ATHLETE GUIDE

SATURDAY, JULY 18, 2026

COMMUNICATIONS

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

VENUE

Delta Lake State Park, 8797 Route 46, Rome, NY 13440

- Please do not bring dogs - the State Park does not allow dogs in the beach/picnic area during special events.
- Please make sure that your spectators are aware of this!

FRIDAY - DAY BEFORE RACE DAY

PACKET PICK UP / BIKE DROP OFF

- **Friday, July 17th at the race site.**
- **12pm - 8pm**
- OVERNIGHT SECURITY PROVIDED
- NOT mandatory ~ packets can be picked up on race day.
- Inform the guard gate that you are going to the packet pick-up for the triathlon and there will not be a fee for you to enter the park.

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
- Wetsuit legal but not mandatory. *we follow USAT guidelines for water temperature/wetsuits
- Information in this guide is the same for both the Sprint and the Olympic Distance races unless otherwise noted.

PARKING AND RESTROOMS

- **ALL PARKING WILL BE IN ONE LOCATION**

- Parking will be at the race site within Delta Lake State Park.
- You will not be charged an entrance fee into the park; however, if you have spectators coming they will be charged after 8am.
- Restrooms are plentiful in the bathhouse at the race site next to transition. There will be no port-a-johns on the courses.

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.
- **Color-coded bracelet** for your post-race meal that you must hand to the Delta Lake Park Concession Stand when you place your order.

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!!**
- There will be no race day registration as this race is sold out.
- **Relay Teams -** all members must be present to pick up packets together and receive team instructions.

RACE DAY SCHEDULE

SPRINT DISTANCE

Includes Sprint distance Triathlon, Delta Double, AquaBike & Relay Teams

5:00am -
- Check-in opens
- Transition opens

6:30am -
- Sprint check-in closes
- Sprint transition closes

6:15am - 6:40am -
- Sprint pre-swim

6:45am
- Mandatory pre-race meeting on the beach

7:00am - SPRINT RACE START

OLYMPIC DISTANCES

Includes Olympic distance Triathlon, Delta Double, AquaBike & Relay Teams

6:30am -
- Check-in opens
- Transition opens **we ask that you be mindful of the Sprint athletes starting their races

8:05am -
- check-in closes
- transition closes

7:45am - 8:15am
- pre-swim

8:15 am
- Mandatory pre-race meeting on the beach

8:30am - OLYMPIC RACE START

DELTA DOUBLE

- You will be given one timing chip & bike sticker that you will use for both races.

We will not hold up the start of the Olympic race for you. You must be back at the start line at 8:30am If you are not there, you will not be able to continue your race. This is for safety reasons on all courses.

- Refunds will not be given.

- You will qualify for overall and age group awards for each distance.
- Your race times for each race will be combined to determine Top 3 M/F Overall Winners of the Delta Double

TRANSITION

- Bikes will be racked on a first-come, first-serve basis, not associated with race numbers.
- Separate sections for Sprint, Olympic and Doubles
- 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.

THERE WILL BE NO BIKE SHOP SUPPORT. PLEASE PLAN ACCORDINGLY

PRE-RACE MEETING

- Pre-race meeting **(mandatory)** held at the waterfront for each distance.
- 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
- Please refrain from talking and allow all athletes to hear what is being said.

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-around
    - 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 and volunteers 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
- There will be medical professionals near the bike in/bike out side of transition; AmCare.

- There will be small first aid kits in the following locations:
  - Finish Line
  - Run Aid Stations

- Bike and run courses are open to traffic.
  - Officers and Fire Police will be located at key intersections for your safety

- **Stay to the right**
- **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 automatically end 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

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 750m rectangle swim with an in-water start.
- **Olympic** athletes will exit the water, take a short run across the beach, and repeat the course for a second loop.
- 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 during the race if you feel it necessary. This is for your comfort and peace of mind only. If you choose to wear one we ask that you stay to the back of the swim start.
- Please pay close attention at the athlete meeting regarding wave starts

BIKE

- **NO CUT-OFF TIME**

Strava bike link: https://www.strava.com/routes/16974402

Sprint - ONE LOOP
Olympic - TWO LOOPS

- The bike course is a 10.7 mile loop.

- 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 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.
- There is no aid station on the bike course.
- Dismount at the designated location and walk/run your bike back into transition.

Turn by turn instructions:

- Out of transition follow the entrance/exit road for Delta Lake State Park.
- Left turn onto State Route 46 (Townline Road)
- Left turn onto River Road
- Left turn onto State Route 53 (Stokes Westernville Road)
- Right turn onto Main Street
- Right turn onto State Route 46 (Townline Road)

Sprint Athletes ~ Right turn into Delta Lake State Park back to transition

Olympic Athletes ~ Turn around at Delta Lake State Park entrance and repeat loop

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.
- Please slow down and take a second to look at your surroundings
- If you need assistance on the course please ask a fellow racer to alert a fire police official or aid station attendant (run course only).
- There will be restrooms in the bathouse centrally located near the transition area.
- You will find the following products at the aid stations:
  - Hammer Nutrition Gels, Endurolytes, FIZZ
  - Orange/Red coolers with HEED
  - Blue coolers with water
  - First Aid Kit

- AID STATION LOCATIONS
  - Transition
  - Run Course - Approx. every mile.

DO NOT RIDE/RUN SIDE BY SIDE IN THE ROAD AND NEVER CROSS OVER THE YELLOW LINE IN THE MIDDLE OF THE ROAD.

THE COURSES ARE NOT CLOSED TO TRAFFIC.

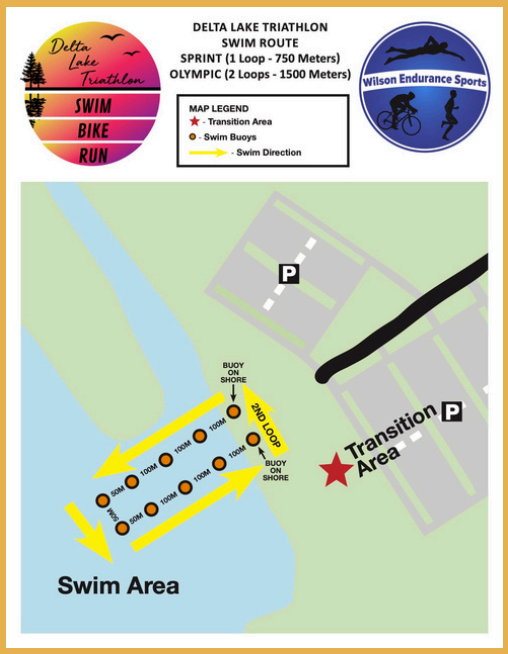
DO NOT LITTER ON THE COURSES!

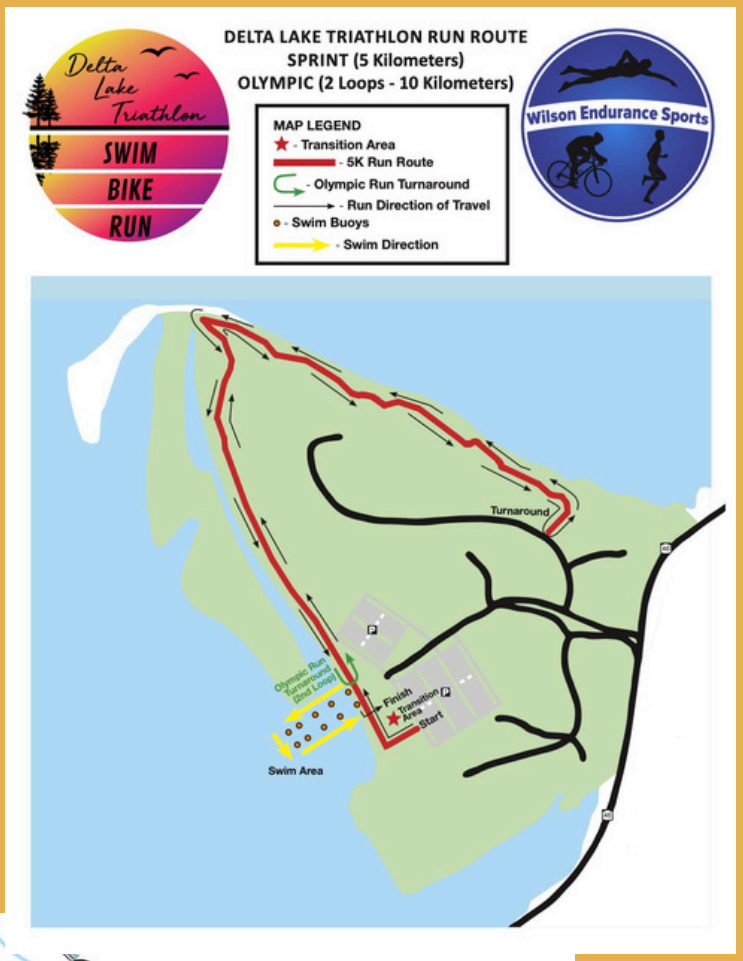
GARBAGE CANS ARE AVAILABLE AT EACH AID STATION.

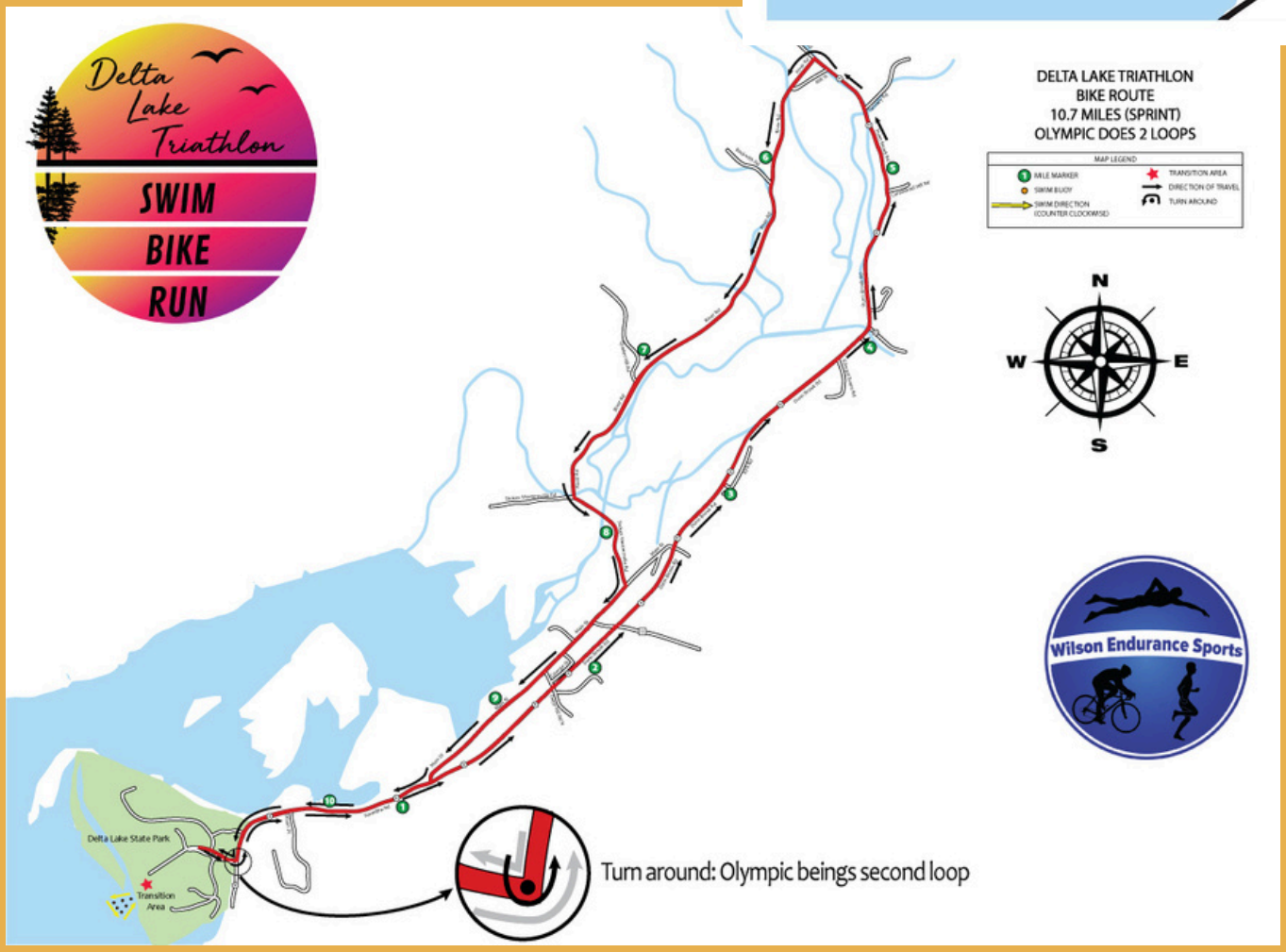
ALL ITEMS MUST BE KEPT ON YOU UNTIL YOU CAN DISCARD OF PROPERLY!

WE WILL DQ ANYONE CAUGHT LITTERING ON THE COURSES.

COURSE MAPS


DELTA LAKE TRIATHLON
SWIM ROUTE
SPRINT (1 Loop - 750 Meters)
OLYMPIC (2 Loops - 1500 Meters)
Delta Lake Triathlon
SWIM
BIKE
RUN
Wilson Endurance Sports
MAP LEGEND
- Transition Area
- Swim Buoys
- Swim Direction
P
BUOY ON SHORE
2ND LOOP
100M
50M
BUOY ON SHORE
Transition Area
Swim Area


DELTA LAKE TRIATHLON RUN ROUTE
SPRINT (5 Kilometers)
OLYMPIC (2 Loops - 10 Kilometers)
Delta Lake Triathlon
SWIM
BIKE
RUN
Wilson Endurance Sports
MAP LEGEND
- Transition Area
- 5K Run Route
- Olympic Run Turnaround
- Run Direction of Travel
- Swim Buoys
- Swim Direction
Turnaround
Olympic Run Turnaround (2nd Loop)
Finish
Transition Area
Start
Swim Area


Delta Lake Triathlon
SWIM
BIKE
RUN
DELTA LAKE TRIATHLON
BIKE ROUTE
10.7 MILES (SPRINT)
OLYMPIC DOES 2 LOOPS
MAP LEGEND
MILE MARKER
SWIM BUOY
SWIM DIRECTION (COUNTER CLOCKWISE)
TRANSITION AREA
DIRECTION OF TRAVEL
TURN AROUND
N
W
E
S
Wilson Endurance Sports
Delta Lake State Park
Transition Area
Turn around: Olympic beings second loop

RUN

- **<u>NO CUT-OFF TIME</u>**
- The run will take place entirely within the State Park grounds.
- Sidewalk/pavement and carriage trail

Sprint - ONE LOOP
Olympic - TWO LOOPS

- The run course is a flat 5K out-and-back.

- There will be an aid station (the first in transition) at each mile marker with water and Hammer Nutrition products including Heed, Gels and Fizz.

RULES & REGULATIONS

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

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 ~ Sprint, Olympic, and Delta Double
    - Triathlon, AquaBike, Paratriatletes, Relay Teams
    - 5-year age groups M/F for triathlons only

- Award ceremony 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
  - Post-race picnic featuring grilled burgers and dogs from the Delta Lake State Park Concession Stand
  - You will be given one color-coded wristband that you must present to the concession stand when ordering your food. These will be placed in your packet that you will receive at check-in. No others will be given out.
  - Southern Tier Brewing Company (STBC) Beer Garden

- Your **spectators** are welcome to purchase food directly from the concession stand.
- Spectators are **NOT** allowed into the STBC Beer Garden. However, Volunteers are, so if you have someone coming with you that could help for a few hours please have them register at https://runsignup.com/Race/Volunteer/NY/Rome/DeltaLakeTriathlon

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 must keep their ankle timing chip on for entrance into the Beer Garden.
- You will not be given a replacement if lost.
- Spectators are NOT permitted into the Beer Garden.

- 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/Rome/DeltaLakeTriathlon

or contact Tonia at 716-353-1288 or WilsonEnduranceSports@gmail.com

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 and future events.
- We believe in affordable racing. Early bird registrations for 2027 will open the day following this race and 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.
Follow them on social media. Shop with them. Tag them in social media posts.

TRI SWIM
Chlorine | Salt Water Out Hair & Body Care

SOUTHERN TIER BREWING CO

XTERRA WETSUITS

Mike Frame
IMAGES & COMPUTER CONSULTING

ATHLETIC BREWING CO®

Chamois Butt'r®

HAMMER NUTRITION®
ENDURANCE FUELS

CONNECTED
COMMUNITY SCHOOLS

A portion of your registration fee will be going to the ***Connected Community Schools*** program and your additional donations will assist local students in becoming successful, productive, and engaged healthy citizens!

Wilson Endurance Sports

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, unless the race is sold out.
3. To **defer** a race you must contact Tonia Wilson directly at WilsonEnduranceSports@gmail.com

    - No charge for a deferral from the time of registration to one month from race day.
    - 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.
    - If asking for a deferral within 7 days from race day the fee will be $25.
    - If payment is not received within 48 hours of request then you will be considered a NO SHOW and your registration fee is forfeited.
    - No deferrals will be made on race day.
    - Deferrals are valid and offered for one calendar year only.
    - *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.
    - 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*
        - No refunds for going down in distance or race fee.
        - Payment is required for going up a distance or to the current rate.

5. **Athlete Meetings** These are mandatory for the following reasons;
    - There can always be changes in the course due to construction or local officials at the last minute that could impact your race.
    - Weather updates and/or water quality could change the course at the last minute.
    - 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 prior to 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 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), meaning your family, friends, coaches, etc is prohibited.

- Only race staff and volunteers may assist you during the course of the race.

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 **#DeltaLakeTri**
when sharing your photos