

FAQ'S for the Delta Lake Triathlon

1. What if I am a really slow swimmer? Will you pull me out of the race?

A. NO. No cut off times. Period.

2. If I experience issues in the swim, can I continue my race?

A. Yes. You are permitted to hold on to a kayak or boat until you recover, you can flip over on your back and rest, and you can wear a personal swim buoy if desired. The kayak CANNOT move you forward, you must complete the swim on your own. You are welcome to continue with your race as scheduled.

3. Is it ok if we bring our dog?

A. NO. The Delta Lake State Park management has told us that dogs are not permitted for this event. You will be disqualified and asked to leave if you bring your dog. NO refunds given.

4. Can my friend run alongside me to pace my run and keep me company?

A. NO. No-one other than registered athletes on the course.

5. Will you have aid stations on the run course?

A. Yes. One at each mile. They will be stocked with water, Hammer Nutrition Gels, Electrolytes, HEED.

6. I may need to walk some of that run course. Will the aid stations and finish line still be up?

A. Yes. NO cut off time. Period.

7. I registered really early and want to change my distance or defer to next year, can I do that?

A. Yes. You must contact Tonia Wilson directly via email at tonia@coachmarkwilson.com or text 716-353-1288

- Must be done prior to race day
- Rates for Sprint and Olympic Triathlon and AquaBike are the same. No fee to move between these distances. If moving up to the Delta Double there will be a fee for the cost of the race. There will not be refunds given for going down in distance.
- NO fee to change distance or defer your race to the following year if done so more than 30 days before race day.
- Within 30 days prior to race day there will be a \$10 fee that must be paid directly via PayPal, Venmo or check.
- If you no-show there will be no after-the-fact deferrals. Your registration fee is forfeited.