

2023 Athlete Guide



Saturday, May 6 & May 20, 2023
Weeden Road Park
Weeden Road
Randolph, NY 14772

Race Communications:

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*This guide is subject to minor changes as we approach race day. You will be notified of any changes.

SCHEDULE:

7am - 8:45am	- Transition open and packet pick-up
8:45am	- Mandatory Pre-race meeting
9am	- Race start

UNLESS you hear from us directly, always assume that the race is on regardless of weather conditions where you are at. We will race rain or shine but will never put any of our athletes in danger. If we need to make adjustments we will reach out via email and the Facebook Group Page.

COVID PROTOCOLS will be determined by the Cattaraugus County Health Department and New York State and will be current as of race date. You do not need to be vaccinated to participate in these events.

RESTROOMS & PARKING

There are restrooms available at the park. Plenty of free parking at the venue.

CHECK-IN:

- Pre-registered - please follow the sign for Men/Women/Relay Team Check-In.
- Race day registration - please follow sign. There will be a QR code displayed for you to quickly register on-line. Paper registration will also be available.
\$80 individuals, \$160.00 relay teams CASH or PAYPAL or VENMO
- Race t-shirts are only guaranteed for those registering prior to April 21.

TRANSITION AREA:

- No-one other than participants will be allowed into the transition area.
- You will be given bike and helmet stickers at check in. Please adhere these stickers and you will be asked to show your bib and match it to the bike and helmet you are removing from transition after the race.

RELAY TEAMS:

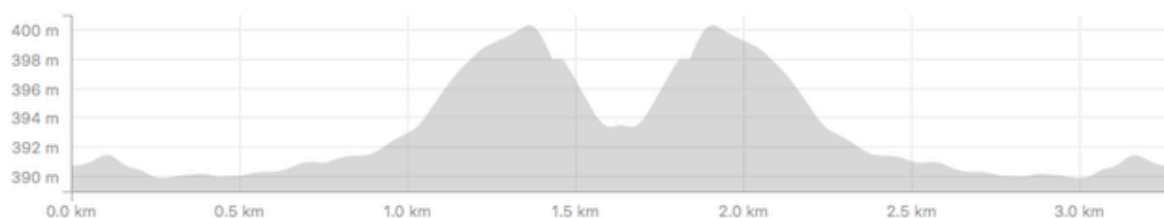
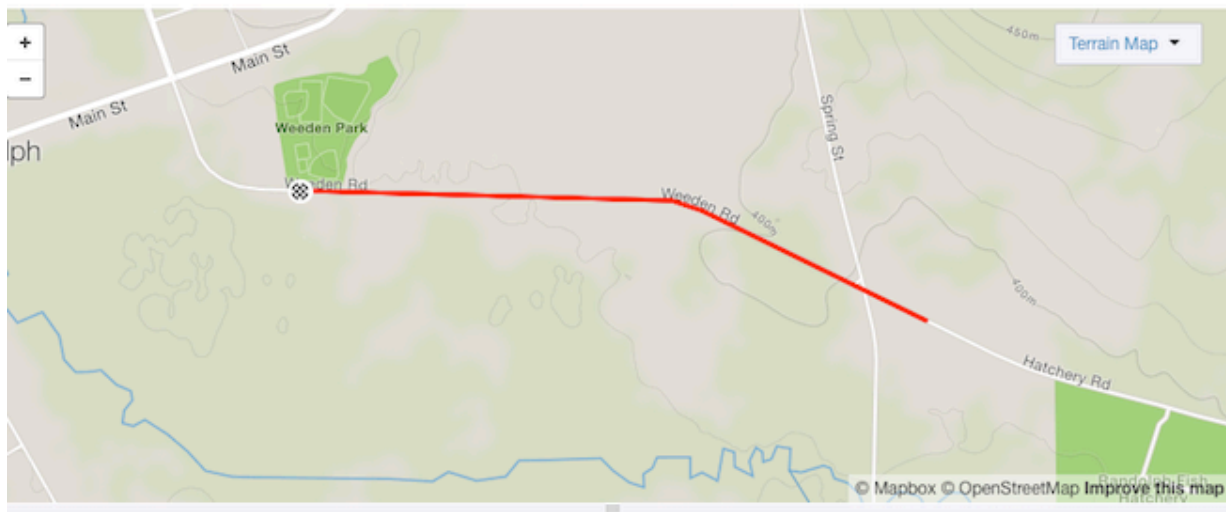
- The runner only will wear the bib on the front of their body for both runs.
- The cyclist must adhere the helmet and bike sticker and will be body marked.
- The first runner must tag the cyclist in transition BEFORE the bike can be removed from the bike rack.
- The cyclist must tag the runner BEFORE they leave transition.
- Both members of the team can run across the finish line together as long as you do not impede another runner in the finish chute.

RUN COURSE:

- Aid station at turnaround will be self-serve with water and gel packets.
- Runners will run face to face on the out and back 1-mile course. You will not cross over to the other side of the road. Road is open to traffic.
- You will complete the same run course for both run legs of the race.

Strava Running Route

New York Duathlon Series (Southern Tier)



BIKE COURSE:

10 mile loop course

You must walk the bike out of the transition area and mount in the designated location.

- Turn right out of the park and continue on Weeden Road.
- Right turn onto Main Street (Route 394)
- Right turn onto Price Corners
- Continue **UNDER** the bridge and immediately turn right onto Coldspring Road.
- You will cross over railroad tracks, please prepare and use caution.
- Right turn onto Main Street (Route 394), please use caution at the red light, there will be Fire Police at this intersection for traffic control.
- Right turn onto Weeden Road
- Left turn into the Park.
- Dismount your bike in the designated area and walk your bike into transition.

Any areas on the course that we know have potholes, etc will be marked with orange spray paint. Also you will note that there will be orange arrows marked on the pavement before each turn.

- It is your responsibility to know the course beforehand.
- Please use caution at the railroad tracks and intersections.
- Always stay to the right-hand side of the road. Use the shoulder when available.
- **DO NOT ride in the road and NEVER cross over the yellow line in the middle of the road.**
- **The course is NOT closed to traffic.**

SAG vehicle will be following the last rider.

E-BIKE:

- All aspects of the race remain the same for you.
- You will only be competing against other E-Bike users.

Limited on-site bike repair and maintenance will be provided by our sponsors from LOUD PERFORMANCE & LOUD UNDERGROUND

First Aid:

- First aid kits will be available in the SAG vehicle and at the Finish Line.

FINISH:

- You will be manually timed as you cross the finish line. No split times will be taken, finish line times only.
- **YOU MUST HAVE YOUR BIB VISIBLE TO OUR VOLUNTEERS ON THE FRONT OF YOUR BODY.**
- There will be water bottles available and Finisher Medals

Be sure to look up and smile for our photographer, Mike Frame. Photos will be available for purchase or download.

AWARDS

- Duathlon - Top 3 Overall Male and Female
- Age groups - Top 3 Male/Female, 5 year groups 15-19 - 80+
- Relay Teams - Top 3 Overall
- Paratriathletes - Top 3 Overall Male and Female
- E-Bike - Top 3 Overall Male and Female
- E-Bike Relay Teams - Top 3 Overall

Race results will be posted on www.CoachMarkWilson.com within 24 hours.

POST RACE FOOD:

Pancakes and sausage, beverages, STBC Beer, Body Armor, plates, silverware, etc will be provided. Feel free to bring a snack to share as well. We invite all participants and spectators to stay and enjoy.

WILSON ENDURANCE SPORTS RULES AND REGULATIONS:

1. **Unsportsmanlike Conduct:** Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, volunteers, spectators or fellow athletes is forbidden. This also applies to your spectators. You will be asked to leave. No refunds given.
2. **NO LITTERING ON THE COURSES OR GROUNDS AT ANY TIME.** Use provided trash containers. **YOU WILL BE DISQUALIFIED.** No refunds given.
3. **NO urinating or relieving yourself outside of the provided port-a-johns or restrooms will be tolerated.**
4. **NO DOGS ALLOWED AT THE VENUE.** This includes your spectators. Please leave animals at home for everyones safety, including your pets.

5. Helmets must be worn at ALL times when on your bike. Chin strap must be buckled prior to un-racking your bike and not unbuckled until you have re-racked your bike.
6. Transition area is for participants only! No spouses, parents, coaches, friends, children shall be in transition area at any time. NO glass containers of any kind permitted.
7. You will not touch another competitors racing or personal items at any time. Anyone seen moving or touching someone else's bike, helmet, shoes, etc at any time prior, during or after the race will be disqualified and asked to leave immediately. Law enforcement will be contacted if necessary.
8. Use of headphones is acceptable ONLY if one ear always remains open to hear traffic sounds, fire police, volunteer and other racers. Your safety and that of those around you are of the utmost importance.
9. It is your responsibility to know the courses and stay within all coned lanes at all times. Cutting the course is an obvious violation and veering from the course at any time is a safety issue. Cyclist and runners must NEVER cross over the center line in a roadway and must obey applicable traffic laws at all times. Fire Police are the only individuals that can stop traffic at any time. If found to veer from any of these rules disqualifications will be given with no refunds.
10. Outside assistance (for example, pacing or bike repair), meaning your family, friends, coaches, etc is prohibited. Only race staff and volunteers may assist you during the course of the race.
11. **Drafting:** Drafting—keep at least three 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.
12. Abandoning your race: If for any reason you decide to discontinue your race, YOU MUST inform the timers at the finish line.
13. Beer Zone: Having beer at our events is a privilege and a gift from Southern Tier Brewing Company. 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 ZONE!

14. **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 are always in need of volunteers to assist on race day. If you have a family member or friend that is able to help, please have them get in touch with us or come on race day. We would be so appreciative.

Thank you for racing with us today. 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 & future events.

We wish you the best of success.

Mark & Tonia Wilson

Wilson Endurance Sports, LLC

Thank you to our event sponsors.

Please visit them, shop their stores, follow on social media and let them know that we all appreciate their continued support of our events.



Mike Frame
IMAGES & COMPUTER CONSULTING

