



ATHLETE GUIDE

SEPTEMBER 5, 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. Please see FAQ on the race website.
- Please make sure that your spectators are aware of this!

FRIDAY - DAY BEFORE RACE DAY

PACKET PICK UP / BIKE DROP OFF

- Friday, September 4 at the race site.
- 12pm - 8pm
- OVERNIGHT SECURITY PROVIDED
- NOT mandatory ~ packets can be picked up on race day.
- Parking for **FRIDAY ONLY** will be at the Park Church, 25 Maple Avenue. just across the street from the race venue.



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 wetsuit legal temps.
- Information in this guide is the same for both the Intermediate and the Long Distance races unless otherwise noted.



PARKING



- **ALL PARKING WILL BE IN ONE LOCATION**
- This lot is **one-half mile** from the race site.
- **We are not authorized or insured to have you park in any other location!**
- Park Avenue will be CLOSED to all traffic except residents
- **NO UNLOADING OR BIKE DROP-OFF AT THE RACE SITE**
- You will need to plan ahead to ride your bike to the race site.
- Your helmet must be ON and BUCKLED whenever you are on your bike.
- **You may drop off your spectators who are unable to walk the half mile at the Ames Commons at the corner of Route 60 and Maple Ave. You CANNOT park at this location!!!**



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.



WHAT WILL BE IN YOUR PACKET



- **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** - cap that you must wear during swim portion.

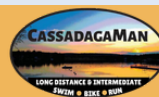


CHECK-IN REQUIREMENTS



- **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. Payable with cash or Venmo or online thru RunSignUp. If you cannot produce a current USAT card you will be required to purchase one-day membership online via your phone. \$34.99/\$24.99 one-day membership, \$9 per person for relay teams.
- **Relay Teams** - all members must be present to pick up packets together and receive team instructions.

RACE DAY SCHEDULE



6:00am

- 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 and pre-swim closes

7:45am

- MANDATORY Pre-race meeting

**THERE WILL BE NO BIKE SHOP ON SITE.
PLEASE PLAN ACCORDINGLY**

8:00am

- RACE START ~ Intermediate and Long Distance



TRANSITION



- Bikes will be racked on a first come first serve, not associated with race numbers.
- 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 inside of transition.
- Port-a-johns located just outside of transition area.



PRE-RACE MEETING



- Pre-race meeting (mandatory) held 7:45am in transition.
- 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 encouraged to bring a towel, blanket, jacket, etc as it may be chilly.



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 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 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
- **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 end as you enter transition off of the bike and cross over the mat
- You can then leisurely make your way to the Finish Line 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 1.2 mile perimeter of the lake with an in-water start.
- 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 chose 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/activities/2722622133>

INTERMEDIATE - ONE LOOP

LONG DISTANCE - TWO LOOPS

- 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 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.
- Dismount at the designated location and walk/run your bike back into transition.



INTERMEDIATE DISTANCE ATHLETES:

- You will complete one loop of the course

LONG DISTANCE ATHLETES:

- YOU ARE ABLE TO DROP OFF A SPECIAL NEEDS BAG at Check-In PRIOR TO THE RACE which will be available to you at the 2nd Bike Aid Station, just after you begin the second loop of the course. Stickers will be available at check-in to mark your bag with your race #.
- YOU WILL BE RESPONSIBLE FOR GETTING OFF YOUR BIKE TO GET YOUR BAG - VOLUNTEERS WILL BE MONITORING THIS AREA.

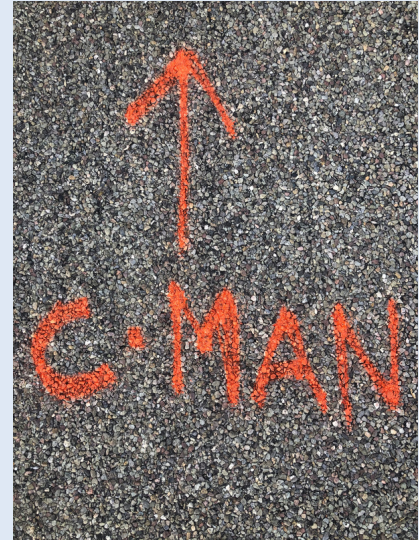


BIKE & RUN



- **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
- There will be port-a-johns 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 Hammer HEED
 - Blue coolers with water
 - First Aid Kit
 - Port-a-john at the bike course aid stations and three on the run course.
- AID STATION LOCATIONS
 - Transition
 - Bike Course - #1 - Corner of Burr Road and Bear Lake Road (roughly mile #14 & 42)
 - Bike Course - #2 - At the Highway Dept. parking lot off of Maple Avenue (mile #28 & 1/2)
 - Run Course - total of 8. 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.

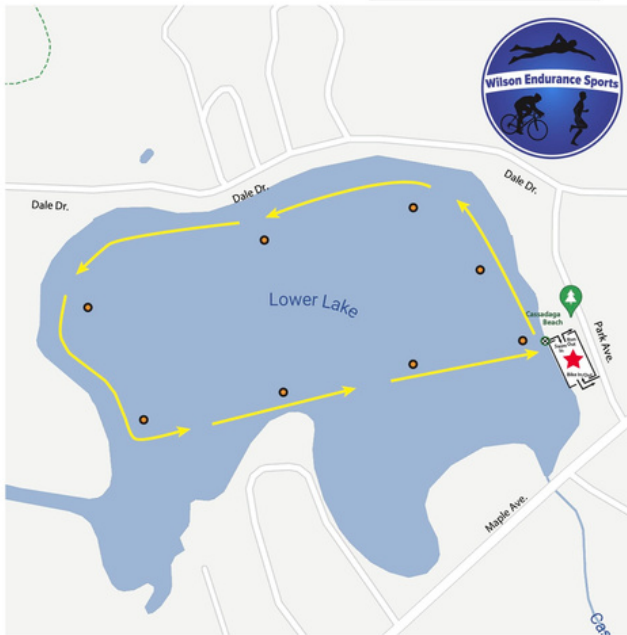


COURSE MAPS

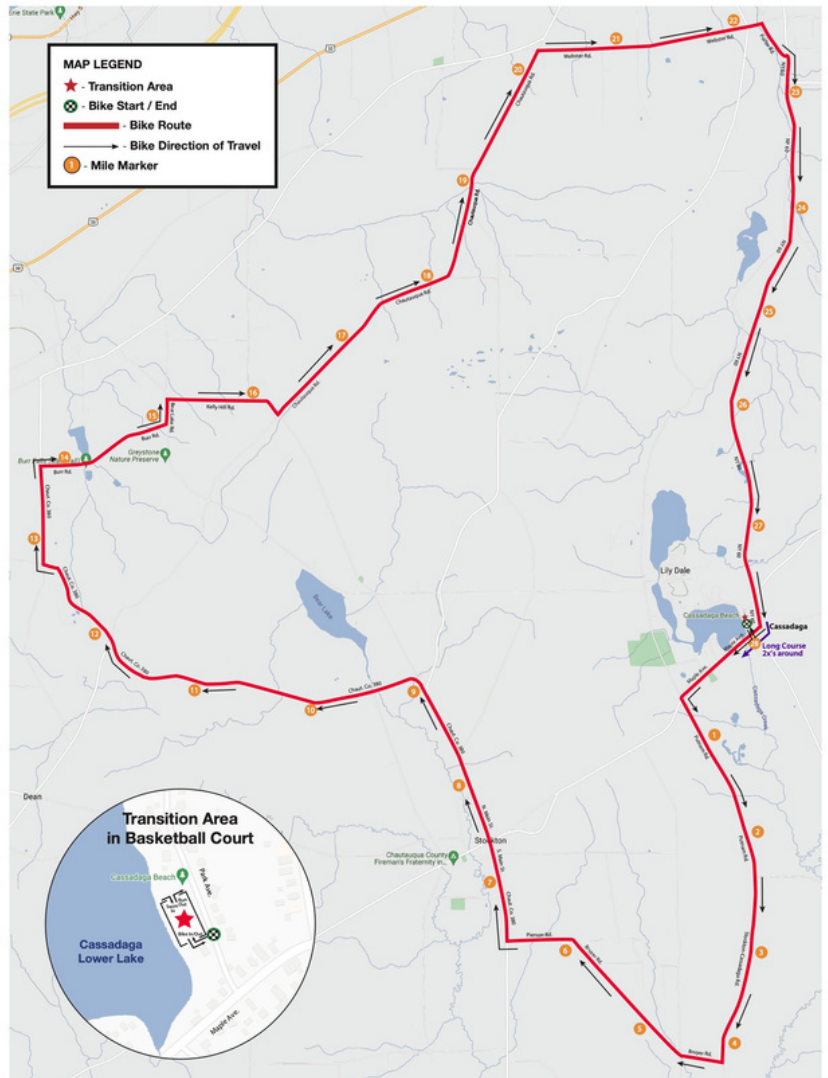


SWIM ROUTE INTERMEDIATE/LONG COURSE (1 LOOP OF 1.2 MILES)

- MAP LEGEND**
- ★ - Transition Area
 - ⊗ - Swim Start / End
 - - Swim Buoys
 - - Swim Direction



CASSADAGAMAN BIKE ROUTE INTERMEDIATE (1 LOOP - 28 MILES) LONG COURSE (2 LOOPS - 56 MILES)



RUN ROUTE

INTERMEDIATE
(6 MILES; TURNAROUND AT
GLASGOW RD/DARBY SWITCH RD)
LONG COURSE (13.1 MILES)

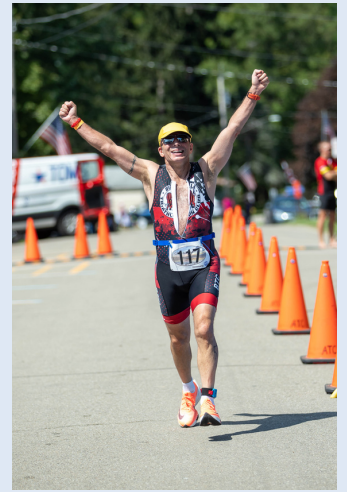
- MAP LEGEND**
- ★ - Transition Area
 - ⊗ - Run Start
 - - Run Route
 - - Run Direction of Travel
 - ① - Mile Marker for Intermediate Course
 - ② - Mile Marker for Long Course



RUN



- NO CUT-OFF TIME
- **STRAVA Intermediate run link:**
<https://www.strava.com/routes/3129120838160698812>
-
- **STRAVA Long Distance run link:**
<https://www.strava.com/activities/2730792325>
- There will be an aid station(the first in transition) at approx. 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.



POST RACE



- Massage therapist, Dana Boser, LMT, will be on site to ease your aching muscles. Suggested donation of \$2 per minute payable directly to Dana with cash or Venmo.



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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 ~ Intermediate and Long Distance
 - Triathlon, AquaBike, Paratriathletes, Relay Teams
 - 5-year age groups M/F for triathlon 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, where you checked in, to receive your award if applicable.**
- Awards will NOT be mailed.

FOOD & BEVERAGES



- **FREE to all participants and volunteers:**
 - Early morning coffee
 - Water & Gatorade
 - Post-race picnic of burgers and hot dogs.
 - Southern Tier Brewing Company (STBC) Beer Garden
- Your **spectators** are welcome to the below items. *We ask for donations to help cover the costs.*
 - Early morning coffee
 - Post-race picnic



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.
- No beer, open or closed, is permitted to leave the picnic area !!!
- 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/Cassadaga/CassadagaMan>

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 and future events.
- Wilson Endurance Sports, LLC produces 14 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.



ENDURANCE FUELS



Chlorine | Salt Water Out Hair & Body Care



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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**
 - 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.



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 **#CassadagaMan**
when sharing your photos

