



2023 Athlete Guide
Welcome to the Southern Tier Triathlon Club Summer Tri Series
Thank you for racing with us in our 7th Season!

Wednesday evening; 2023: June 7, July 5, & August 2
Cassadaga Beach, Park Avenue, Cassadaga, NY 14718

Race Communications:

Mark H. Wilson (914-466-9214) or coachmarkwilson@gmail.com

Tonia H. Wilson (716-353-1288) or tonia@coachmarkwilson.com

Race begins at 5:45pm, SHARP

Transition and check-in opens at 3:30pm and closes at 5:25pm.

MANDATORY Pre-race meeting held 5:30pm

***PLEASE SEE THE PARKING INSTRUCTIONS BELOW AND GIVE YOURSELF PLENTY OF TIME.**

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.

PARKING

- THERE WILL ONLY BE ONE PARKING AREA FOR PARTICIPANTS & SPECTATORS
- FREE parking at 175 Maple Avenue, behind E2CC Boces (1/2 mile walk).
- **There is NO parking at any location other than this designated location.**
- **There is NO DROP OFF on Park Avenue.**
- There is NO parking AT THE BEACH, THE CHURCH OR THE FIRE DEPARTMENT or along Park Avenue!

- There will be a shuttle continually moving back and forth beginning at 3:30pm until the race starts and again post-race until the last person leaves the race site for you and your spectators.
- Park Avenue will be CLOSED to all traffic except residents.
- You will need to plan to ride your bike to the race site. **You must wear your helmet.**
- The shuttle can bring your bags for you.

REGISTRATION

- There will be tables and signage for a Men's Check-In and a Women's & Relay Team Check-In
- Waiver will have been signed electronically upon 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 purchased one-day coverage online you will be required to log on to the USAT site and purchase one-day membership.**

BODY MARKING

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

BIB NUMBER

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

BIKE MAINTENANCE

LOUD PERFORMANCE will be available pre-race for light bike maintenance.

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.

PRE-RACE MEETING

- Mandatory Meeting will begin promptly at 5:30pm at the waterfront.

SWIM

- You will enter and exit the water at the same location.
- The course will be counter-clockwise out and back.
- You will be provided with a swim cap that we require all participants to wear during the race.
- Wetsuits are legal but not mandatory.
- 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.

*****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

- YOUR HELMET MUST BE SNAPPED ON BEFORE YOU UNRACK YOUR BIKE.
- You must walk the bike out of the transition area and mount in the designated location.
- **DO NOT ride side by side in the road**
- **Stay to the right of the roadway at all times unless you are passing**
- **NEVER cross over the yellow line in the middle of the road.**
- **The course is NOT closed to traffic.**

Absolutely NO littering on the courses

- 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.

The course is all right-hand turns.

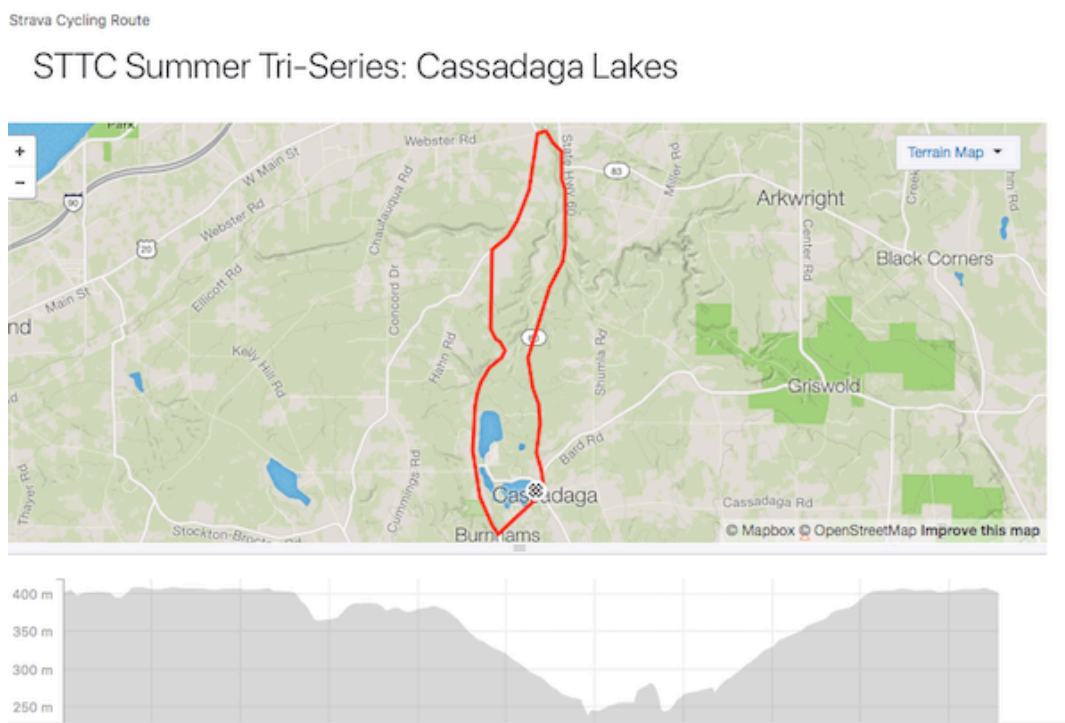
- Out of transition right onto Park Ave and turn right onto Maple Ave.,
- Right turn onto Frisbee Road
- Straight thru stop sign at Dale and Frisbee onto Glasgow Road.
- Right turn at the T in road onto Fredonia-Stockton Rd.
- 2 miles downhill take a right at 4 corners onto Webster Road.
- Turn right onto Porter at the bottom of the short hill at the 4 way stop in Laona.
- Right turn onto State Route 60. All the way up hill to light in Cassadaga,
- Right turn onto Maple Avenue and then one block right again onto Park Ave.

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. If you don't see the arrows, don't turn!

- **It is your responsibility to know the course beforehand.** 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.

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

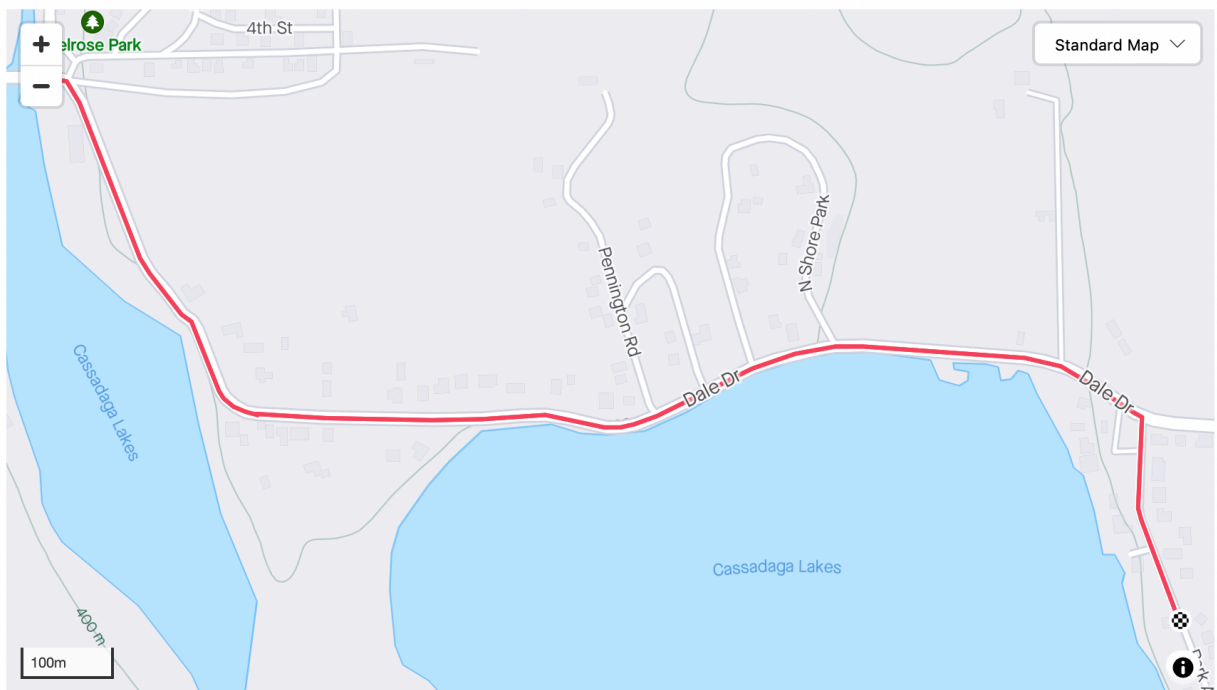
- Dismount your bike in the designated area and walk your bike into transition.



RUN

The 2 mile run begins as you run out of transition. You will run on the left side of the road to the end of Park Avenue and take a left turn onto Dale Drive, staying to your left.

- You must run all the way to the cone at the turnaround point before crossing over.
- There will be an aid station with water and gels available in transition and at the turnaround point.



FINISH

You will be timed as you cross under the finish line. Please have your number on the front of you.

DIVISIONS & AWARDS

- 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+
- Top 3 AquaBike (M&F)
- Top 3 Relay Teams

We will hold a podium ceremony for photos to be taken and recognition of all winners.

FOOD

One of the best parts of STTC is the potluck picnic after the race. We are going to provide hot dogs and hamburgers and all paper products. If you feel so inclined please bring a dish to pass however it is not necessary. We invite you and your spectators to enjoy.

Beer Zone: Beer will be provided by our amazing sponsors, *Southern Tier Brewing Company*. This is open to all participants of age.

- **All beer, open and closed, MUST STAY within the picnic 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

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.

Please join our Facebook group for updates. We hold informal practices, open to anyone, no fee, on the course as follows:

Mondays - Open Water Swim - beginning at 4:30pm, leaving every half hour from the beach. All swimmers **MUST** wear a personal swim buoy. Bring your own or we have a few available for first timers and we also have them for sale for \$20.

Wednesdays (surrounding race nights) - Swim, Bike, Run - beginning at 4:30pm.

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, and activities.

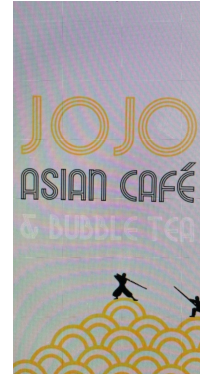
Best of luck and stay safe.

Mark & Tonia Wilson

Wilson Endurance Sports, LLC



Please support and thank our sponsors below. If you see them, tell them how much we appreciate their support of STTC, "Like" and "Share" them on social media. We couldn't do this without them.



Cassadaga Shurfine



THEMAGIC⁵



Cassadaga Village Historian

RŌKΛ[®]

