

Cassadaga Kids



Triathlon

Athlete Guide

August 15, 2026

COMMUNICATIONS

Mark H. Wilson - Race Director ~ (914-466-9214) coachmarkwilson@gmail.com

Tonia H. Wilson - Administrator ~ (716-353-1288) WilsonEnduranceSports@gmail.com

Venue

Cassadaga Beach, Park Avenue, Cassadaga, NY 14718

- **DOGS ARE NOT PERMITTED WITHIN THE PARK** - Please do not bring dogs. Please see the FAQ section on our race website.
- Please make sure that your spectators are aware of this!

Race date & time



- Saturday, August 15th
- Race start: 10am - Sharp!



General 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.



*Please note that we offer a FREE training day on the courses on **Saturday, August 8th.**

Beginning at 10am, we will go through all three disciplines together. For this day only, you are able to park at the Cassadaga Beach.

See our Facebook Group Page to stay up-to-date on times, conditions, etc. All are invited to join in.

<https://www.facebook.com/groups/1779256685448015>



Parking



- **ALL PARKING WILL BE IN ONE LOCATION**
- This lot is one-half mile from the race site located next to 201 Maple Ave, the Cassadaga Cemetery.
- We are not authorized or insured to have you park in any other location!
- Park Avenue will be CLOSED to all traffic except residents
- Your helmet must be ON and BUCKLED whenever you are on your bike. Adults too.
- **NO UNLOADING OR BIKE DROP-OFF AT THE RACE SITE**



COMING FROM ROUTE 60 ~TURN AT THE TRAFFIC LIGHT ONTO MAPLE AVENUE. 1/2 MILE.

COMING FROM CASSADAGA-STOCKTON ROAD ~ ROAD TURNS INTO MAPLE AVENUE.

FOLLOW THE SIGNS.



Notes for parents/guardians:



- Please allow your child to answer all questions to our volunteers at the check-in table. We want them to be treated like and feel like a true triathlete today! ;)
- There is a complete list of Frequently Asked Questions at the bottom of this guide. Anything we didn't cover, please feel free to reach out. Tonia can be contacted at the info above.
- The most important thing that we ask of you is to be a huge cheerleader for your child and all others.
- Race begins at 10am, SHARP! Late-comers will not be able to race. ;(



What you will receive at check in:



- **Timing Chip** - disposable, adhesive, goes on your **LEFT ANKLE**
- **Swim Cap** - silicone cap that you must wear during swim portion.
 - *see section in FAQ's at the bottom of the page regarding sensory issues.
- **Color-coded wrist band** - must be worn. Depending on their USAT age, **the age they will be on 12/31/26** - this will determine their swim start. **Not the age they are on race day.**



Race day schedule



8:00am

- Check-in opens

9:40am

- Check-in closes

9:45am

- MANDATORY Pre-race meeting at the beach - ready to begin swim portion immediately following

10:00am

- RACE START

- Wave starts: Ages 10 - 15 boys & girls. Once all are out of the water, then we start the 4 - 9 boys & girls.



Transition



- This is the fenced in, basketball court area of the park.
- Bikes will be racked on a first come first serve, not associated with race numbers.
- If your bike tires are too large to fit in the slots of the bike racks, you will line your bikes up along the fence area.
- NEVER TOUCH ANOTHER RACERS BIKE OR EQUIPMENT.
- Keep your items confined to the space next to your bike.
- No glass allowed in transition.
- Restroom is located on opposite side of park from transition



Timing chips and mats



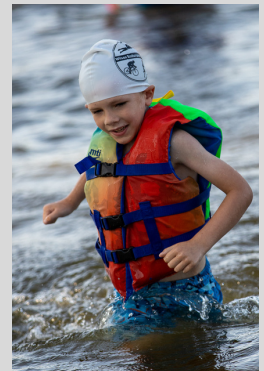
- Timing chips are to be placed on your left ankle.
- If you lose your timing chip during the race (highly unlikely as they are extremely adhesive) you must notify the timers at the table next to the finish line immediately.
- Timing mat locations will be evident
- You must cross over the mats at each location to receive your finish time.
 - Swim In
 - Bike Out
 - Bike In
 - Run Out
 - Finish Line



Safety



- There will be a first aid kit at the Finish Line
- Bike and run courses are open to traffic.
 - Officers and Fire Police will be located at key intersections for your safety
- **DO NOT** ride or run into the roadway. Stay on the shoulder as much as possible.
- **NEVER** cross over the yellow line in the middle of the road!!!
- Any parent volunteers will be asked to wear a provided orange safety vest.
- If parents are on bikes, they must be wearing a helmet too.



100yd swim for all ages

- You are allowed to wear a life vest, personal swim buoy and/or arm floats.
- Goggles are not required but can be worn.
- You will be given a swim cap that we ask all participants to wear*
- The course will be within the roped-in area of the beach with a beach start.
- You will swim around the big buoys in the water in a triangle shape.
- Parents and volunteers will be in the water with you.



3.1 mile bike ride

- Your helmet must be buckled under your chin securely before you move your bike in transition
- WALK your bike out of transition to the road where you will see a sign that says “Mount Bike Here”
- The course is a 3.1 mile loop around the lake.
 - Exit the transition area and turn right onto Maple Avenue
 - turn right onto Burnham Place that turns into Alden Street
 - turn right onto Frisbee Road
 - at the STOP sign you will turn right onto Dale Drive
 - turn right onto Park Avenue and get off of your bike at the signs and walk your bike into the transition area
- The Bike Course is open to traffic. Please use caution and obey the rules
- If you are going to pass another racer, please yell out “on your left” and ALWAYS look and make sure no cars are coming before you begin to pass.
- Stay to the far right side of the road at all other times.
- There will be an aid station with water inside transition.



Run

One mile run

- An out-and-back run - leave the beach area onto Park Avenue.
- Turn left at the stop sign and run along the lake
- One-half mile from the transition area you will turn around and come back the same way. There will be volunteers and signs at the location.
- You will always stay on the lake side of the road, never crossing the road.
- Aid station at the turnaround at the half-mile mark will be available with water.



Parker Morrison Sportsmanship Award



In 2022, Parker Morrison, a participant in the race, stopped to help a fellow racer that had fallen off of her bike. He got off of his bike, stopping his race, to assist, comfort her and wait for her to be tended to by an adult. We were compelled to create an award in Parker's honor and will be looking for exceptional sportsmanship throughout the day.



Divisions and awards



AWARDS

- Top 3 Overall (Male & Female)
 - Ages 10 & above
 - Ages 9 & under
 - Paratriathletes
 - Age Groups (Male and Female)
 - 4 & 5
 - 6 & 7
 - 8 & 9
 - 10 & 11
 - 12 & 13
 - 14 & 15
- Award ceremony will take place once all finishers are in.
 - This race is sanctioned by USA Triathlon (USAT). **USAT categorizes athletes into age groups based on their age on 12/31/2026, NOT on what their age is on race day.**
 - What that means is that when they get called up for an age-group award, and they are 7 years old, but will have a birthday before the end of the year, they will be listed as an 8-year-old.



Food & Beverages



POST RACE FOOD

- We will be having a pancake and sausage breakfast after the race
- Your parents are invited to bring something to share but it is not required
- All plates, silverware & beverages will be provided.
- ALL FAMILY MEMBERS AND SPECTATORS are welcomed to join in



Rules & regulations and FAQ's



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

Thank you



Thank you for racing with 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.

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** for race results, future events, and activities.

Wilson Endurance Sports, LLC produces 14 races all across New York State and in CT.

Best of luck, have fun and stay safe.

Mark & Tonia Wilson

Wilson Endurance Sports, LLC



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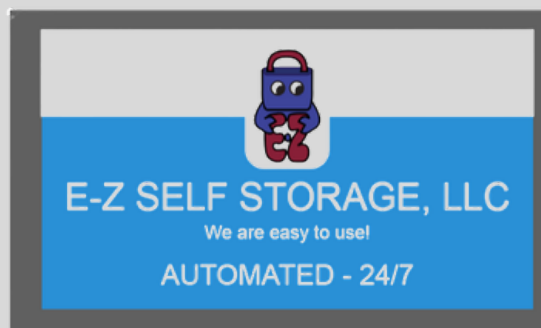
Thank you to our event sponsors



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

Please let them know that you appreciate them.

Follow them on social media. Shop with them. Tag them in social media posts.



Rules & Regulations



WILSON ENDURANCE SPORTS

and USAT RULES AND REGULATIONS, POLICIES, AND PROCEDURES

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>

1. **Helmets:** Helmets must be worn at all times while on your bike. This applies to all adults too.
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. **Transition Area:** All participants must return their bicycles to an upright position in their designated area. 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. We ask that only one guardian be in transition with each athlete to keep the flow moving and open.
4. **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.
5. **Unsportsmanlike-Like Conduct:** Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, volunteers, spectators or fellow athletes is forbidden. This includes adults and racers both. Disqualifications will be given.
6. **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.
7. **No Dogs, Please:**
 - There are no dogs allowed in the park and since most all activities happen in the park, dogs are not permitted.
 - We do not think it is very nice to have dogs hanging out in the neighbors yards.
 - Your dog may be the sweetest thing ever but many children are afraid of dogs.
 - Dogs and bicycles do not mix.

NO SMOKING AT ANY TIME in the park, or on Park Avenue.



Frequently Asked Questions



- Can I stay with my athlete during the race?
 - YES. We want everyone to be comfortable. It is good to let them do it themselves but one adult is welcome to stay next to their child during one or all three of the disciplines. We ask that you do not impede another racer in any way.
- My child has sensory issues and cannot wear a swim cap or goggles, do they have to wear these items?
 - No. We provide each racer with a silicone swim cap at the check-in but if you speak to us ahead of time that is no problem.
- Is there a certain type of bike that must be used?
 - NO. Any type of bike that rolls is fine, however E-Bikes are NOT allowed. Training wheels are permitted. Handlebar ends must be plugged or taped - no open metal. This is for everyone's safety.
- What about safety on the courses?
 - The Chautauqua County Fire Police are at the major intersections of the bike course along with adult volunteers. Several adults will be in the water as well as riding their bikes next to the kiddos keeping them to the right of the road and on course. On the run course there will be adults stationed along the way. Parents are allowed to be with their children.
- Volunteers
 - We always appreciate volunteers and if you are willing to be out on the course on a bike, in the water, or out on the run course, we would appreciate it. We do know that you want to be at the Finish Line cheering as your kiddo comes across, and other volunteers will be available that day. However, we would never turn down an offer of help. Assistance is always needed at the finish line too.

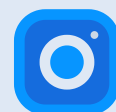


Join us on our group Facebook page for up-to-the-minute details and training day info.

Follow us on social media



use **#WilsonEnduranceSports** and **#CassadagaKidsTri**
when sharing your photos



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