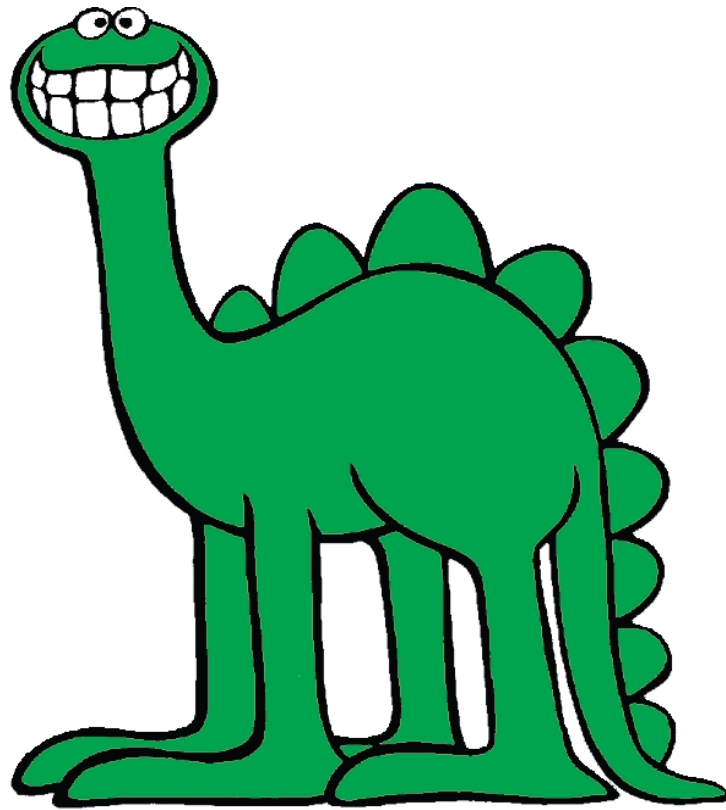


2026
Broome County Parks Triathlon



Athlete Guide

FROM THE RACE DIRECTOR

Dear Athlete:

We are excited for the 20th annual Broome County Parks Triathlon, at Dorchester Park in Whitney Point, NY! From beginners taking on their very first multisport event to experienced competitors chasing a new personal best, this race offers something for everyone in a welcoming and energetic atmosphere. Expect a day filled with community spirit, determination, and plenty of proud finish-line moments. We are thankful for every registration and donation that helps make a difference beyond race day. Proceeds support the purchase of accessible playground equipment for Broome County Parks, giving children of all abilities more opportunities to play and explore outdoors. We look forward to welcoming returning athletes and first-time racers alike for another fantastic event!

Yours in racing,
Kara Gorgos
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

2026 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 turn 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.

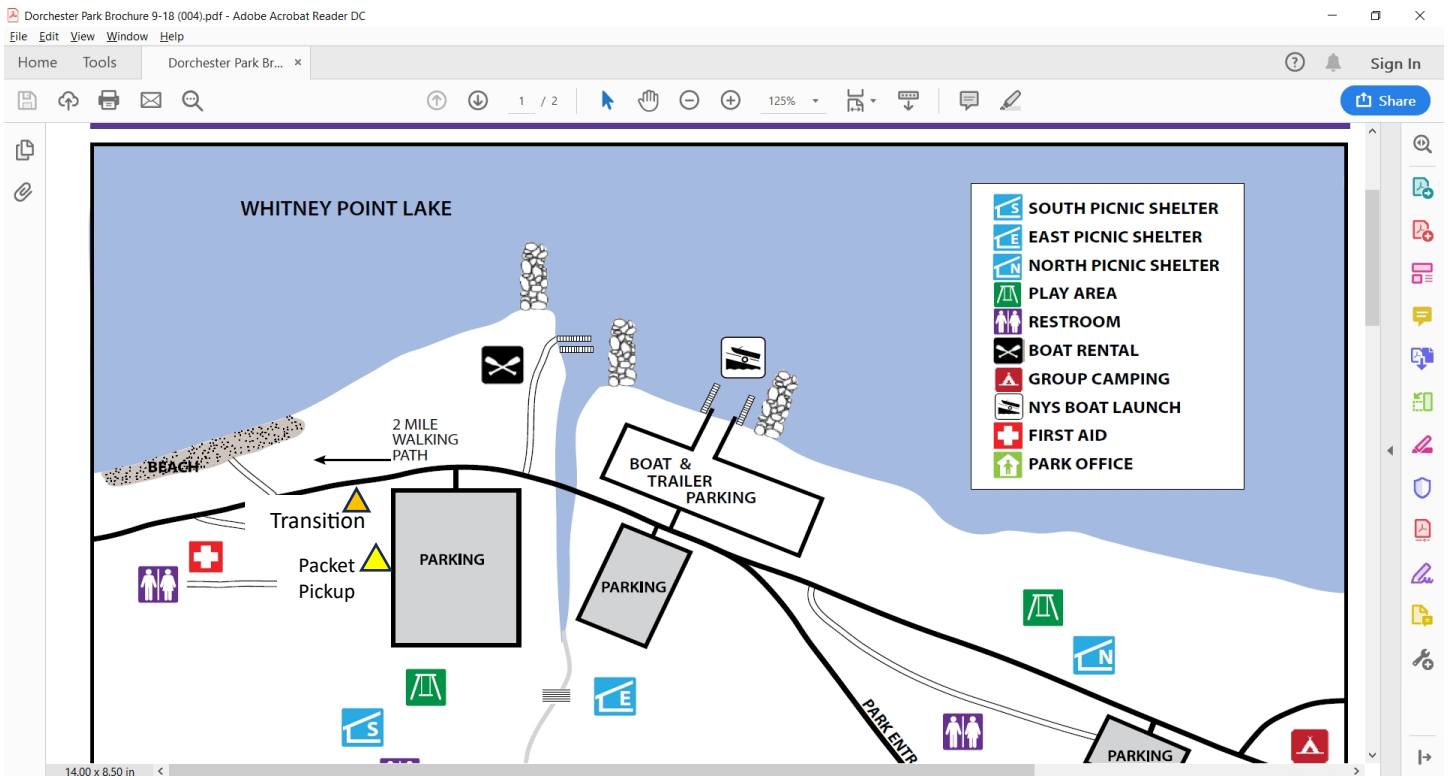
SCHEDULE OF EVENTS SATURDAY, JUNE 27, 2026

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

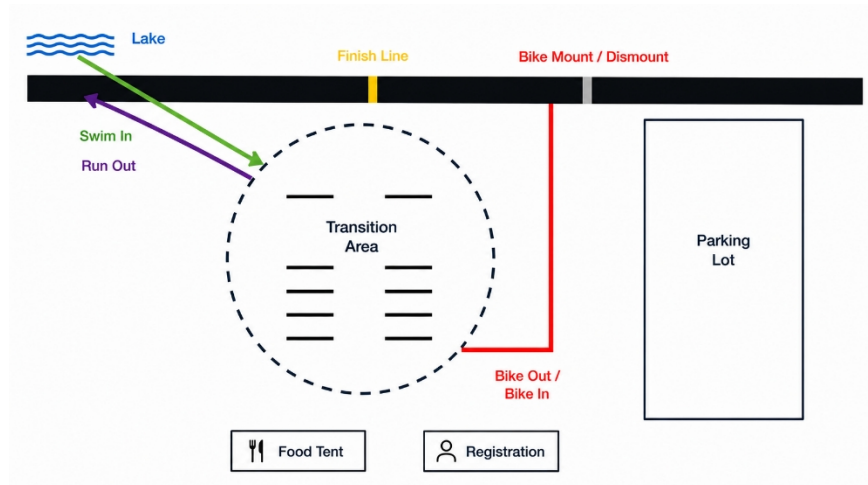
Spectators: For the safety of bikers exiting the park, please arrive before 9 am. After the race starts, all traffic entering the park will be directed to turn right at the “Y” and head to the North Pavilion parking lot.

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 adjacent to check-in.

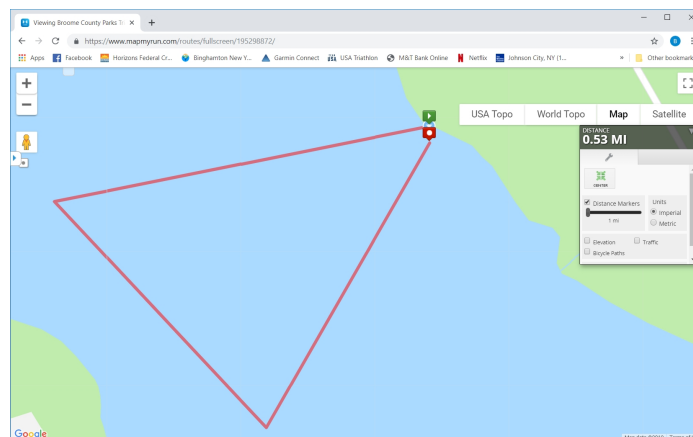
- **You must have photo ID and your current USA Triathlon membership card or proof of such on an app. If you do not have proof of USAT membership, you will be required to fill out the USAT one-day license application and pay the one-day membership fee.**
- Bib numbers will be handed out with your packet.
- Get body-marked.
- Pick up your timing chip from the Score-This tent.

TRANSITION



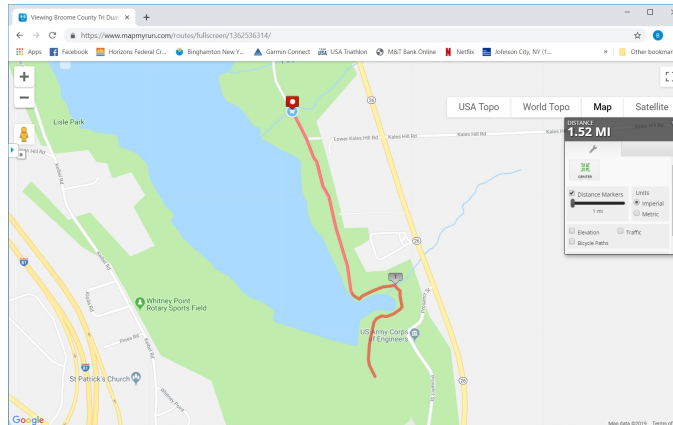
Due to popular demand, we will be using the same transition area as 2025. Transition area closes at 8:45 am. All athletes must proceed to the beach for the pre-race briefing and swim/run check-in.

SWIM COURSE



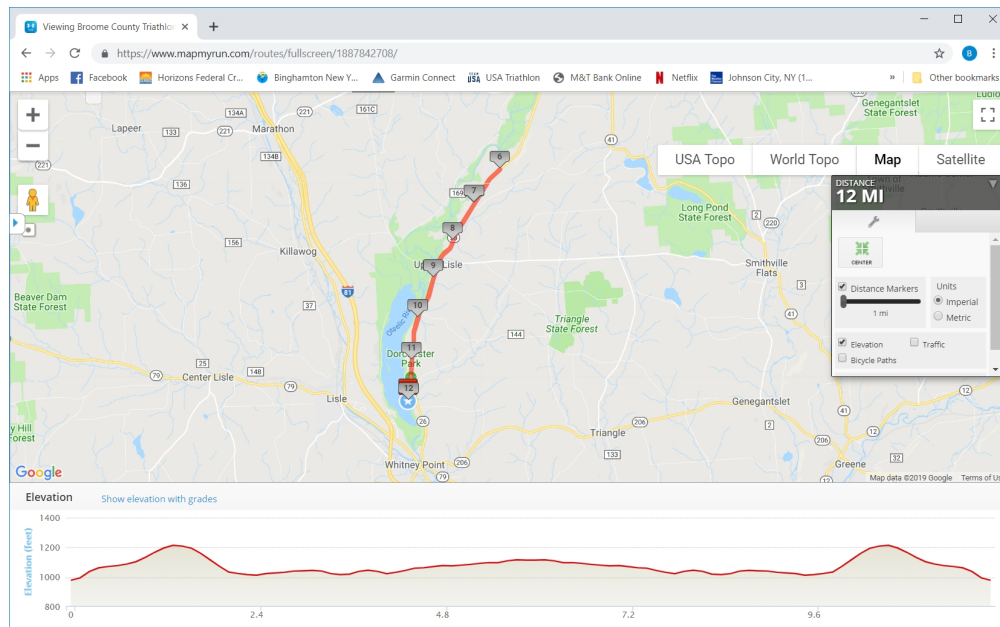
The swim course is a 750-meter triangular course in a counterclockwise direction from the beach.

DUATHLON 1ST LEG RUN COURSE



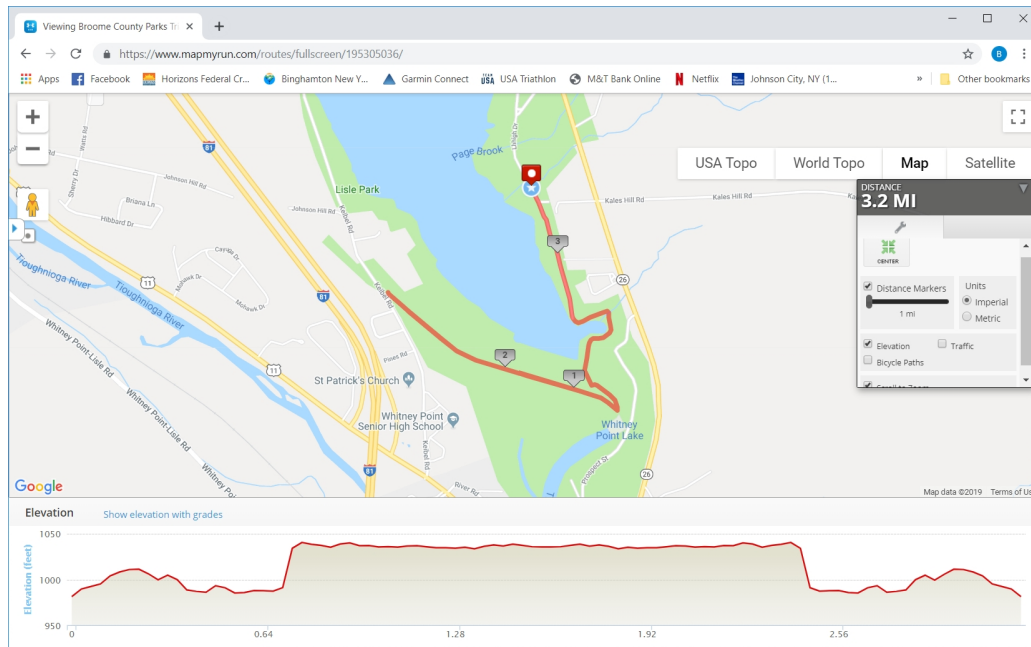
The duathlon's first run is a 1.5-mile course on the park path out to the base of the dam.

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.

TRIATHLON & 2ND DUATHLON LEG 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 will be available at the packet pickup area. The awards ceremony is scheduled for approximately 11:15 am. (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 that your bike is in good working order.

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 guidelines:

- 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 on 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.

USAT SafeSport

The U.S. Center for SafeSport created the Minor Athlete Abuse Prevention Policies (MAAPP), a collection of proactive prevention and training policies for the U.S. Olympic and Paralympic Movement to help create a safer and healthier environment in which minor athletes can thrive. As a member of USA Triathlon and participant at a USA Triathlon sanctioned event, you are required to follow these policies. As the MAAPP will be enforced at the Broome Country Triathlon, please review the MAAPP and USA Triathlon's SafeSport Policies and References [here](#).

1. Helmets & Chin Straps:

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. 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.

2. 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

3. 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. Do not bring ANY glass containers into the transition area.

Penalty: Time penalty or disqualification

4. 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

5. 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

6. 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

7. Headphones & Communication Devices:

Headphones are not to be carried or worn at any time during the race. Participants may carry a phone (such as, mounted on bike handlebars or in an arm band) but may not use communication devices of any type - including but not limited to cell phones, smart watches and two-way radios - in any distracting manner during the competition. A distracting manner includes but is not limited to making or receiving phone calls, sending or receiving text messages, playing music, using social media, taking photographs or using one- or two-way radio communication.

Penalty: Disqualification

8. 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.

9. 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 Penalties	1st Offense	2nd Offense	3rd Offense
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.