

ATHLETE GUIDE

MAY 30, 2026

LONG COURSE

&

INTERMEDIATE

TRIATHLON AND AQUABIKE

**ALL INFO IN THIS GUIDE APPLIES TO
BOTH DISTANCES EXCEPT WHEN NOTED**

COMMUNICATIONS

Mark H. Wilson - Race Director ~ (914-466-9214) CoachMarkWilson@gmail.com
Tonia H. Wilson - Administrator ~ (716-353-1288) WilsonEnduranceSports@gmail.com

VENUE

JAMESVILLE BEACH PARK, 3992 Apulia Road, Jamesville, NY 13078

- **DOGS ARE NOT PERMITTED WITHIN THE PARK DURING SPECIAL EVENTS**
- Please make sure that your spectators are aware of this!
- Parking lots open on race day at **5:30am** for participants and spectator vehicles.
- \$7 Parking fee begins at 10am on race day for all spectators.

PACKET PICK UP / BIKE DROP OFF

- Friday, May 29th at the race site.
- **12pm - 8pm**
- **OVERNIGHT SECURITY PROVIDED**
- NOT mandatory ~ packets can be picked up on race day.



INFORMATION



- **UNLESS** you hear from us directly, always assume that the race is on.
- Email notices and postings on our Facebook group page for any emergency notifications or changes.
- We will race rain or shine but will never endanger any of our athletes
- Wetsuit legal but not mandatory. *we follow USAT rules regarding water temp

WHAT YOU WILL RECEIVE AT CHECK-IN:

- **Timing Chip** - disposable, adhesive, goes on your **LEFT ANKLE** - must remain on to take your bike out of transition post-race. \$5 replacement fee if lost before race.
- **Bike Sticker** - must remain on your bike to take it out of transition post-race.
- **Swim Cap** - silicone cap that you must wear during swim portion.
- **Wrist bracelet** - Must have for entrance into the STBC Beer Garden.



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CHECK-IN REQUIREMENTS



- **Pre-Registered athletes must show a photo ID.** Volunteers will require you to return to your car if you do not have this. USAT membership info was obtained at registration or purchase of one-day membership. You do not need to show anything else.
- **Absolutely NO bib transfers are allowed!!**
- **Race-day registration** is available unless sold out. Photo ID required. See website for rate info and USAT requirements.
- **Relay Teams** - all members must be present to pick up packets together and receive team instructions.

RACE DAY SCHEDULE



5:30am

- Check-in opens/packet pick up
- Transition opens
 - Please proceed to check-in BEFORE you go into transition

7:15am - 7:40am

- Pre-swim available

7:40am

- Check-in closes
- Transition closes
- Pre-swim ends

7:45am

- **MANDATORY Pre-race meeting**

8:00am

- **RACE START** *Listen for wave start info during meeting

Jamesville Beach Park



Gates will open at 4am

- Gate 1 will be open until Lot #1 is full. **NO-ONE** will be able to remove a vehicle from Lot #1 until **ALL cyclists** are in.
- Gate 4, Lot #4 will be open and available and the **ONLY** way for anyone to leave before **ALL cyclists** are in.

TRANSITION



- Bikes will be racked on a first-come, first-serve, not associated with race numbers.
- Tri clubs with 10 or more athletes will have private, sectioned-off areas.
- **NEVER TOUCH ANOTHER RACERS BIKE OR EQUIPMENT.**
- Keep your items confined to the space next to your bike.
- Athletes **ONLY** will be allowed in the transition area. **NO** coaches, spouses, children, etc.
- Athletes **ONLY** will be allowed to remove bikes from transition with matching numbers on bikes and ankle timing chip.



- No glass allowed in transition.
- His & Her changing tents will be available just outside of transition.
- Port-a-johns located just outside of transition area.

PRE-RACE MEETING



- Pre-race meeting (**mandatory**) held 7:45am at the waterfront
- We ask that you pay attention and listen to the instructions from the Race Director. Last-minute updates and information that you need to know will be given.
- You are welcome to bring to the waterfront towels, blanket, jacket, etc as it may be chilly. These items will be found post-race at the information table.
- Everyone must start at their designated wave start time. Please take note. Times will not be adjusted. Waves will be announced during meeting.

TIMING CHIPS AND MATS



- Timing chips are to be placed on your left ankle. UNDER your wetsuit, not on top of the suit as the sticker on the bracelet indicates.
- If you lose your timing chip during the race (highly unlikely as they are extremely adhesive) you must notify the timers at the table next to the finish line immediately.
- Timing mat locations will be evident; it is YOUR responsibility to ensure you cross the mat, not the volunteers.
- You must cross over the mats at each location to receive your finish time.
 - Swim In
 - Bike Out
 - Bike In
 - Run Out
 - Run Turn-arounds
 - Finish Line
- Your timing chip must remain on post-race until you take your bike out of transition for the final time.

SAFETY



- *****We cannot express enough that your safety is the most important part of your race. Your family members are counting on you to go home to them tonight. This is a race that is designed for your enjoyment, the spirit of competition, and the pursuit of fun, fitness, and well-being.
- **IF YOU ARE NOTICING ANYTHING THAT DOES NOT FEEL RIGHT TO YOU AT ANY TIME DURING YOUR RACE, PLEASE STOP AND ASK FOR ASSISTANCE**



- Certified lifeguards will be in kayaks during the swim. If you need assistance please flip onto your back and a kayaker will come to you.
- You are allowed to hold onto a kayak for assistance but they cannot move you forward if you intend to finish your swim
- The staffed medical tent will be located next to the finish line
- There will be small first aid kits in the following locations:
 - Finish Line
 - Bike Aid Stations
 - Run Aid Stations
- **Bike and run courses are open to traffic.**
 - Officers and Fire Police will be located at key intersections for your safety, but you are responsible for knowing your surroundings and for your own safety.
 - YOU are responsible for following the direction of the course; this is NOT the law enforcement official's duty.
- **NEVER** cross over the yellow line in the middle of the road!!!

AQUABIKE



- Your race will begin at the same time as the triathlon
- Your race will end automatically as you enter transition off of the bike.
- Make your way to the Finish Line to be announced and to receive your finisher medal and refreshments. No running involved.

RELAY TEAMS



- Relay teams of 2 or 3. Instructions will be given to the entire team together at check-in.
- Each discipline cannot be broken up into parts. Meaning; one person will complete each event. Teams of 2; one person will need to complete two disciplines.
- The team will be issued one timing chip which is a velcro ankle bracelet.
- You must exchange timing chip with the next person on your team in transition before you head out on your leg of the race.
 - Swimmer must remove timing chip within transition and pass to the cyclist before bike is removed from rack.
 - Cyclist must rack bike and then remove timing chip to pass to the runner.
- All members may cross the finish line together, however, you must not impede another finisher in any way
- All relay team members must come to the finish line to receive finisher medals.



SWIM



- **NO CUT-OFF TIME**
- The course will be a .6 mile rectangle in a counter-clockwise direction with an in-water start. Intermediate participants will complete one loop. Long Course will complete two loops. You will exit the water for a short distance, run along the beach, and begin the course again.
- You will swim in a counter-clockwise direction keeping buoys on your left shoulder.
- This is a wetsuit legal race however it is not mandatory that you wear one.
- We follow USAT rules regarding water temperature and wetsuits.
- There will be lifeguards in the water in both kayaks and motorboats.
- If you need assistance please flip onto your back immediately. A kayaker will approach you.
- You are permitted to use a personal swim buoy and/or snorkle mask during the race if you feel it necessary. This is for your comfort and peace of mind only. If you chose to wear one we ask that you stay to the back of the swim start.
- **Please pay attention at the pre-race meeting regarding swim wave starts.**



BIKE



- **NO CUT-OFF TIME**

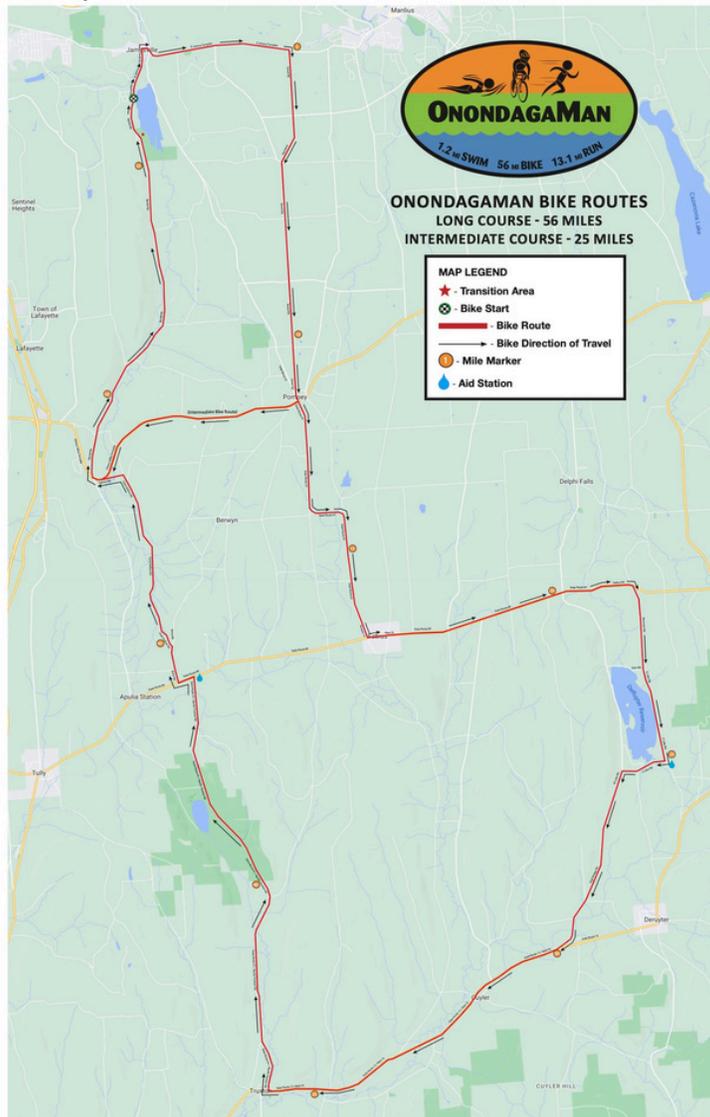
- **Strava Long Course bike link: <https://www.strava.com/routes/3050906230819083598>**
- **Strava Intermediate bike link: <https://www.strava.com/routes/3358908518174868036>**

- YOUR HELMET MUST BE SNAPPED ON BEFORE you remove your bike from the rack
- Walk/run the bike out of the transition area and mount in the designated location
- NO drafting; this means that you must keep 4 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 can move into the roadway safely
- Dismount at the designated location and walk/run your bike back into transition.

- There will be two aid stations on the 56-mile bike loop. There will NOT be one on the 25-mile course. One aid station in the transition area. See Map

- You will find the following products at the aid stations:

- **Hammer Nutrition** HEED, Gels, Endurolytes, FIZZ
- Orange/Red coolers with HEED
- Blue coolers with water
- First Aid Kit
- Port-a-john
- Bike rack



If you are taking your phone with you on the courses, please enter the phone number of our Race Director, Mark Wilson, to contact if you need assistance.

914-466-9214



BIKE & RUN



- **IT IS YOUR RESPONSIBILITY TO KNOW THE COURSES**
- There will be signs along the course, but signs can blow over or be taken.
- The course will be marked with orange arrows painted on the roadway. If you do NOT see arrows at a turn, DO NOT TURN.
- There will be law enforcement officials at major intersections; however, it is their responsibility to control traffic, not direct you.
- If you need assistance on course please ask a fellow racer to alert a fire police official or aid station attendant
- DO NOT ride/run 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 of properly!
- **We will DQ anyone caught littering on the courses.**



RUN



- **NO CUT-OFF TIME**
- **STRAVA run link:**
<https://www.strava.com/routes/3050912313933183086>

- The Intermediate distance athletes will complete one out-n-back.
- The Long Course athletes will complete two out-n-backs.
- There will be 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.



PLEASE NOTE



- If at any time you abandon your race you **MUST** report to the timers located at the finish line.
- 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.

DIVISIONS AND AWARDS



- We award:
 - Top 3 Male & Female
 - Triathlon, AquaBike, Paratriathletes, Relay Teams
 - 5-year age groups M/F for triathlon only
- Award ceremony for each distance will take place once the majority of finishers are in.
- If you need to leave before the ceremony, please check in at the INFORMATION table to receive your award, if applicable.
- Awards will NOT be mailed.

FOOD & BEVERAGES



- **FREE to all participants and volunteers:**
 - Early morning coffee and snacks
 - Water and other beverages are available in the coolers. Please help yourself.
 - Picnic lunch provided by Wilson Endurance Sports.
 - Southern Tier Brewing Company (STBC) Beer Garden
- Your **spectators** are welcome to the coffee, and all the food and beverages. (Except the STBC BEER ZONE. Athletes and Volunteers ONLY!)
- We ask for donations that can be made with cash or Venmo. There will be buckets available with the Venmo QR code.
- Other food will require them to leave the Park via vehicle. Please remind them to be cautious of racers on the road and that they must park in Lot #4 to be able to come and go from the Park.



STBC BEER GARDEN

- Our friends and sponsors from STBC provide our athletes with a celebratory brew after your race.
- Only available to participants and volunteers 21 and older.
- Athletes will be given a wrist band at check-in for entrance into the Beer Garden.
- **You will not be given a replacement if lost.**
- Spectators are NOT permitted into the Beer Garden.
- We do not sell wristbands.
- No beer, open or closed, is permitted to leave the Beer Garden !!!
- Please be respectful and drink responsibly.



VOLUNTEERS



- We appreciate all volunteers.
- Volunteers receive race t-shirts (if registered early), food, and beer garden entrance
- Duties and times can be found on the race website
- If you have someone that is coming with you and would be able to assist us please have them sign up at:

<https://runsignup.com/Race/Volunteer/NY/Jamesville/OnondagaMan>
or contact Tonia at 716-353-1288 or WilsonEnduranceSports@gmail.com

RULES & REGULATIONS



- Please see complete list at the end of this document.

THANK YOU



Thank you for racing with us today. We know that you have many choices and we appreciate you joining us.

- 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, race photos, and future events.
- We believe in affordable racing. Early bird registrations for 2027 will open the day following this race and will be available for one week only. If, for whatever reason, with appropriate notice, we will defer your race to the following year.
- Wilson Endurance Sports, LLC produces 13 events throughout New York State and 1 in Connecticut. We hope to see you again in the future.

Best of luck and stay safe.

~ Mark & Tonia Wilson, Wilson Endurance Sports, LLC



THANK YOU TO OUR EVENT SPONSORS



This event would not be possible without the support of the sponsors.

Please let them know that you appreciate them.

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RULES & REGULATIONS



WILSON ENDURANCE SPORTS

and USAT RULES AND REGULATIONS, POLICIES, AND PROCEDURES

1. This is a USAT sanctioned event. All rules and regulations apply and can be found at <https://www.teamusa.org/usa-triathlon/about/multisport/competitive-rules>
2. **There are no refunds or BIB TRANSFERS for any registration.** All registrations are to be completed online through our website. Race day registration is offered and available with cash or Venmo or on your phone at our RunSignUp link.
3. To **defer** a race you must contact Tonia Wilson directly at WilsonEnduranceSports@gmail.com
 - o No charge for a deferral from the time of registration to one month from race day.
 - o If asking for a deferral beginning 30 days from race day to 8 days prior to race day, there will be a \$15 fee - paid via PayPal, Venmo, or check.
 - o If asking for a deferral within 7 days from race day, the fee will be \$25.
 - o If payment is not received within 48 hours of request then you will be considered a NO SHOW and your registration fee is forfeited.
 - o No deferrals will be made on race day.
 - o Deferrals are valid and offered for one calendar year only.
 - o *If races are canceled due to a national pandemic or crisis we will make adjustments. We will also make case-by-case decisions when needed.
 - o NO SHOWS are forfeited.
4. **Race Transfers - to another Wilson Endurance Sports event.**
 - Race transfers are permitted with the same outline and rate fees as the deferrals above.
The full calendar of races can be found on our website at www.CoachMarkWilson.com
 - o No refunds for going down in distance or race fee.
 - o Payment is required for going up a distance or to the current rate.
5. **Athlete Meetings** - These are mandatory for the following reasons;
 - o There can always be changes in the course due to construction or local officials at the last minute that could impact your race.
 - o Weather updates and/or water quality could change the course at the last minute.
 - o Even though you may have raced with us in the past, many others have not. We ask for your attention and silence so that everyone has the opportunity to hear what is being said.



RULES & REGULATIONS



6. **Unsportsmanlike Conduct**

- Foul, harsh, argumentative, or abusive language or other unsportsmanlike conduct directed at race officials, volunteers, spectators, or fellow athletes is forbidden. This applies pre-race, race day and post-race.
- This also applies to your spectators.
- You will be asked to leave. No refunds will be given.
- Depending on nature and severity you could be banned from all future Wilson Endurance Sports events.

7. **NO LITTERING** ON THE COURSES OR GROUNDS AT ANY TIME.

Use provided trash containers.

YOU WILL BE DISQUALIFIED. No refunds given.

8. **NO** urinating or relieving yourself outside of the provided port-a-johns or restroom will be tolerated.

9. **NO DOGS ALLOWED** AT THE VENUE. This includes your spectators.

10. **Helmets** must be worn at ALL times when on your bike.

Chin strap must be buckled before un-racking your bike and unbuckled only after you have re-racked your bike.

11. **Transition** area is for participants only! No spouses, parents, coaches, friends, or children shall be in the transition area at any time.

NO glass containers of any kind permitted.

12. **You will not touch another competitor's racing or personal items at any time.**

Anyone seen moving or touching someone else's bike, helmet, shoes, etc at any time prior to, during, or after the race will be disqualified and asked to leave immediately.

Law enforcement will be contacted if necessary.

13. **Use of headphones** is not acceptable; this is for your safety while on course.

14. **It is your responsibility** to know the courses.

- Cutting the course is an obvious violation and veering from the course at any time is a safety issue.
- Cyclists and runners must NEVER cross over the center line in a roadway!
- Fire Police/Law Enforcement Officials are the only individuals who can stop traffic at any time.
- If found to veer from any of these rules, disqualifications will be given with no refunds.

15. **Outside assistance** (for example, pacing on the run course), meaning your family, friends, coaches, etc is prohibited.



RULES & REGULATIONS



16. No Drafting—

- keep at least four bike lengths of clear space between you and the cyclist in front.
- If you move into the passing 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.

17. **Abandoning your race:** If for any reason you decide to discontinue your race, YOU MUST inform the timers at the finish line.

18. **Beer Garden:** Having beer at our events is a privilege and a gift from **Southern Tier Brewing Company** and local authorities.

- You must be 21 years of age to enter the zone.

• ABSOLUTELY NO BEER, OPEN OR CLOSED CONTAINERS, IS TO BE TAKEN OUTSIDE OF THE BEER GARDEN!

19. Race T-shirts.

- Race t-shirts or other giveaways are only guaranteed to those that register prior to 30 days from race day.
- Late registrants or those seeking a size change will need to come back to the information table post-race to inquire about leftover t-shirts from no-shows.

20. **Lost & Found.** If you leave something behind please contact us within **3 days**. If we have it we will arrange to ship it to you. Otherwise, all items will be donated.

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.

Follow us on social media
use **#WilsonEnduranceSports** and **#OnondagaMan**
when sharing your photos

