



Athlete Guide 2023

Hudson Valley Triathlon Club Summer Tri-Series

Wednesday evening; 5:45pm June 14, July 12, & August 16
Kenneth L. Wilson State Park
Wittenberg Road
Mt. Tremper, NY

***IMPORTANT:** Do NOT use the address for Kenneth L. Wilson State Park in a GPS, it takes you to the wrong location; instead, please follow these directions.
Also note that there is very limited cell service in this area.

From Thruway Exit 19 at Kingston-take first right turn off traffic circle to Route 28, proceed approximately 21 miles west on Rte. 28 to Mt. Tremper turn right on to Rte 212, 1/2 mile to 4-way intersection. Turn right again onto Wittenberg Road (County Rte. 40). The campground is approximately 4 miles on the right side.

Alternate Route; Route 28 West, turn right at Rte. 375, to Rte 212, turn left off of Rte. 212 at Bear's Cafe onto Rte. 34, turn right onto County Rte. 40. The campground will be on the left side of the road about 2 miles.

Race Communications:

Mark H. Wilson ~ Race Director (914-466-9214) or coachmarkwilson@gmail.com
Tonia H. Wilson ~ Administrator (716-353-1288) or tonia@coachmarkwilson.com

****Please note that there is extremely limited cell service at the race site**

IF YOU ARE SICK OR HAVE BEEN EXPOSED TO SOMEONE THAT IS SICK, PLEASE DO NOT COME TO THE RACE! YOUR REGISTRATION WILL BE DEFERRED UPON NOTIFICATION TO TONIA TO A FUTURE RACE.

***PLEASE NOTE - DO NOT BRING DOGS TO THIS RACE. THEY ARE NOT PERMITTED IN THE DAY USE AREA OF THE PARK. YOU WILL BE TURNED AWAY AT THE GATE. NO REFUNDS GIVEN.**

UNLESS you hear from us directly, always assume that the race is on regardless of weather conditions where you are at

- Email notices and postings on our Facebook group page for emergency notifications will be sent
- We will race rain or shine but will never endanger any of our athletes

PARKING

**On site - no charge if you are a NYS Park pass holder.
\$7 if you are not. Paid directly to the park in cash.**

RACE DAY SCHEDULE

3:30pm ~ Check-In and Transition Opens

5:25pm ~ Check-In and Transition Closes

5:30pm ~ MANDATORY Pre-race meeting at the beach

5:45pm ~ Race start, SHARP. Latecomers will not be permitted to begin race

CHECK-IN

- You MUST show your current **USAT** card or image from your phone at registration
- If you cannot produce a current card you will be required to purchase one-day membership for \$15
- Relay Teams - All members of the relay team must be present to pick up their packets
- Race day registration will be available - CASH or CHECK ONLY
- Minors must have a parent or legal guardian present at registration to sign waiver

BODY MARKING

- Body marking will be done on the back of your hand as well as your age group on your left calf

SWIM CAP

- We require you to wear the cap you are given

BIB NUMBER

- You must have your Bib number displayed on the front of your body during the run portion of the race

BODY MARKING

- Every athlete will be marked on the back of their hand only

RELAY TEAMS

- Relay teams of 2 or 3. Instructions will be given to the entire team together at check-in. Please wait for all members of your team to be present before checking in
- You must tag the next person on your team in transition before you head out on your leg of the race
- All members may cross the finish line together. You will not impede another finisher in any way
- All relay team members will receive a race t-shirt and finisher medal

AQUABIKE

- Your race will begin at the same time as the triathlon
- Your race will end as you enter transition off of the bike - unless otherwise instructed on race day
- Make your way to the Finish Line for your race photo and finisher medal

TRANSITION

- Bikes will be racked on a first come first serve, not associated with race numbers
- NEVER TOUCH ANOTHER RACERS BIKE OR EQUIPMENT
- Keep your items confined to the space next to your bike
- Athletes ONLY will be allowed in the transition area and athletes only will be allowed to remove bikes from transition with matching numbers on bikes and body
- NO coaches, spouses, children, or relatives will be allowed in transition. No exceptions! This is for the safety of the participating athletes and the security of property
- No glass allowed in transition

PRE-RACE MEETING

- Pre-race meeting (mandatory) held at 5:30pm at the waterfront
- We ask that you pay attention and listen to the instructions from the Race Director. Last-minute updates and information that you need to know will be given

SAFETY

- *****We cannot express enough that your safety is the most important part of your race. Your family members are counting on you to go home to them tonight. This is a race that is designed for your enjoyment, the spirit of competition and the pursuit of fun, fitness and well-being

- **IF YOU ARE NOTICING ANYTHING THAT DOES NOT FEEL RIGHT TO YOU AT ANY TIME DURING YOUR RACE, PLEASE STOP AND ASK FOR ASSISTANCE**

- There will be first aid kits in the following locations:
 - SAG vehicle
 - Finish Line
 - Run Aid Station
- Certified lifeguards will be in kayaks during the swim as well as volunteers. If you need assistance please flip onto your back and a kayaker will come to you
- You are allowed to hold onto a kayak for assistance but they cannot move your forward if you intend to finish your swim
- Bike and run courses are open to traffic
- You must obey all traffic laws
- Officers and Fire Police will be located at key intersections for your safety
- **DO NOT** ride in the road and **NEVER** cross over the yellow line in the middle of the road

SWIM

- NO cut-off time
- You will enter and exit the water at the same location
- The course will be counter-clockwise triangle keeping the buoys on your left
- You will be provided with a swim cap that we require all participants to wear during the race
- Wetsuits are legal but not mandatory
 - Please do not plan on wearing a wetsuit for the first time during a competition. Practice swimming with and without one
 - We follow USAT guidelines regarding temperature of air/water at race time as to permit wetsuits or not



- You are allowed to use a personal swim buoy during the race but you must start in the back of the pack and not be in the way of other races.

BIKE

Strava Cycling Route

HVTC Summer Tri-Series (Bike Course)



- Rack your bike in the transition area, first come first serve. Please be mindful of your fellow racers and try and keep your items confined to as small a space as possible underneath your bike.
- Athletes ONLY are allowed into the transition area
- You must walk the bike out of the transition area and mount in the designated location marked on the pavement. **YOUR HELMET MUST BE SNAPPED ON BEFORE YOU LEAVE 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.

There are 6 right hand turns;

- leave the park and turn right onto Wittenberg Road,
 - right turn onto Coldbrook Road,
 - right turn onto Route 28,
 - right turn onto Route 212,
 - right turn onto Wittenberg Road,
 - right turn back into Wilson State Park.
- Always stay to the right-hand side of the road. Use the shoulder when available. We do have a SAG vehicle that will sweep the course. If you need assistance please wait for them. Of course, if you see a fellow racer in need please have someone call 911.

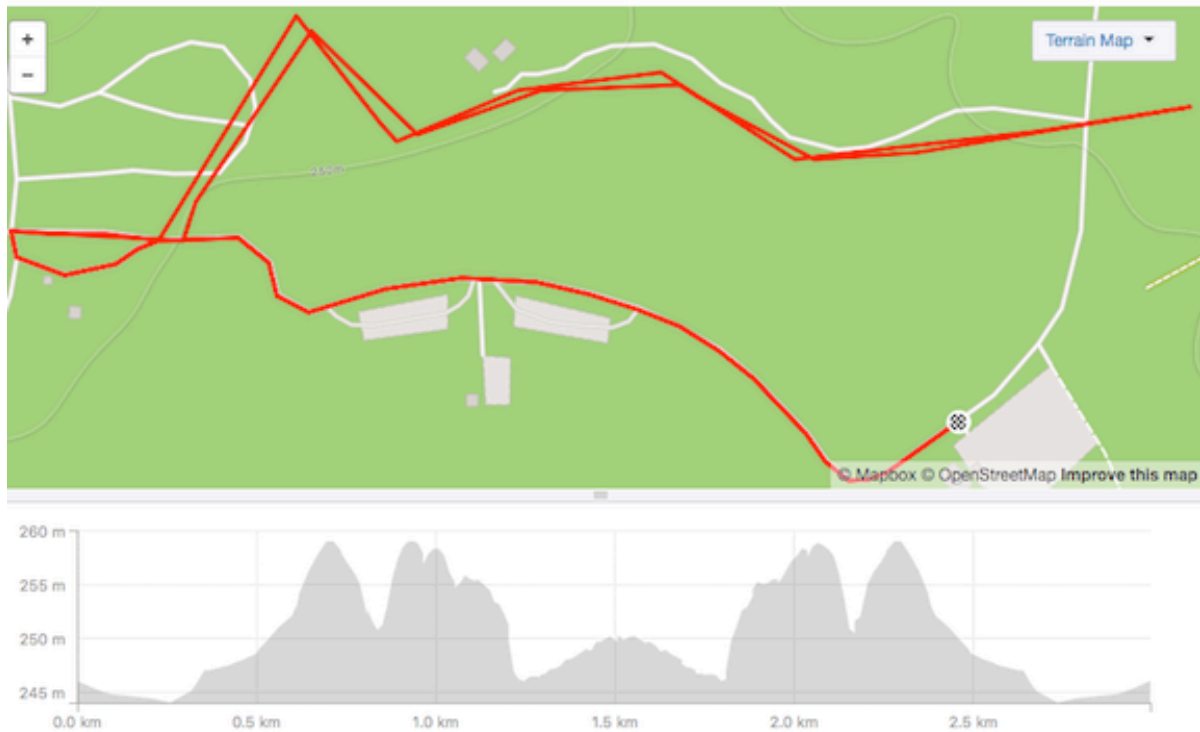
DO NOT ride in the road and NEVER cross over the yellow line in the middle of the road. The course is NOT closed to traffic.

- Dismount your bike in the designated area and walk your bike into transition.

RUN

- The 2 mile run begins as you run out of transition through the gate nearest the Finish Line
 - Follow the arrows as it takes you up and to the left near the recycling buildings, you then take a right and another right turn and head back towards the Y intersection staying to the left
 - Signs with arrows will be on course
- There will be an aid station with water and gels available at the turnaround point
- You must go around the cone in the road to complete the first loop and head back to the same course that you came out on.

HVTC Summer Tri-Sreies (Run Course)



IMPORTANT

IF AT ANY TIME YOU ABANDON YOUR RACE YOU MUST NOTIFY THE TIMERS AT THE TABLE NEXT TO THE FINISH LINE

FINISH

You will be timed as you cross under the finish line. There will be water bottles and Body Armor available

****Please look up at our photographer as you cross**

One free download of a race day pic will be available to you

AWARDS

- Top 3 Overall (M & F) Triathlon, AquaBike, Paratriathletes and Relay Teams
- Top 3 Age Group (M & F) triathlon only

There will be overall Series awards for those with the most overall points at the end of the Summer Tri Series

FOOD

There will be a potluck picnic immediately following the race. Main course, (hot dogs, pizza, etc) beverages, plates, silverware, etc will be provided. You are encouraged to bring a dish to pass but it is not a requirement. We invite all participants and spectators to stay and enjoy. Beer will be provided by our sponsor; Southern Tier Brewing Company.

VOLUNTEERS

We appreciate any and all volunteers. If you have someone that is coming with you that would like to assist us please have them contact Tonia at 716-353-1288 or tonia@coachmarkwilson.com

WILSON ENDURANCE SPORTS

and USAT RULES AND REGULATIONS, POLICIES, AND PROCEDURES

- **This is a USAT sanctioned event. All rules and regulations apply and can be found at <https://www.teamusa.org/usa-triathlon/about/multisport/competitive-rules>**
- 1. There are no refunds for any registration. All registrations are to be completed online through our website. Race day registration is offered and available with cash, Venmo or PayPal.**
- 2. To defer a race you must contact Tonia Wilson directly at tonia@coachmarkwilson.com or 716-353-1288.**
 - No charge for a deferral from the time of registration to one month from race day.
 - If asking for a deferral beginning 30 days from race day to 8 days prior to race day, there will be a \$13 fee - paid via PayPal, Venmo, or check.
 - If asking for a deferral within 7 days from race day the fee will be \$25.

- If payment is not received within 48 hours of request then you will be considered a NO SHOW and your registration fee is forfeited.
- No deferrals will be made on race day.
- Deferrals are valid and offered for one calendar year only.
- *If races are canceled due to a national pandemic or crisis we will make adjustments. We will also make case-by-case decisions when needed.
- NO SHOWS are forfeited.

3. **Race Transfers**

- Race transfers are permitted with the same outline and rate fees as deferrals above. The full calendar of races can be found on our website at www.CoachMarkWilson.com
- No refunds for going down in distance or race fee. Payment is required for going up a distance or to the current rate.
- NO SHOWS are forfeited.

4. **Athlete Meetings** These are mandatory for the following reasons;

- There can always be changes in the course due to construction or local officials at the last minute that could impact your race.
- Weather updates and/or water quality could change the course at the last minute.
- Even though you may have raced the same race with us in the past, many others have not. We ask for your attention and silence so that everyone has the opportunity to hear what is being said.

5. **Unsportsmanlike Conduct**

- Foul, harsh, argumentative, or abusive language or other unsportsmanlike conduct directed at race officials, volunteers, spectators, or fellow athletes is forbidden. This applies pre-race, race day and post-race.
- This also applies to your spectators.

- You will be asked to leave. No refunds will be given.
 - Depending on nature and severity you could be banned from all future Wilson Endurance Sports events.
6. **NO LITTERING** ON THE COURSES OR GROUNDS AT ANY TIME. Use provided trash containers. YOU WILL BE DISQUALIFIED. No refunds given.
 7. **NO** urinating or relieving yourself outside of the provided port-a-johns or restrooms will be tolerated.
 8. **NO DOGS ALLOWED** AT THE VENUE. This includes your spectators. Please leave animals at home for everyone's safety, including your pets.
 9. **Helmets** must be worn at ALL times when on your bike. Chin strap must be buckled prior to un-racking your bike and unbuckled only after you have re-racked your bike.
 10. **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.
 11. **You will not touch another competitor's racing or personal items at any time.** Anyone seen moving or touching someone else's bike, helmet, shoes, etc at any time prior to, during, or after the race will be disqualified and asked to leave immediately. Law enforcement will be contacted if necessary.
 12. **Use of headphones** is acceptable ONLY if one ear always remains open to hearing traffic sounds, fire police, volunteer, and other racers. Your safety and that of those around you are of the utmost importance.
 13. **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. Cyclists 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.
 14. **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.

15. **No 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.
16. **Abandoning your race:** If for any reason you decide to discontinue your race, YOU MUST inform the timers at the finish line.
17. **Beer Zone:** Having beer at our events is a privilege and a gift from Southern Tier Brewing Company and local authorities.
- 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!**
- 18. Race T-shirts.**
- Race t-shirts or other giveaways are only guaranteed to those that register prior to 30 days from race day.
 - Late registrants or those seeking a size change will need to come back to the table post-race to inquire about leftover t-shirts from no-shows.
- 19. 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 reserve the right to ask anyone that does not follow our guidelines or makes anyone uncomfortable or feel threatened to leave. No refunds will be given.

SPONSORS

- We value and appreciate our event sponsors
- If you are someone you know may be interested in becoming a sponsor please have them reach out to Mark or Tonia Wilson
- Please support, shop, follow, thank, and recommend our sponsors;

PCN
Photography



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THEMAGIC⁵

Thank you for racing with us today. We know that you have many choices and we appreciate you joining us.

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, race photos, and future events.

Wilson Endurance Sports, LLC produces 20 events throughout New York State and 1 in Connecticut. We hope to see you again in the future.

Best of luck and stay safe.

Mark & Tonia Wilson
Wilson Endurance Sports, LLC

Follow us on social media and use
#WilsonEnduranceSports and #HVTC
when sharing your photos

