 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.
- \*\*Please read the changes to the online waiver
- All participants will be given a face mask that we request you wear pre and post race.

## **BODY MARKING**

- There will be no body marking this year.

## **BIB NUMBER**

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

## **RELAY TEAMS**

- For this first race there will be NO relay teams

## **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 5:30pm.

## **SWIM**

- 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. The course will be a counter-clockwise triangle. You will be provided with a swim cap that we require all participants to wear during the race. Wetsuits are legal.

## **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.

- 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 must walk the bike out of the transition area and mount in the designated location. YOUR HELMET MUST BE SNAPPED ON BEFORE YOU LEAVE TRANSITION.

\*We will be using the newly installed gate to exit and enter transition. We will NOT be using the wooden steps.

The course is all right hand turns. You will leave the transition area and turn right onto Maple Ave., turn right onto Frisbee. Straight thru stop sign at Dale and Frisbee onto Glasgow. Continue to the T in road at Fredonia-Stockton Rd. Turn right. 2 miles downhill take a right at 4 corners onto Webster. At the bottom of the short hill at the 4 way stop in Laona, take right onto Porter. Take right onto State Route 60. All the way up hill to light in Cassadaga, right onto Maple and then one block right again onto Park Ave.

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!

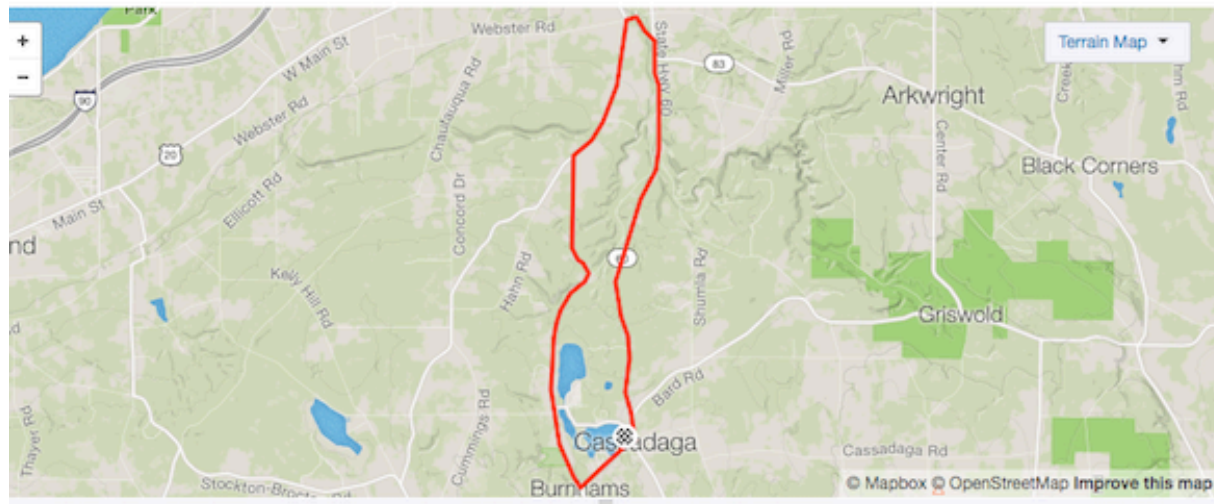
**It is your responsibility to know the course beforehand.** Always stay to the right hand side of the road. Use the shoulder when available. We do have a SAG vehicle that will sweep the course. If you need assistance please wait for them. Of course, if you see a fellow racer in need please have someone call 911.

**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.

Strava Cycling Route

## STTC Summer Tri-Series: Cassadaga Lakes

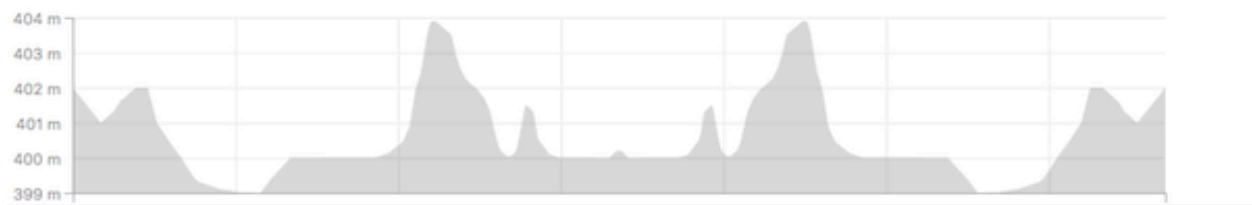
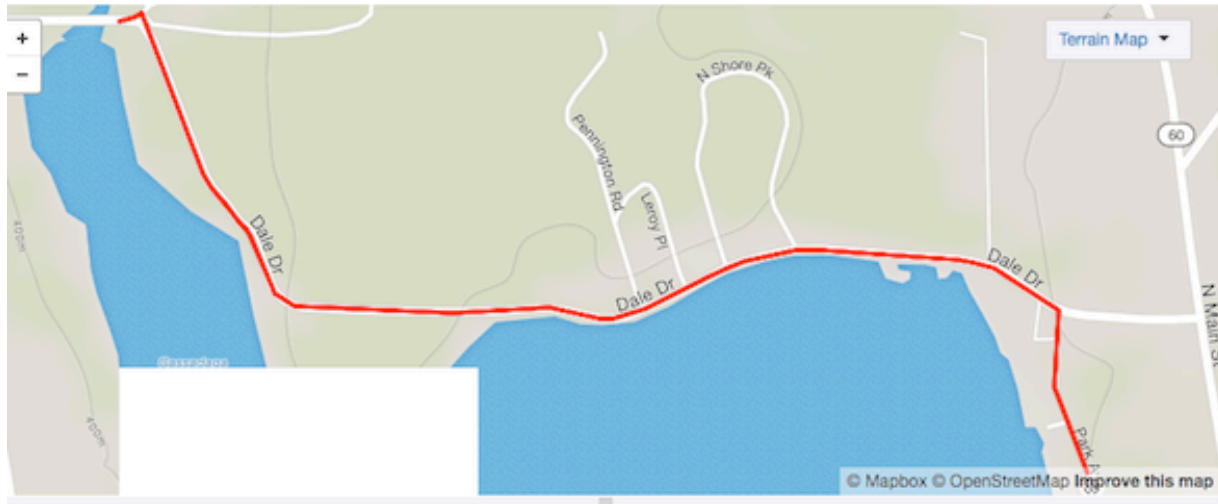


## RUN

The 2 mile run begins as you run out of transition. Follow the cones along the fence and out of the gate, running next to the Finish Line. You will run on the left side of the road to the end of Park Avenue and take a left turn onto Dale Drive, staying to your left. **NEW this year due to Covid-19 guidelines, All runners will run against traffic crossing over at the turnaround and again at Dale Drive and Park Avenue - Fire Police will be stationed to control traffic. Please use caution when crossing the road.** The course will be marked. You must run all the way to the cone at the turn around point before crossing over. There will be an aid station with water and Hammer Gels available at the turnaround point.

Strava Running Route

### STTC Summer Tri-Series: Cassadaga Lakes (Run Course)



## **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) - Certificates will be emailed to you.
- 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+ - Certificates emailed
- Top 3 AquaBike (M&F) - Certificates emailed

## **FOOD**

**New this year: we are not able to hold our pot luck picnic!**

**We ask that everyone bring their own food, paper products, a blanket and/or lawn chairs. We will spread out along the Beach grounds, still enjoying being together just separated.**

Beer is provided by our sponsors at **Southern Tier Brewing Company**. Water and soft drinks will be provided.

## **VOLUNTEERS**

**We rely heavily on volunteers to bring you our races, only now that will need to look differently as well. We cannot have volunteers lined up as you exit the water for their safety as well as yours. No split times will be kept.**

**We do need volunteers in the water on kayaks.**

**We do need two volunteers to assist at the finish line with timing.**

**We need one volunteer to assist with water bottles at the finish**

**We need one volunteer to assist with beverages out of the coolers for post race**

**We need two volunteers to assist at transition**

**We need one volunteer to assist at the run aid station**

**We need a volunteer at each end of Park Ave. for road closure**

**We need two volunteers on Maple Ave. directing parking pre race**

**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](mailto:tonia@coachmarkwilson.com)**

### **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 sponsors; Hollyloft Ski & Bike, Southern Tier Brewing Company, Mike Frame Images & Computer Consulting, Alumidock, Catrina Usher Designs, Fredrickson Builders Supply, Cassadaga Shur Fine, Lily Dale and Cassadaga Country Club.

We are not able to hand out goodie bags due to Covid 19 guidelines.

We do appreciate our national sponsors that provide discounts to our athletes. If you are interested in any of the below sponsors please contact Tonia directly.



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

Please join our Facebook group for updates. We hold informal practices, open to anyone, no fee, on the course as follows:

Mondays - Open Water Swim - 5:30pm

Wednesdays (surrounding race nights) - Swim, Bike, Run - 5:30pm

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](http://www.CoachMarkWilson.com) for race results, future events and activities.

Best of luck and stay safe.

Mark & Tonia Wilson

Wilson Endurance Sports, LLC

