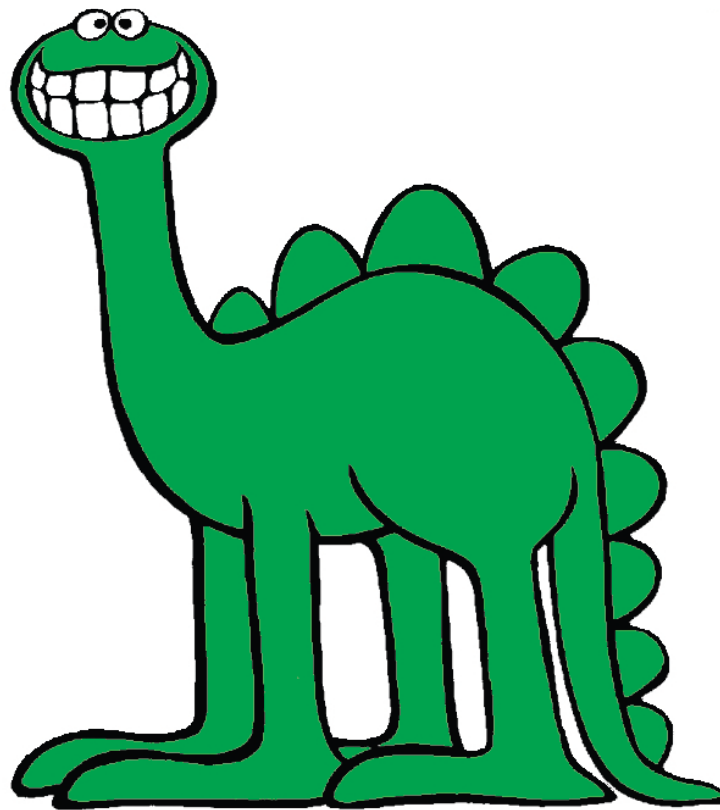


2024  
Broome County Parks Triathlon



Athlete Guide

## **FROM THE RACE DIRECTOR**

Dear athlete: Welcome to the 18th annual Broome County Parks Triathlon at Dorchester Park in Whitney Point, N.Y. This friendly, hometown race is the perfect venue for first-time participants, but will also challenge more-seasoned triathletes. No matter which race you choose — triathlon, duathlon or aqua bike — you'll enjoy beautiful vistas throughout the entire race course. Best of all, proceeds from the race will help with the purchase of handicapped-accessible playground equipment for Broome County Parks, so everyone can have a chance to play outside.

Yours in racing,  
Grace TabEEK  
Race Director

## **ABOUT DORCHESTER PARK**

Broome County Parks and Recreation Dept. welcomes you to Dorchester Park on Whitney Point Lake, less than a mile north of Whitney Point. In cooperation with the U.S. Army Corps of Engineers and the New York State Department of Environmental Conservation, this 1,200-acre reservoir and adjoining park offer a variety of recreational activities including boating, fishing, swimming and picnicking. A two-mile walking trail connects the park to the Village of Whitney Point. Three picnic shelters may be reserved for group gatherings.

The Otselic River flows into the lake from the north and continues south where it flows into the Tioughnioga River. The Tioughnioga empties into the Chenango River, which in turn flows into the Susquehanna River in Binghamton, 20 miles below the dam.

Brenda Gowe  
Director of Parks, Recreation & Youth Services

2024 registration website: <https://runsignup.com/Race/NY/WhitneyPoint/BroomeCountyParksTriathlon>

## **RULES AND SAFETY**

- The Broome County Parks Triathlon is a USA Triathlon-sanctioned event. Familiarize yourself with USA Triathlon rules (there is a short synopsis at the end of this document)
- The roads are NOT closed for the bike portion. There will be traffic control for the turns out of the park and at the course turnaround.
- No personal audio devices are allowed during the race.
- Bike technicians and pumps will NOT be available in transition.

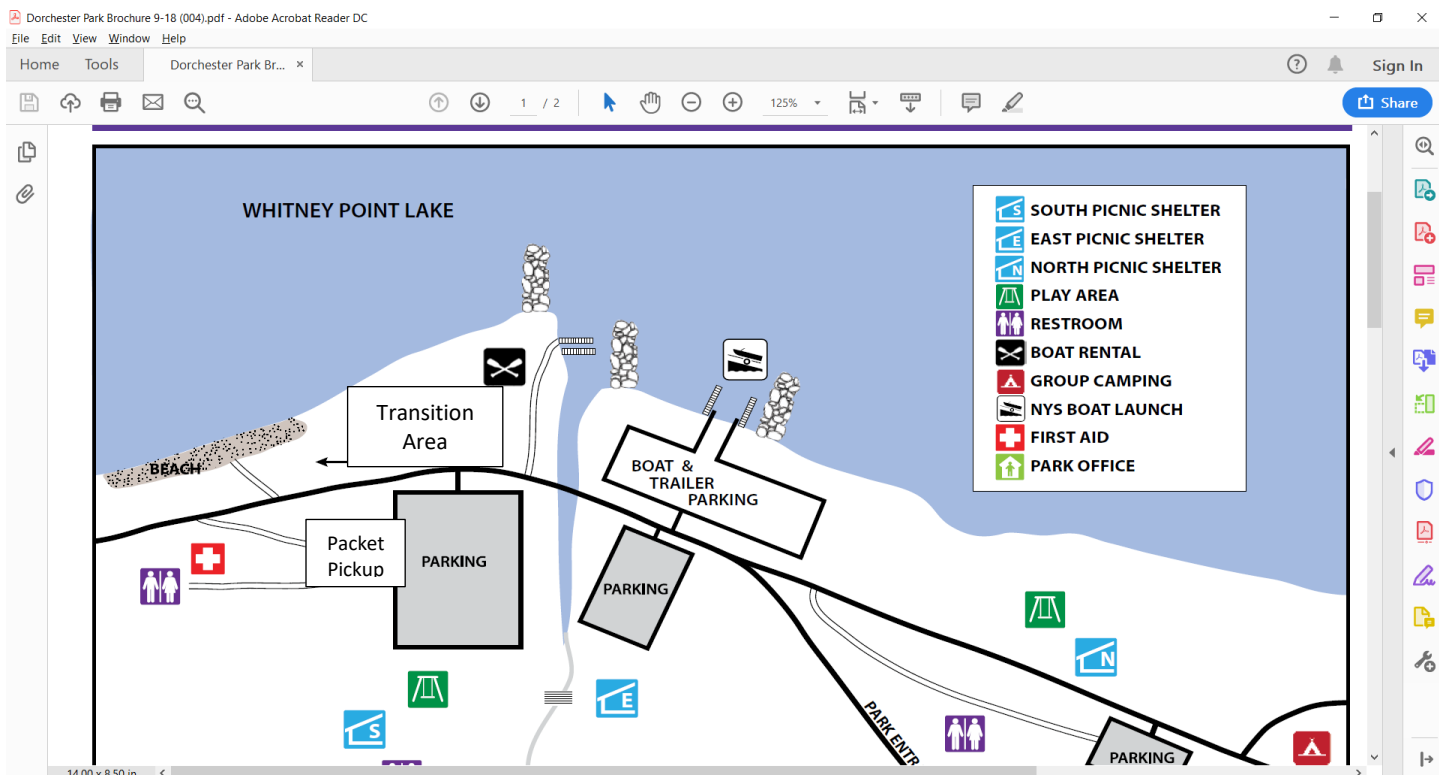
## **SCHEDULE OF EVENTS SATURDAY, JUNE 29**

- 7:00–8:30 a.m.: Transition area open. Packet pickup for athletes.
- 8:45 a.m.: Transition area closes. Mandatory race briefing at south end of transition.
- 9 a.m.: Broome County Parks Triathlon begins!
- 11:15 a.m.: Awards ceremony at race check-in area.

## **SPONSORS**

We would like to thank our sponsors for helping make this race happen.





## PARKING

Parking is available at the South Pavilion parking lot. If it fills, go to the East Pavilion lot on the other side of the creek inlet.

Spectators: For the safety of bikers exiting the park, please arrive before 9 a.m. After the race starts, all traffic entering the park will be directed to turn right at the “Y” and head to the North Pavilion parking lot.

## PACKET PICKUP

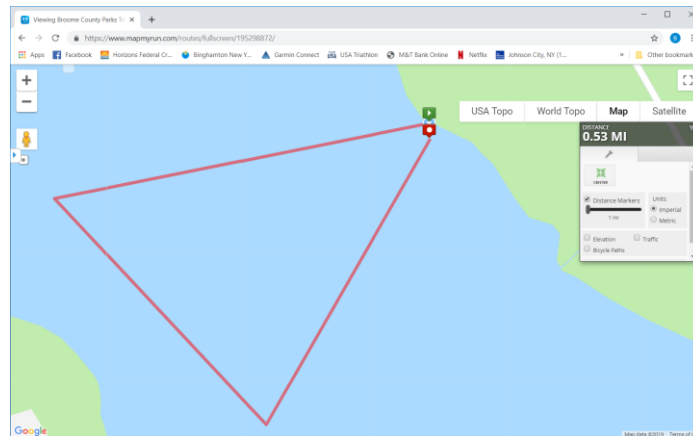
After entering the park, bear right at the “Y” and then turn left, following signs to the beach. Check-in will be adjacent to the South Pavilion parking lot and transition is opposite the parking lot.

- **You must have photo ID and your current USA Triathlon membership card or proof of such on an app. If you do not have proof of USAT membership, you will be required to fill out the USAT one-day license application and pay the one-day membership fee.**

- Bib numbers will be handed out with your packet.
- Get body-marked.
- Pick up your timing chip from the Score-This tent.

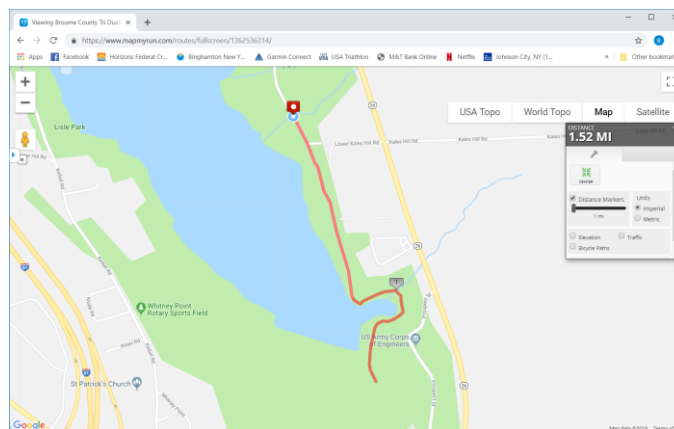
Transition area closes at 8:45 a.m. All athletes must be at the south end of transition ready for the pre-race briefing and swim/run check-in.

## SWIM COURSE



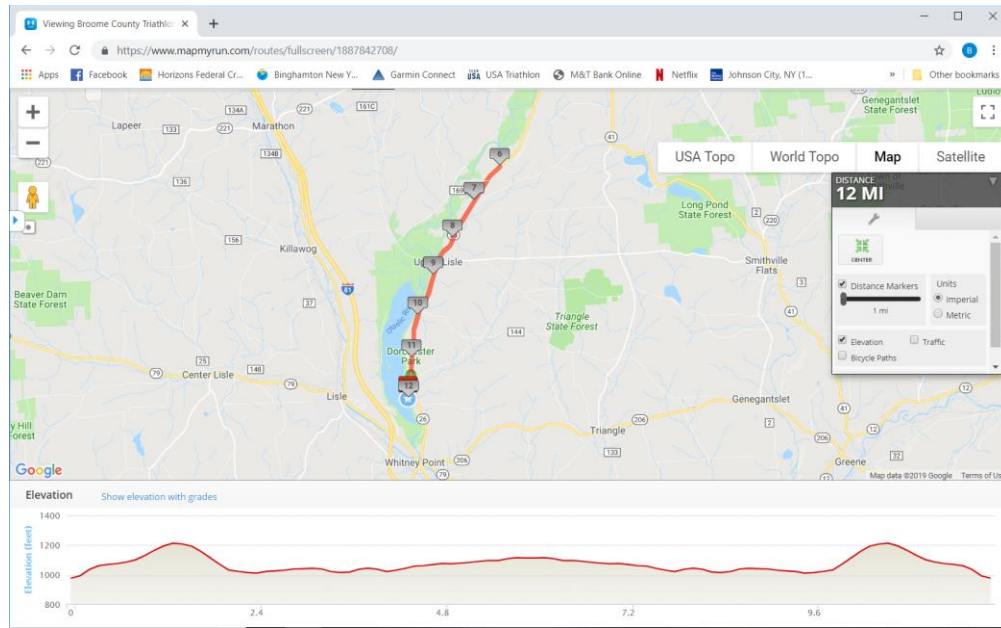
The swim course is a ½-mile triangular course in a counter clockwise direction from the beach.

## DUATHLON 1<sup>ST</sup> RUN COURSE



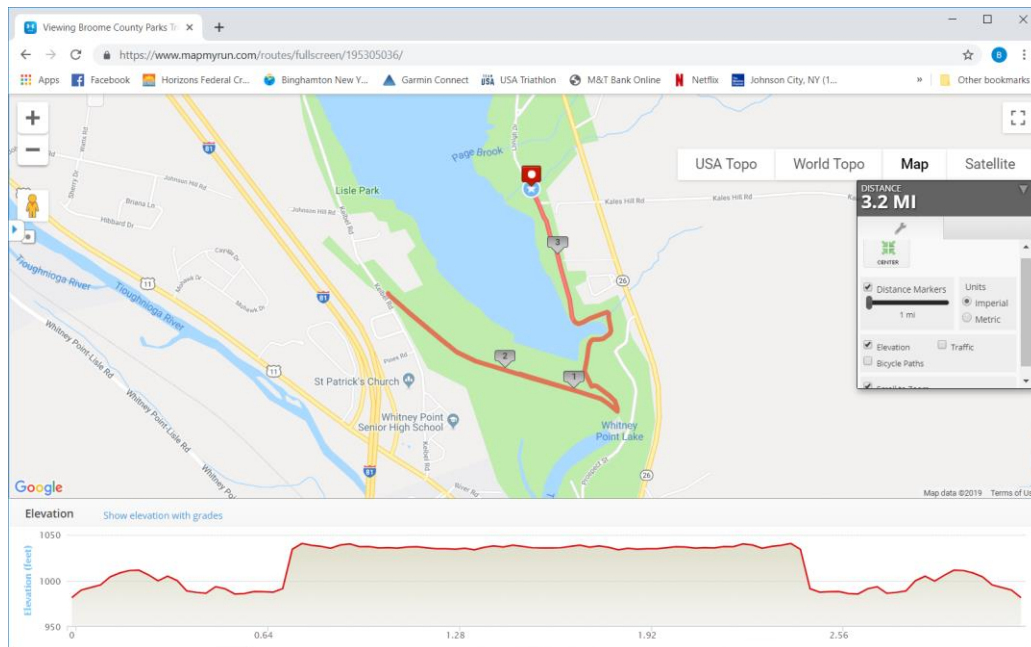
The duathlon first run is a 1.5-mile course on the park trail out to the base of the dam.

## BIKE COURSE



The bike course goes out of the park and turns left onto Route 26, traveling north for 6 miles to the turnaround, then returning to the park.

## RUN COURSE



The run course is out and back. From transition, it follows a paved path for the first  $\frac{3}{4}$  mile. It then proceeds up the side of the dam, across the dam to a turnaround, then returns.

## **AQUABIKE**

After racking bike, athlete exits transition through “run out,” then proceeds to finish line. Finish time will be taken at the Bike In mat.

## **AID STATIONS**

There will be aid stations in transition and at the top of the dam. You are responsible for your own fuel and drink on the bike.

## **POST-RACE INFORMATION**

Post-race food and beverage will be available at the packet pickup area. The awards ceremony is scheduled for 11:15 a.m. (pending final finisher).

## **FIRST AID**

First aid is available at the lifeguard station, opposite the beach.

## **TECH TIPS & OTHER DETAILS**

Bike inspection, pumps and repair will NOT be available. However, since this a USA Triathlon-sanctioned race, race personnel may, at their discretion, make final judgment as to the soundness of your bike, helmet and any other equipment. Be sure your **bar-end plugs are in place** and you have no loose spokes, brakes, headsets, stripped cables, etc. Securely fasten all equipment you may carry with you on race day.

## **BE AN AMBASSADOR**

Please remember that members of the local community use the roads we race on. Realize that you are an ambassador for the sport and the event, and that the impact of your actions is far reaching. When you're out riding the course, please adhere to local traffic laws and go the extra mile to be courteous and respectful to residents. When training and racing, please follow these suggestions:

- Ride single file. This is not just for your safety but also to ensure local drivers can get where they need to go without delay and frustration.
- Obey traffic laws (stop at stop signs, signal when turning, etc.).
- Do not use private property as a toilet.
- Do not litter.
- Ask friends and family members to refrain from painting the roads along the course.

Every time a cyclist has an altercation with a driver, that driver sees other cyclists as the enemy. Every time a cyclist is courteous to a driver, that driver is more likely to treat other cyclists with respect and courtesy. Please think before you act.



## USA Triathlon Commonly Violated Rules & Penalties

### 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.

**Penalty:** Disqualification

### 2. Chin Straps:

Chin straps must be fastened at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle.

**Penalty:** Disqualification on the course; time penalty in transition area only.

### 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.

**Penalty:** Time penalty

### 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.

**Penalty:** Time penalty or disqualification

### 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. **Illegal Pass**--cyclists must pass on the left, not on the right.

**Blocking**--riding on the left side of the lane without passing anyone and impeding other cyclists attempting to pass.

**Overtaken**--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.

**Penalty:** Time penalty

### 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.

**Penalty:** Referee's discretion, time penalty or disqualification

### 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.

**Penalty:** Disqualification

### 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.

**Penalty:** Time penalty

### 9. Race numbers:

All athletes are required to wear race numbers at all times during the run. Numbers must be clearly visible at all times.

Numbers may not be altered in any way that prevents a clear identification. **DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.**

**Penalty:** Time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

### 10. Wetsuits:

Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided, however that participants who wears a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

### 11. 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.

**Penalty:** Time penalty

Variable Time	1st Offense	2nd Offense	3rd Offense
Penalties			
Distance			
Category			
Sprint	2:00 minute	4:00 minutes	Disqualification

## **DORCHESTER PARK**

**5469 NY Rt. 26**  
**Whitney Point, NY 13862**  
**607.692.4612**

### **FROM CORTLAND:**

Rt.81 South to Exit 8 (Whitney Point). Turn left at end of exit ramp. At second light take a left and go over bridge, turn left after bridge, park is 2 miles on left.

### **FROM BAINBRIDGE/GREENE:**

Rt.206 West to Whitney Point. Turn right at stop sign. Park is 2 miles on left.

### **FROM JOHNSON CITY/BINGHAMTON:**

Rt.17 to Rt. 81 North to Exit 8 (Whitney Point). Take right off exit ramp, turn left at "T" in road. Turn right over bridge. After bridge turn left, park is 2 miles on left.

### **FROM ENDICOTT/VESTAL:**

Rt.26 North to Whitney Point. Take left at "T" in road. Take right over bridge, then left after bridge, park is 2 miles on left.

### **FROM NEWARK VALLEY/OWEGO:**

Rt.38 to Rt. 38B, turn left on Rt. 26 North to Whitney Point. Take a left a "T" in road, take right over bridge, turn left just after bridge, park is 2 miles on left.

### **FROM ITHACA:**

Rt.79 East to Lisle. Bear right just over bridge. Go to second light in Whitney Point. Turn left over bridge, turn left just after bridge, park is 2 miles on left.