



Love & Sprockets Summer Sizzler Triathlon Athlete Guide

Athletes,

Welcome to another edition of Summer Sizzler, presented by Love & Sprockets!

There is really only one major change to our event this year and that is the location of Pre-Race Packet Pickup and the Transition Clinic.

There will be a free clinic Friday night at Love & Sprockets North Towns during packet pickup:

Getting to know your transition. See "Clinics" below for details.



We are expecting warm and humid weather on Saturday morning but no worries, the giant puddle will all know and love to joke about will still be in the parking lot near transition.

PACKET PICKUP

Pre-Race

Date: Friday August 13, 2021, 4:00 pm – 6:00 pm

Location: Love & Sprockets North Towns

5855 Transit Road

East Amherst, NY 14051

Race Day

Date: Saturday August 14, 2021, 5:00am - 6:45am

Location: Beaver Island State Park

Any race changes should be done at this time. Please come early to make event change requests. Event switches/changes will not be honored after 6:45 AM.

Additional Info:

- All athletes must pick up their race packets themselves.
- Relay Teams - All members of the relay team must be present to pick up their packets.
- All athletes need to show a photo ID and present your USAT membership card if you are a current member. Otherwise you will have to pay the non USAT member race fee. REMEMBER, NO ID! NO RACE! NO EXCEPTIONS!
- Minors must have a parent or legal guardian present at registration.



CLINIC

Getting to know your transition

Date: Friday August 12, 2022 – 5:30pm

Location: Beaver Island State Park

Love & Sprockets North Towns

5855 Transit Road

East Amherst, NY 14051

This clinic is free for all participants. Topics will include everything from setting up transition, getting to the finish line and everything in-between. Be ready to have all your course questions answered here!

Race Day Timeline

- 5:00am - Transition Opens
- 5:15am - Body Marking begins in transition – self serve at the aid station table
- 6:30am - Mandatory pre-race meeting in the transition area
- 6:45am - Packet Pick up closes at Beaver Island State Park.
- 6:45am - Transition area closes for the race to start on time
- 7:00am - Race starts - see schedule below
- 8:00am – Breakfast served
- 8:30am – Awards tent opens

Race Site and Parking

To maintain a safe racecourse for everyone, please take a moment to review the map below to understand the flow of parking. You will need to enter and exit the parking lots on the east end to avoid driving on the bike course.



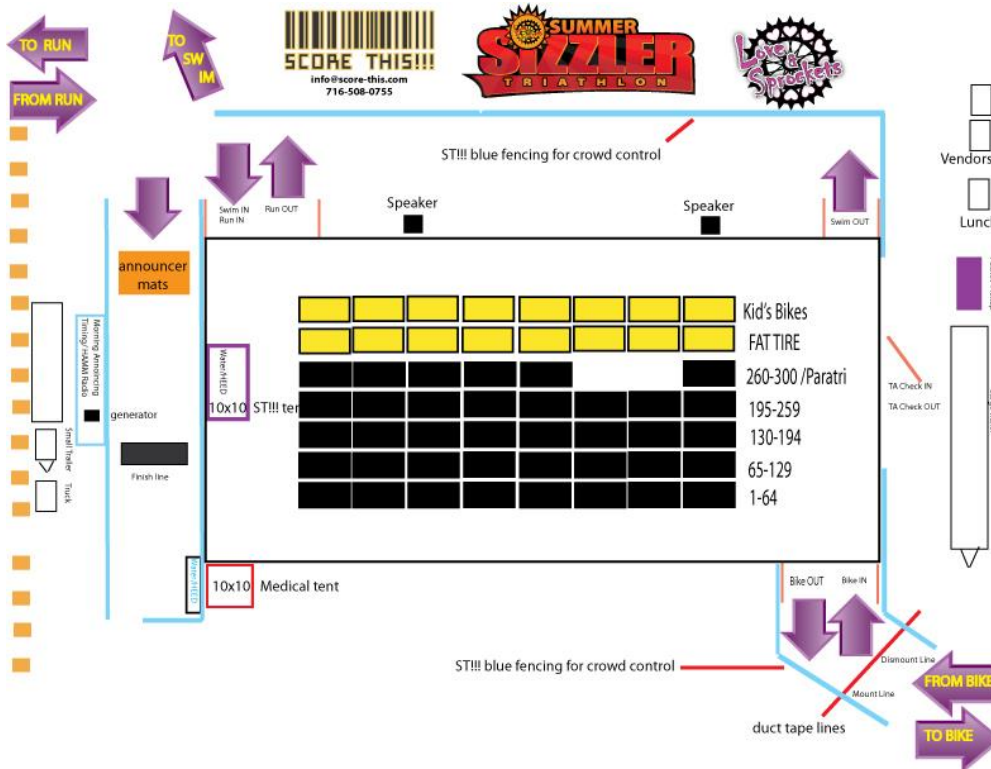
X-Restrooms/showers

Restrooms are available race morning in the following areas

- Nature Center
- Marina Pavilion
- At the Beach



TRANSITION AREA



Note-Rack numbering assignments subject to change

As always, this is an Athlete Only transition area. We do have a dedicated entrance and exit that you are required to use when you rack the bike pre-race and remove it post-race. To locate this access point, look for the purple flags that say, “**Transition Entrance**”.

Relay Waiting Area – In this location relay team members will wait to transition the chip to proceed to their respective portion of the course. Everyone will be happy to see you!!!

What does a bag and clutter free transition area mean? This means you may bring your gear into the TA with a bag but then must remove your bag. After you have the gear you need in transition please remove your bags, buckets, wagons, carts and whatever you do not need to race with. This ensures we have enough space for others around you. Please make arrangements to give these things to a love one or place them into your vehicle.

What do you mean transition closes at 6:45am, but my race doesn't start until later. This means at 6:45am all athlete need to have everything they need to race for the start of the swim. (goggles, swim cap, wetsuit, etc.) You will not be able to enter or re-enter the transition until you are racing. The transition will be staged and ready to go.

*****Note - There will be a place in the transition area to pile up your bags, etc. Please do not leave valuables in your bags. You take the chance of them getting stolen.** (goggles, swim cap, wetsuit, etc.) You will not be able to enter or re-enter the transition until you are racing. The transition will be staged and ready to go.

SWIM COURSE

Formula 1: 400 Meters - Twice

Sprint: 400 Meters

The swim takes place in the Niagara River with a beach start using a time trial format.

How it works: Athletes are lined up in numeric order with all F1 athletes first followed by all Sprint athletes. Once counted in, two or three people will enter the water at a time after walking over the timing mats. Your race time starts once you cross the mats.

Weeds tend to grow in this section of the river so be prepared to see them. Some even pull on them when they swim to help move faster thru the water. Please make sure you in the area where we place the buoys which tends to be the least weedy part.

The course will be rectangular on the 1st loop and triangular on the 2nd swim. The water temperature is in the low 70s typically, so wetsuits will be allowed.

Once you exit the water the run up to transition is about a quarter mile on a paved path. The path is tree covered so if you have sensitive feet, feel free to bring footwear and leave it by the boardwalk near the swim exit. There will also be an eyeglass table located in this area.

If you leave any shoes or clothes on the beach, the crew will pick it up and they will be donated to a shelter once the race is over.

SWIM COURSE - TIME TRIAL START

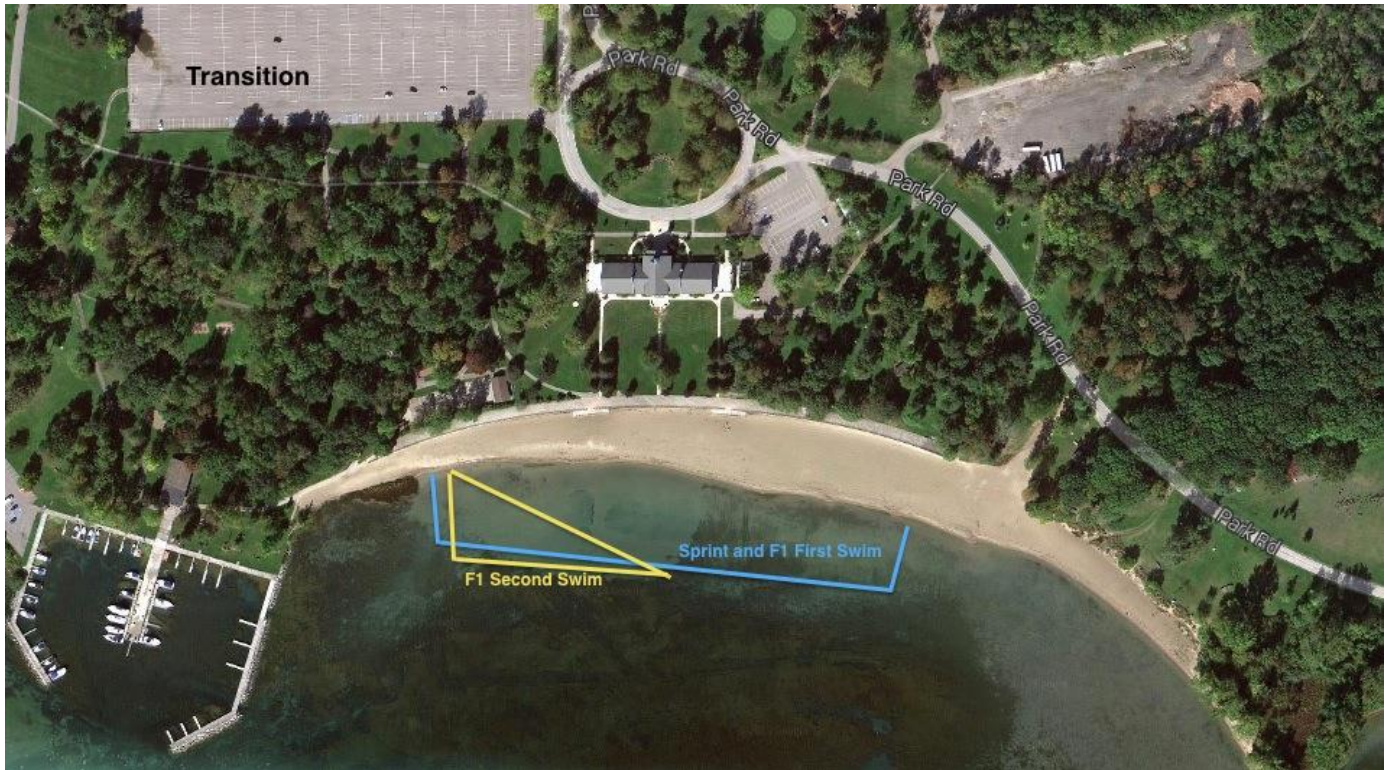
Formula 1, Sprint Triathlon and Aquabike:

- All races begin at **7:00am**. (All Men, Women, Relays)
- Time Trial Start. All athletes line up and leave approx. every 10 seconds
- Transition area will start closing at 6:40am and will be completely closed at 6:45am.
- **Pre-race announcements:** Announcements will be held in the swim staging area starting at 6:50am.

Duathlon Distance Race Day Schedule:

- **Pre-race announcements:** Announcements will be held at the Duathlon start line, which is located just south of the finish line starting at 6:50 am.
- Begins at **7:00am** by the transition area near Run Out

F1, Sprint and Aquabike Swim Course



BIKE COURSE

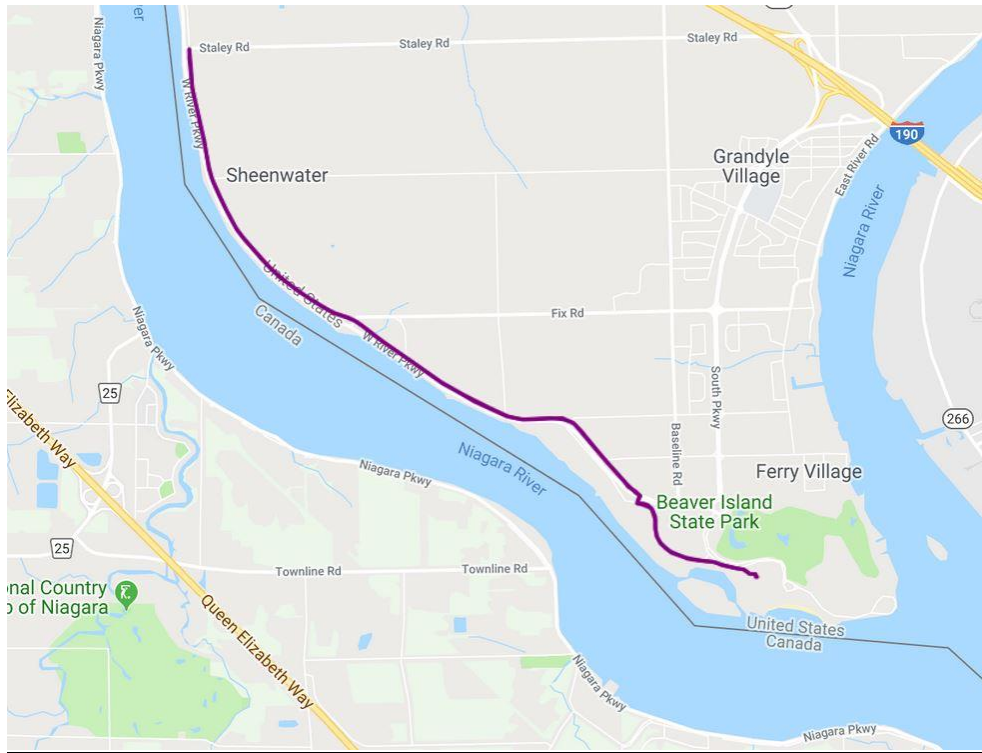
Formula 1 – Sprint – Aquabike – Duathlon: 10 Miles

This flat, out and back course will have you exiting the park to head out onto West River Road. The turnaround will be at Staley Rd. Formula1 athletes will get to experience this course twice!

When leaving the transition area, you will enter a double cone line that you will be riding within. Please ride to the right within your half of the cone line. When returning do the same exact thing, but within the portion of the cone line that is closest to the water. We also ask that you try to make all your passes before you enter the cone line. We are only allowed to use half of the park road and we ask that you use common sense and ride safely.

There are no aid stations on the bike course so be prepared with the correct amount of fluids.

F1 Athletes - There will be Gatorade Endurance and water in the transition area giving you a chance to refill your bike bottles for the second go-around!



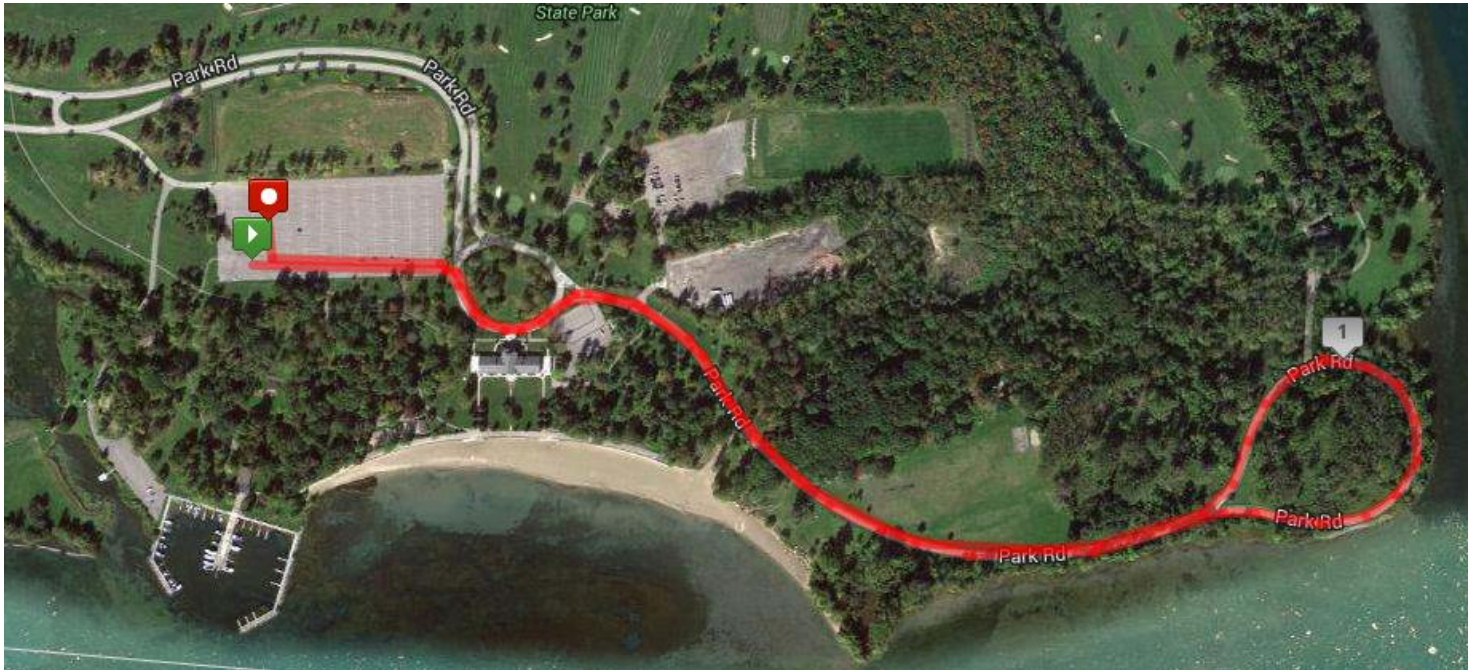
RUN COURSE

Formula 1 – Sprint – Duathlon: 1.9 Miles

Sprint, Duathlon and Formula1 Run Courses

This run is short, fast, and provides plenty of opportunity to check out the scenic views of the Niagara River. After exiting transition, you will head out and back on the Park Road before either heading back into transition to start all over again or into the Finish Line!

There will be one aid stations on the course that you will pass twice. There will be plenty of water, Gatorade Endurance, and volunteers to keep you hydrated.



Post-Race Party Details

Food:

An early race start calls for a delicious post race breakfast!
Extra meals can be purchased at the volunteer tent the morning of the event for \$10/person.

Awards:

Formula 1

- Top 3 Overall (M & F)
- Top 3 Age Group (M & F) 15-19,20-25,25-29,30-34,35-39,40-44,45-49,50-54,55-59,60-64, 65-69, 70-74,75-79,80-84,85+, Clydesdale and Athena

Sprint and Duathlon

- Top 3 Overall (M & F)
- Top 3 Age Group (M & F) 15-19,20-25,25-29,30-34,35-39,40-44,45-49,50-54,55-59,60-64, 65-69, 70-74,75-79,80-84,85+, Clydesdale and Athena

Aquabike

- Top 3 Overall (M & F)

Sprint Tri Relay

- Top 3 Relay Teams

TITLE SPONSOR

Love & Sprockets

<http://www.loveandsprockets.co/> or 716-713-5997

Stop by our new store!

We are now located in the Village of Hamburg. Stop in and say hi at 243 Buffalo Street, Hamburg, NY.



We're your neighborhood bike shop! We carry road, mountain, hybrid, triathlon, and gravel bikes -- so no matter what kind of riding you're looking to do, we can help you find the perfect fit.

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Research has shown that organic peanuts, organic almonds, organic sunflower seeds and organic sesame seeds, on average, contain higher levels of trace minerals, vitamin C, and antioxidants.

Organic farming is also better for our soil, and better overall for our environment.

Mike Moreland's Lawn and Landscaping

morelandslanscaping.com

At Mike Moreland's Lawn & Landscaping, we have a well-known reputation for keeping satisfaction for keeping customer's satisfaction and quality number one. Having been a strong presence in the Rochester area for over 26 years, our customers know that we deliver on our promise. We offer full-service property management to your home and/or business. Whether it's mowing your lawn or a whole new design and install, we will build a great relationship with you. Our fully-insured professionals are ready and willing to help make your outdoor dreams become reality.



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XTERRA wetsuits

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R-SCORE give you 60% off triathlon wetsuits and accessories as well as 55% off select inflatable paddleboards



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EnduranceFactor (VO2/Lactate Threshold Sponsor)

endurancefactor.com or 716.499.2300

All of the coaches at EnduranceFactor specialize in customized, detailed training programs based on the individual athlete's needs. We are licensed professionals experienced in the fine art of balancing "real life" with athletic goals.



WE Massage (Post Race Massage Sponsor)

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At "WE Massage together we can make a difference." Feeling achy after your last race, call Warren Elvers a licensed Massage Therapist to make your tired and sore muscles feel as good as new. He can help athletes race to their fullest potential by using various techniques to get you back on track after an injury or better yet for injury prevention. After the race walk over to his table and chat with him to see how he can help you.

The Rules

USAT Most Violated Rules.

- 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 buckled at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle.
Penalty: Disqualification on the course; Variable 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: Variable 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: Variable time penalty

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. 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.

Penalty: Variable 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

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: Variable time penalty

9. Race numbers: All athletes are required to wear race numbers at all times during the run. Numbers must face the front and be clearly visible at all times. Numbers may not be cut or folded or altered in any way. DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.

Penalty: Variable 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: Variable time penalty

Variable Time Penalties

Distance Category	First offense	Second Offense	Third Offense
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Sprint	2 minutes	4 minutes	Disqualification
Intermediate	2 minutes	4 minutes	Disqualification
Long	4 minutes	8 minutes	Disqualification
Ultra	6 minutes	12 minutes	Disqualification



Athlete Checklist

Please keep in mind that everything on this list below is not necessary to participate in a multisportevent.

Score This!!! Athlete Checklist

Pre-Race

- Pre-Race Briefing Time and Location
- Directions to Hotel
- Directions to Packet Pickup
- Directions to Transition
- Photo ID
- Valid USAT Card - does not apply if you registered for a one day license
- Bike Tune-up
- Pre-Race Briefing Time and Location
- Learn the Race Course

Swim

- Timing Chip
- Swimsuit
- Wetsuit
- Goggles
- Ear Plugs/ nose Plugs
- Warm Throw Away Clothing
- Swim Cap

Bike

- Bike Pump
- Gels/ Energy Bars/ Salt Tablets
- Water Bottle(s)
- Flat Repair Kit
- Sunscreen
- Helmet
- Bike Shoes
- Socks
- GPS Watch or Bike Computer
- Bar end Plugs

Run

- Hydration Belt
- Race Belt or Safety Pins
- Bib Number
- Hat or Visor
- Running Shoes
- Socks
- Sunglasses
- Water Bottle

Extra

- Anti-Chaffing Product
- Contacts or Glasses
- Towel
- Heart Rate Monitor Chest Strap
- Hair Ties
- Chapstick
- Dry Clothing
- Extra Tire
- Extra Swim Cap
- Extra Swimsuit
- Extra Tube
- Band-aids

Personal Reminders
