



Athlete Guide

Welcome to the DELTA LAKE TRIATHLON

Saturday, July 16, 2022
Delta Lake State Park, 8797 Route 46
Rome, NY 13440

Race Communications:

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

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

- Email notices will be sent as well as postings on our Facebook group page for emergency notifications.
- We will race rain or shine but will never put any of our athletes in danger.

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.

PACKET PICK UP

There will be packet pick up on Friday, July 15th at the race site from 12pm - 8pm. This is not mandatory.

- When entering the park please inform the guard gate that you are checking in for the Delta Lake Triathlon and they will not charge you park entrance.

BIKE DROP OFF

- You are encouraged to drop your bike off on Friday between 12pm - 8pm.
- There will be overnight security at the race site.

PARKING

Parking will be at the race site within Delta Lake State Park. You will not be charged an entrance fee into the park; however, if you have spectators coming they will be charged after 8am.

MISCELLANEOUS ITEMS

- Restrooms will be available at the race site provided by Delta Lake State Park. There will be no other facilities available on bike or run courses.
- There will be aid stations on the run course and one in transition stocked with water, ice, ***Hammer Nutrition*** HEED, Endurolytes, and Gels.

RACE DAY SCHEDULE

5am - Check-in opens
5am - Transition opens
6:30am - Sprint check-in closes
6:40am - Sprint transition closes
6:15am - 6:40am - Sprint pre-swim available

6:45am - MANDATORY SPRINT ATHLETE MEETING AT THE BEACH

7AM - SPRINT START

8am - Olympic check-in closes
8:10am - Olympic transition closes
7:45am - 8:15am - Olympic pre-swim available

8:15am - MANDATORY OLYMPIC ATHLETE MEETING AT THE BEACH

8:30AM - OLYMPIC START

*Olympic athletes please use caution and give access to sprint athletes getting ready for their race.

REGISTRATION - RACE DAY

- Please follow signs for Men, Women, Relay Teams and Race Day Registration
- You **MUST** show your USAT card at registration. Can be on your phone or card.
- If you are not a current USAT member or cannot show a current card or have not already purchased one day coverage online you will be required to pay \$15 cash or \$16.50 with credit card.

- Race day registration will be available for \$10 more than the last published rate and \$10 more per person for relay teams.
- Minors must have a parent or legal guardian present at registration to sign waiver.

BIB NUMBER & STICKERS

- You must have your bib number displayed on the front of your body during the run portion of the race.
- Helmet sticker can be placed anywhere on your helmet.
- Bike sticker must go on your bike.
- These are required and you must have all of this to take your bike out of transition POST RACE

BODY MARKING

Marking will be done race morning-your # will be marked on your arm and your USAT age (your age on 12/31/2022) will be marked on your calf.

RELAY TEAMS

- Relay team members must tag each other and exchange the timing chip at the designated spot within the bike transition area before moving forward to the next leg of the race.
- The team will be issued one race number.
- The runner of the team must have the number displayed on the front of their body as they cross the finish line.

RACE START

- Sprint waves as follows: all MEN at 7:00am, all WOMEN & Sprint Relay at 7:03am.
- Olympic waves as follows: all MEN at 8:30am, all WOMEN & Olympic Relay at 8:33am.

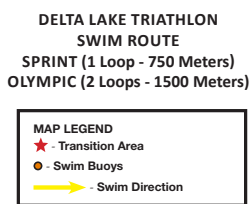
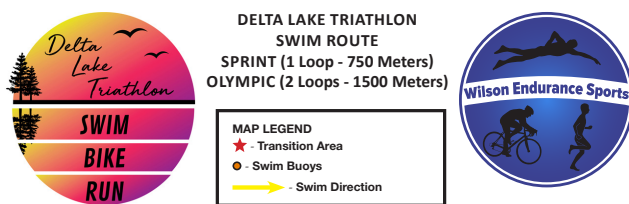
AQUABIKE

- You will begin your race at the listed times above. Your race ends as you enter the transition area off of the bike. Please make your way at your leisure to the Finish Line to receive your Finisher Medal.

DELTA DOUBLE

- You will be given one bib # and timing chip that you will use for both races

- We will not hold up the start of the olympic race for you. You must be back at the start line at 8:30am. If you are not there, you will not be able to continue your race. This is for safety reasons on all courses. Refunds will not be given.
- You will qualify for overall and age group awards for each distance.
- Your race times for each race will be combined to determine Top 3 Overall Winners of the Delta Double
- Be sure and attend the awards ceremony for the Olympic awards where you will receive any prizes due for your Sprint race as well as your prize (new this year) for all Delta Double Finishers! (These will not be mailed. You must be present to receive.)



SWIM

- The course will be a 750-meter rectangle in a counterclockwise direction with a beach start.
- Each participant will come out of the water, run around the buoy and enter the water again for your second loop of the swim.
- You are permitted to use a personal swim buoy during the race if you feel it necessary.
- You will swim in a counter-clockwise direction keeping buoys on your left shoulder.
- You will be provided with a swim cap that we require all participants to wear during the race.
- This is a wetsuit legal race.
- There will be lifeguard and volunteers in the water in both kayaks and motor boats.

- You are allowed to hold on to a kayak for assistance but they cannot move you forward if you intend to finish your race.
- If you are in need of assistance please flip on to your back immediately. A kayaker will approach you.

*****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.

BIKE

- Athletes ONLY will be allowed in transition area and athletes only will be allowed to remove bike from transition with matching numbers on bikes and body.
- NO coaches, spouses, children, relatives, club members will be allowed in transition. No exceptions! This is for the safety of the participating athletes and security of property.
- There will be NO drafting; this means that you must keep 3 bike lengths between you and the rider in front of you. Only when you are going to pass can you call out "ON YOUR LEFT" and then pass, only on the left side, making sure that you are able to move into the roadway safely.
- Quickly pass (within 15 seconds) the other rider and then safely move back in front, moving ahead to leave 3 bike lengths between you and the rider that you passed.
- YOUR HELMET MUST BE SNAPPED ON BEFORE YOU MOVE YOUR BIKE OFF THE RACK!

The bike course is open to traffic. Please use caution and obey the rules of the road.

Turn by turn instructions:

Out of transition follow the entrance/exit road for Delta Lake State Park.

Left turn onto State Route 46 (Townline Road)

Left turn onto River Road

Left turn onto State Route 53 (Stokes Westernville Road)

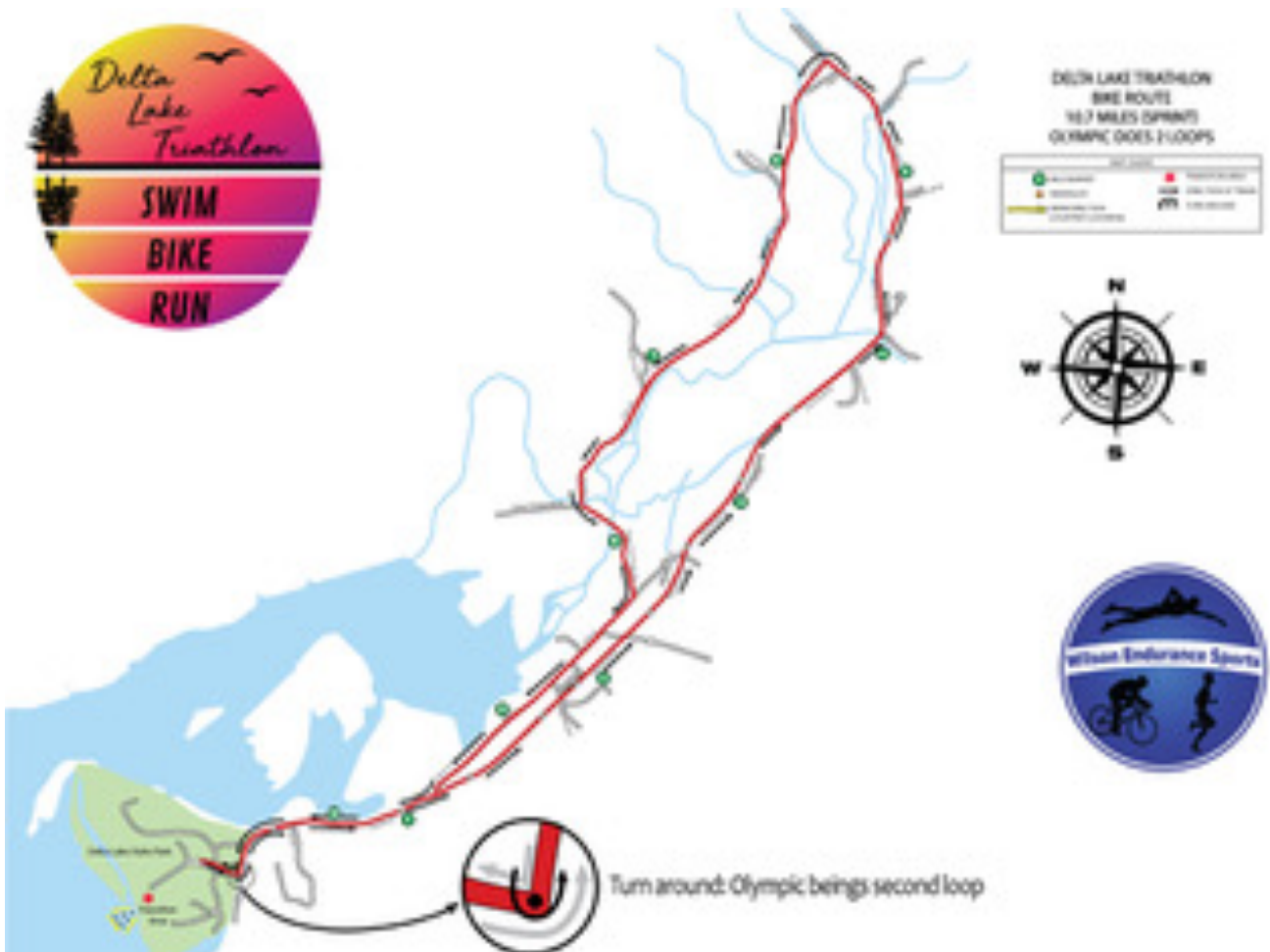
Right turn onto Main Street

Right turn onto State Route 46 (Townline Road)

*Right turn into Delta Lake State Park back to transition ~ Sprint

**Turn around at Delta Lake State Park entrance and repeat loop ~ Olympic

- Always stay on 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.**





DELTA LAKE TRIATHLON RUN ROUTE
SPRINT (5 Kilometers)
OLYMPIC (2 Loops - 10 Kilometers)



RUN

- The run will take place entirely within the State Park grounds.
- Sidewalk and grassy carriage trail

Aid stations in transition, halfway to turnaround point (which you will pass again on the way back) and at the turnaround with water, ice, Hammer Nutrition Heed, Endurolytes & Hammer Gels.



Be sure to look up and smile as you cross the finish line for our staff photographers. You will be able to purchase and/or download race photos~watch your email and Facebook for the link.

FINISH

- If at any time you decide to abandon your race, you **MUST** notify the timers at the table next to the finish line immediately.
- You will be timed as you cross under the finish line.
- There will be water bottles and Body Armor available.
- Relay Teams are permitted to cross the Finish Line together; please do not interfere or impede other athletes in any way.

AWARDS

9:30am - Sprint

12:00pm - Olympic

Top 3 Overall (M & F) Triathlon, Delta Double, AquaBike, Relay Teams

Individual Triathlon only - Top 3 M & F, 5 year age groups.

*Personalized certificates will be emailed

FOOD

Pre-race there will be free coffee provided by Jockey Street Coffee Roasters.

Post-race picnic will be provided by Wilson Endurance Sports. Free to all participants and volunteers. Donation are asked from your spectators.

The Beer Zone is courtesy of our sponsor; *Southern Tier Brewing Company* and is for participating athletes only. Wrist bands are provided in your goodie bag and must be worn for entrance.

- **No one under the age of 21 will be permitted inside the Beer Zone.**
- **NO wrist bands will be sold to spectators - for participants only**
- **All beer, open and closed, MUST STAY within the fenced-in area.**

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

Volunteers will receive FREE food and beer zone entry. Race day t-shirts if registered early.

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>

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. **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.
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'd like to thank our Sponsors for providing us with great goodie bag stuffers, discount codes and prizes.

HAMMER NUTRITION
SOUTHERN TIER BREWING COMPANY
TOM'S PRO BIKE
DOCTOR HOY'S
JOCKEY STREET COFFEE ROASTERS
MIKE FRAME IMAGES & COMPUTER CONSULTING
HAMPTON INN - ROME
ROKA
CHAMOIS BUTT'R
SCICON
SBR SPORTS, INC.
SHAVE SECRET

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, photo links, and future events. Wilson Endurance Sports, LLC produces 22 races in 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

