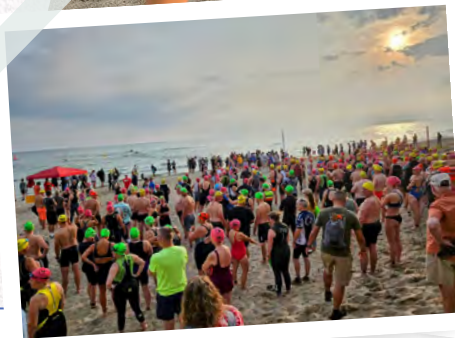




# ATHLETE GUIDE

We're thrilled to welcome you to the PI Triathlon! This picturesque setting promises an unforgettable race experience. Whether you're a first-timer or a seasoned triathlete, you'll find all you need to know to prepare for race day in the contents of this athlete guide.



## Parking Information

For athletes, volunteers and spectators



## Check-in Information

To make sure you have everything you need before the race starts



## Course Rundown

Including maps for swim, bike, and run courses



## Safety Reminders

So you have the best possible experience and avoid injury



## Agenda

Including Friday packet pickup and all Race Day schedules



## Weather Policy

Because Mother Nature happens!



## Awards

Including overall winner and age group breakdown



## Race Day Checklist

Reminders for newbies and pros!



# Welcome, Athletes!

**We're thrilled to welcome you to the 23rd Annual Presque Isle Triathlon—and the very first year under the direction of ALFA Endurance!**

Taking the reins of this beloved Erie tradition in conjunction with Presque Isle Partnership is an absolute honor. As longtime athletes, we've always admired the Presque Isle Tri for its unique setting, vibrant community, and incredible athlete spirit. Now, as co-founders of ALFA Endurance, we're excited to carry the torch and keep this event going strong for years to come.

Whether you're here to race for a personal best, conquer your first triathlon, or simply soak in the beauty of Lake Erie from Beach 10, we want this day to be memorable, energizing, and fun. Our team has worked hard to maintain the race's classic charm while adding a fresh spark of energy and attention to detail that we hope you'll feel from start to finish.

We're grateful you've chosen to spend your race day with us and can't wait to see you cross that finish line—strong, smiling, and proud. Let's make this a day to remember.

**– Brian Gildea & DJ Craven  
Co-Founders, ALFA Endurance  
Race Directors, Presque Isle Triathlon**



**Team ALFA (L to R):** Torie Shapter, (Volunteer Coordinator); Jen Craven (Marketing & Registration), Brian Gildea (Race Director), DJ Craven (Race Director)



*Brian and DJ at a 70.3 Half Ironman*

## Questions?

Contact us at [bgildea@alfaendurance.com](mailto:bgildea@alfaendurance.com)  
or [djcraven@alfaendurance.com](mailto:djcraven@alfaendurance.com).



# Packet Pickup

**Friday packet pick-up is highly encouraged to avoid congestion and long waits on Saturday morning.**

Friday, August 1

Tom Ridge Environmental Center, 301 Peninsula Drive, Erie, Pa.

5:00-7:00 p.m.

Note:

Photo ID is required to pick up your packet.

Each athlete must pick up their own packet (includes relay team members). Sorry, no picking up packets for a friend!

**If you cannot pick up your packet on Friday, you must arrive within the check-in window on Saturday morning at Beach 10 to receive your packet.**

All athletes must check in on race day. No day-of registrations will be accepted.

Please be aware it is about a 15-17 minute drive to Beach 10 once you enter the peninsula. Plan to leave early to arrive on time!

## What's in your packet?

At packet pickup, you will receive:

- Your bib number (to be worn on the run)
- A swim cap (special color if you identify yourself as a nervous swimmer)
- Helmet and bike stickers (for identification and safety)

You'll also receive::

- T-shirt
- Swag Bag

***Note: All athletes must pick up their timing chip and get body marked on Saturday morning. Those who picked up their packets on Friday can skip check-in and go directly to timing chip tent.***





# Race Day Schedule

## **6:00 - 7:00 a.m. Transition Open, Athlete Check-in, Chip Pick-Up, Body Marking**

All athletes must visit the Athlete Check-In Area on Saturday morning. If you've picked up your packet on Friday, go straight to the Timing Chip Tent, then Body Marking. If you're arriving for the first time, stop by Packets first, then proceed through the rest of the stations.

Attach your band with its timing chip on your left ankle securely, as it must be worn throughout the race. No chip worn = no time recorded. There will be a charge of \$30 for lost or unreturned chips.

Only triathlon entrants and race officials will be permitted in the Transition Area. Athletes must have stickers on their bikes and body markings to enter TA. Families, friends and pets are not permitted in TA.

Please be respectful to race organizers and volunteers by arriving within this check-in window. Tardiness creates unneeded stress on both staff and athletes. Note that Beach 10 is approximately 15-17 minute drive once you enter Presque Isle State Park. Plan accordingly!

## **7:15 a.m. Mandatory pre-race meeting for all athletes**

At this time, athletes will be encouraged to exit transition and gather for some final announcements from the race directors.

Things that will be covered:

- Overview of the course, including exits and enters
- Transition area reminders
- Important notes for relay teams
- Safety and rules
- National anthem

The pre-race meeting is important. Please give race directors your attention for the well-being of all participants.

## **7:30 a.m. RACE STARTS**

Athletes will make their way to the water immediately following the athlete meeting, and the race will start promptly at 7:30. We will not wait for any stragglers or latecomers.

*More on swim start later in this guide.*

## **10:00ish a.m. Award Presentation**

We hope you will stick around after the race for awards, food, and comaraderie!



# Directions

Presque Isle State Park is located approximately 120 miles from Cleveland, Pittsburgh and Buffalo. From I-90 east and west, take I-79 north, exit at West 12th St. Follow West 12th St. west to Peninsula Drive, (Rt. 832). Turn north onto Peninsula Drive to Presque Isle State Park. Beach 10 is clearly marked and is located near the far end of the Park, approximately 5.5 miles from the head of PISP. Speed limit on PISP is 25 mph.



# Parking

There is parking at Beach 10, but please be respectful of the course cones and special parking areas. No not park in the spots reserved for handicap or kayakers.

Athletes will walk their bikes to the check-in area and then proceed into transition.

The terrain is dirt/gravel/sandy lots.



# Location Layout



We kindly ask that you abide by the designated areas marked on this map, particularly for parking and off-limit areas.

## Race Benefits

The Presque Isle Triathlon is a non-profit event. All proceeds will benefit Presque Isle State Park (via the Presque Isle Partnership) and other volunteering non-profit organizations whose time/presence contribute to the success of the triathlon. Presque Isle Partnership works to further enrich the Presque Isle visitors' experience by developing and implementing projects and programs on the park while protecting the natural environment.

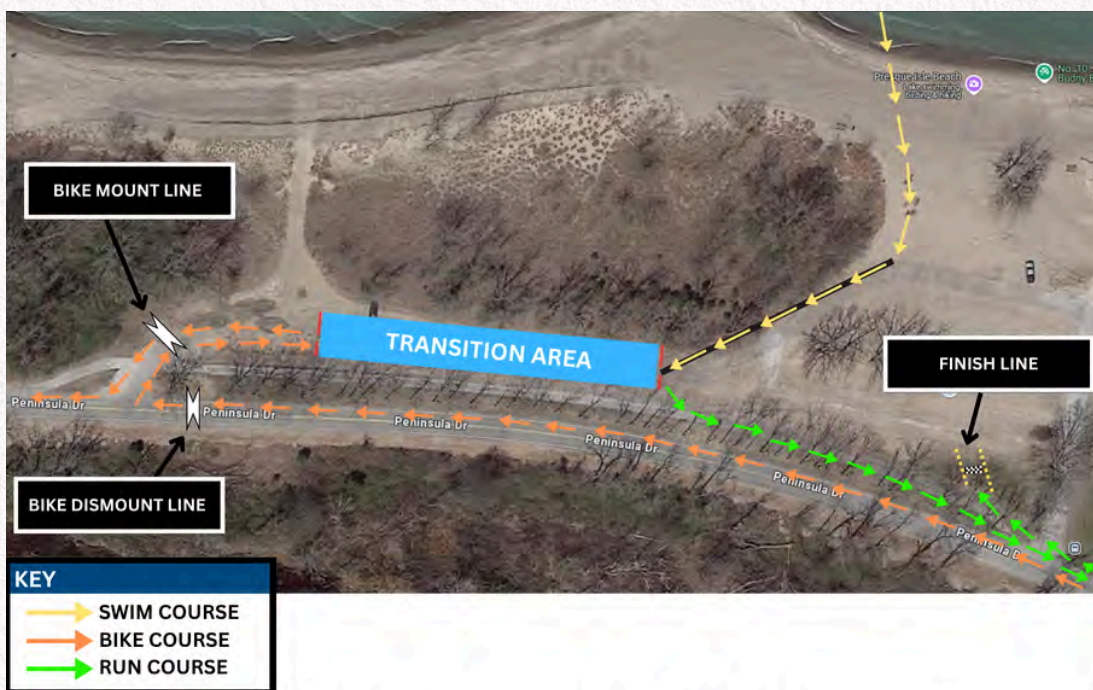




# Race Central



This is a more detailed map of Race Central, including locations for Check-In steps, reserved parking, and medical areas.



This map shows the three courses coming in and out of transition. Signs and road markings will be highly visible for athletes.



# Transition Area Setup

## Organization

There is one entrance and one exit in the TA and they will be clearly marked. The only people allowed in the TA are race participants, volunteers and race directors. The TA opens at 6:00 a.m. and closes at 7:10 a.m.

Each row is marked with signs that designate the race numbers that correspond to that row, e.g. sign #s 51-100 equates to Race Numbers 51-100. You must rack your bike in the row that corresponds to your race number. Eight bikes per rack.

*Athletes have a small amount of space to store their personal items. We recommend bringing a small towel to stand on when drying off after the swim and putting on your socks and cycling shoes.*

*Please be respectful of other athletes and keep your items neat and contained.*

## Rules

- No overnight bike racking.
- Athletes must have body markings to enter TA
- Bike stickers must be attached to enter TA.
- You must walk or run your bike into and out the TA. You are not allowed to ride your bike in the TA.
- Mounting/dismounting your bike must occur in the marked areas outside TA.
- Helmets must be on and buckled to start the Bike Course; bib # must be worn for the Run Course.
- Athletes can take their bike and gear from TA after the last racer has started the Run.

## Signs

Clearly marked signs and mini-arches will be in place:

Swim Start  
Swim Finish  
Bike Out  
Bike In  
Run Out  
Run In





# Bibs and Stickers



Bibs are only required to be worn for the run portion of the race, and should be worn on the front.

Safety pins will be available, or we suggest purchasing a race belt which allows you to clip your bib and avoid needing to pin to your clothing. Race belts make transition easy and quick-- snap it on and go!

Race number stickers will be included in your packet. The long sticker is required around your top bike frame to enter the Transition Area. Fold around the frame and adhere to itself as shown below.

Additional stickers are not required, but are provided for convenience and tracking your equipment. Place on your helmet, bag(s), and gear as desired.



**Sticker placement**





# Full Course Map



The entire Presque Isle Triathlon takes place on the peninsula, offering the perfect event for experienced athletes AND beginners. Set against the scenic Presque Isle State Park, the course features a swim in beautiful Lake Erie, flat bike ride around the peninsula, and run along a paved trail. You can expect to catch glimpses of the lake, along with plenty of nature.

*Remember: The park is open to the public during the race.*





# Swim Start

**The swim start will be self-determined by your expected personal swim finish time. There will be no actual "swim wave" starts by age group or by swim cap color.**

How this works:

Considering your own personal expected swim time, look for the elevated signs that will be displayed by volunteers.

Position yourself within the group that best coincides with your expected time and where you feel most comfortable:

- 9 Minutes or Less
- 9-15 Minutes
- 15-20 Minutes
- 20+ Minutes

**Swimmers will be enter the water single-file, one swimmer at a time, every four seconds.**

When it's your turn, walk across the timing mat, enter the water and immediately start the swim. Your swim time begins when the chip registers as you cross the mat. This system will keep people moving, effectively entering the water ASAP.

All swimmers must complete the swim no later than 8:30 a.m.





# Swim Course

(0.35 Mile = approx 616 yds. = approx. 25 lengths of 25 yd. pool)



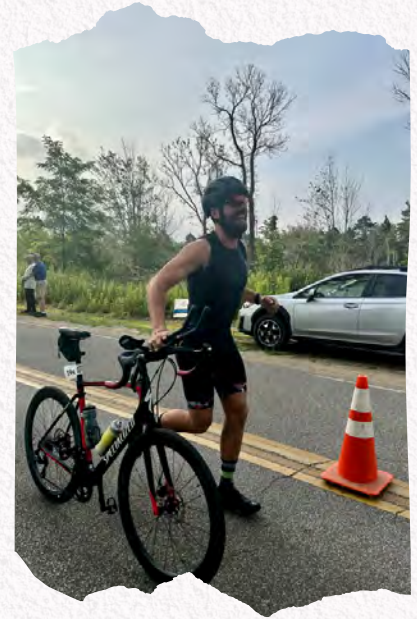
## Important Swim Info:

- The PI Tri swim cap, provided in your race packet, must be worn throughout the triathlon swim.
- There will be ball buoys, cylinder buoys and triangle buoys marking the swim course.
- The actual swim direction (clockwise or counter-clockwise) will be determined on race day morning by PISP Lifeguard Managers. This will be based on weather, wind and water conditions on race day.
- Swimmers will be counted entering and exiting the water. Do not enter the water until you're instructed. Being counted is absolutely essential for the safety and accounting for all swimmers.
- Lifeguards, spotters and safety kayakers will be monitoring the swim course, start to finish, to provide guidance and assistance to swimmers as needed. You are able to hang on to a kayak to take a break, however, no forward motion may be made. There is no penalty for resting.
- No floatation devices, or listening devices of any type are permitted throughout the PI Triathlon swim. Wet suits are permitted up to water temperature of 78 degrees.



# Bike Course

13 miles counterclockwise loop around PI on the main road



## Important Bike Info:

- Helmets are required. No exceptions!
- Helmets must be fastened before mounting the bike and must remain buckled until dismounting bike.
- Bike numbers must be attached to your bike top frame so it is clearly visible to race officials.
- Headphones and other audio devices including cell phones are not permitted to be used during the bike (or run) segment of the race.
- You must walk or run your bike through the Transition Area until you reach the designated Bike Mount point. When completing the bike segment of the race, you must dismount at the designated point before re-entering the Transition Area, then walk or run your bike back to your bike rack.
- Leaving Transition to start the bike, cyclists will head west, toward the head of the park.
- Drafting and/or blocking is not permitted at any time and may result in disqualification.
- All cyclists are required to ride on the far right-hand side of the outside lane of the road near the white line...**but not on the Multipurpose Trail**. The Multipurpose Trail is open for general public use.
- No assistance will be permitted in the TA or on the course by anyone other than a race official.
- The triathlon course is not closed to vehicular traffic. DO NOT cross the centerline at any time.
- When approaching Beach 1 for the turn-around, use caution and listen for directions from volunteers.
- **There are no bottle exchanges or water stations on the bike course.**



# Run Course

**3.1 miles, out and back**

## Important Run Info:

- Bib number must be worn on the front during the run. Not wearing the bib number may result in disqualification.
- Headphones, earbuds and other listening devices including cell phones are not permitted
- After leaving the Transition Area, runners will be directed out of the Transition Area to start the run on the Multipurpose Trail, heading east.
- The run course is completely on the Multipurpose Trail with a U-turn point halfway.
- There will be one water/electrolyte station for the run course at the 1.55 mile mark (the turnaround). There will also be water & electrolytes after the finish.
- No friends / family may accompany triathlon runners by car, bicycle or on skates throughout the run course.
- Turn in your timing chip and band to the race officials immediately after you cross the finish line. Failure to do so will result in a charge of \$30 to the entrant to whom the chip was assigned.



## First-timer?

Your legs may feel heavy when you first start to run—this is normal. Start easy and build your pace.



# Relay Teams



*One timing chip per relay team, handed off between each leg of the race.*

- **Each member of the relay team must pick up their own packet.**
- All team swimmers must wear their chip on their ankle throughout the swim, then hand off their chip and band to the team cyclist inside Transition before the cyclist gets on their bike. Cyclist bands should be worn on the left ankle with the chip side out.
- All team cyclists must stay in the Transition Area until handed the chip and band by team swimmer. Team cyclists must wear the chip / band on the left ankle throughout the bike.
- Team cyclists must place their bikes in their designated spot on the bike rack before handing off their chip / band to the team runner.
- All team runners must stay in the Transition Area until handed the chip / band by team cyclist.
- All team runners must wear the chip / band on one ankle throughout the race. Turn in your chip / band to the race officials immediately after you cross the finish line. Failure to do so will result in a charge of \$30 to the entrant to which the chip was assigned.
- Headphones and other audio devices including cell phones are not permitted to be used during any part of the bike (or run) segment of the race.
- All other rules for the swim course, bike course and run course must be followed. Please familiarize yourself with these rules before the start of the race.



# Post-Race Awards

**The post-race celebration begins as soon as you cross the finish line!**

The awards presentation will be held immediately following the race at the race site. Finish times will be posted near the timing area as results become available. Complete race results can be accessed by the next day.

## Award Categories

Overall Male and Female

1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place

Age Group Winners

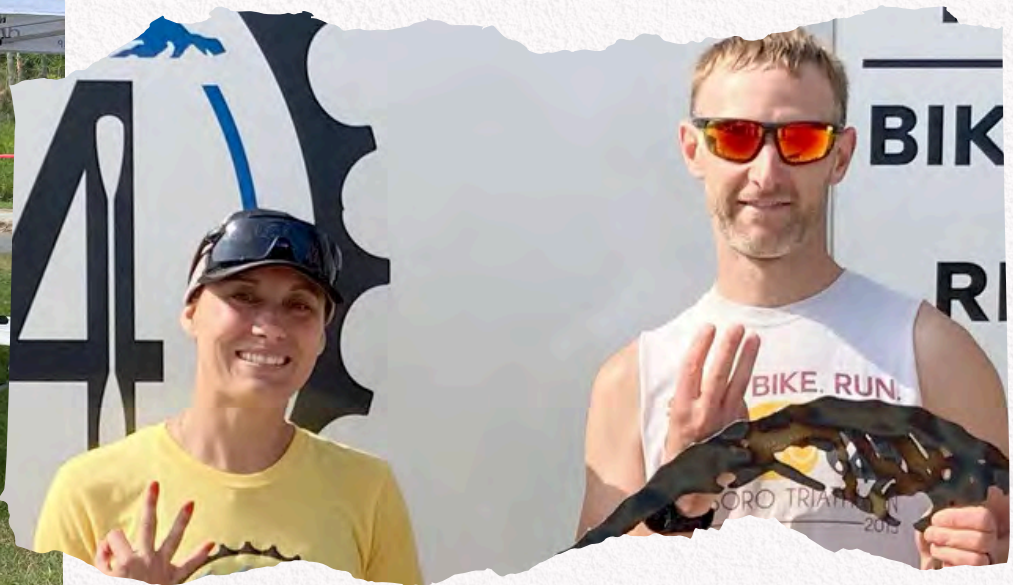
1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place

Relay Teams

1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place

## Age Groups (Male & Female)

- 19 and under
- 20-24
- 25-29
- 30-34
- 35-39
- 40-44
- 45-49
- 50-54
- 55-59
- 60-64
- 65-69
- 70 and over





# Additional Information

## Time Requirements

Based on past performances, the first finisher could finish the race in approximately one hour. The final finisher could finish in approximately 2:30 hours. It is our hope that every single athlete has a safe, enjoyable, and strong race from start to finish. Please understand that time requirements are essential for our emergency & safety teams and volunteers to effectively monitor the course and provide support for athletes.

The course will close at 11:00 a.m.

**Bike Start Cut Offs:** Athletes must begin the bike leg by 8:30 a.m. (1 hour after race start), otherwise they may not continue the race.

**Run Start Cut Offs:** Athletes must begin the run course by 10:00 a.m., otherwise they may not continue in the race.

If you choose not to advance to the next leg of the event, that is okay. We want you to feel safe and confident proceeding through the event. If you voluntarily pull yourself from one of the legs, or are pulled for any medical reason, you may not continue with the race. Please be sure to bring your timing chip to our timer and notify the Race Director. Thank you for your cooperation!

## Weather Policy

If weather, water or road conditions are unfavorable for the total swim-bike-run event to take place safely for everyone (competitors and volunteers), race officials are prepared to shorten the distances OR to conduct a run-bike-run event, or a bike-run event.

A delay of 30 minutes is the maximum race start delay time. If conditions warrant, a cancellation of the entire race is possible.

Should this situation arise, the race will not be rescheduled. After race expenses are covered, all proceeds will be donated to the Presque Isle Partnership and the Presque Isle Lifeguard Association. If this should occur, please remember there are no refunds and no deferrals.

Weather / water-related decisions will be made and announced on race day morning. With that, everyone's cooperation and understanding will be appreciated.



# Spectators

**We welcome any and all spectators to our wonderful race! Friends, family and fans of the sport make the event all the more exciting for athletes come race day.**

We don't recommend that spectators try to find their athletes along the bike course. Because the peninsula is still open to the public, there will be traffic as usual, and spectators slowing down to catch a glimpse of their athlete can cause unnecessary congestion.

Spectators are encouraged to watch their athlete run across the finish line at Beach 10. Please note that this area is limited in space and is usually packed with volunteers and athletes. Because of that, we ask that spectators please listen to volunteer directions throughout the event.

On all areas of the course and transition area, please remain behind caution tape/cones and out of the way of athletes.



**Spectators are NOT permitted in transition area.**

**Spectators may NOT join athletes on any part of the race course.**



# Thank You To Our Sponsors!



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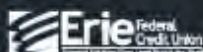
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# Race Day Checklist

## 1. SWIM

- ☐ Wetsuit
- ☐ Goggles (+ backup)
- ☐ Towel
- ☐ Tri shorts, swimsuit, or tri suit
- ☐ Swim cap (from packet pickup)

## 2. BIKE

- ☐ Bike
- ☐ Helmet
- ☐ Cycling shoes and socks
- ☐ Sunglasses
- ☐ Water bottles
- ☐ Nutrition/fuel
- ☐ Tool Kit
- ☐ Floor pump

## 3. RUN

- ☐ Running shoes
- ☐ Race belt
- ☐ Hat/visor
- ☐ Nutrition/fuel

## 4. MISCELLANEOUS

- ☐ Training devices (heartrate monitor, watch)
- ☐ Body Glide
- ☐ Sunscreen
- ☐ Change of clothes for post-race



# A Final Note...

## REMEMBER TO HAVE FUN OUT THERE!

While Triathlon is a competitive sport, remember that we're all here for health, wellness, spirit and camaraderie. Don't forget to cheer on your fellow athletes and enjoy the day!

This race is a team effort. Please be sure to thank the police, EMS and volunteers that gave their time to support this event. Our races can't happen without them.

Thank you again for choosing the Presque Isle Triathlon. We hope you have a fantastic race experience and join us again in the future.



A Life Full of Adventure