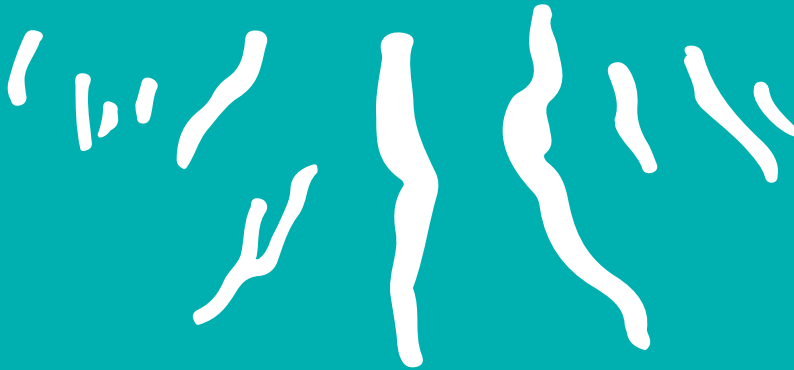


# 2025 ATHLETE GUIDE

## FINGER LAKES TRIATHLON



CANANDAIGUA

**WOLFPACK**  
MULTISPORT



## THANK YOU

Thank you for choosing to race the Finger Lakes Triathlon!

Within this guide you will find everything you need to know about the upcoming race weekend. Please read through it carefully and become familiar with parking logistics, your wave starts, and much more!



Presented by: Wolfpack Multisport  
Benefiting: Camp Puzzle Piece



# General Information

## ATHLETE INFORMATION

Athlete Check-in / Packet Pickup			
Day	Start	End	Location
Saturday, Sept 6	9:00 AM	9:45 AM	Youth Triathlon ONLY
Saturday, Sept 6	2:00 PM	7:00 PM	Twisted Rail Brewing, 169 Lakeshore Dr ( <i>Transition will be open for bike racking</i> )
Sunday, Sept 7	5:30 AM	6:50 AM	Race registration tent near finish line

### GUIDELINES FOR PACKET PICKUP

- All athletes must pick up their race packets themselves.
- Relay Teams: All members of the relay team must be present to pick up their packets.
- All athletes need to show a photo ID. REMEMBER, NO ID! NO RACE! NO EXCEPTIONS!
- Minors must have a parent or legal guardian present at registration.
- Athletes will be able to rack their bikes in transition between 2:00 pm - 7:00 pm on Saturday 6, 2025

### RACE DAY IDENTIFICATION

- Wear your wristband at all times. You will need this to enter and exit transition--before, during, and after the race
- You must be body marked on race day with visible age and race distance ( bib number on arms; USAT age left calf; distance on right calf S for sprint and I for Intermediate)
- Bib # Stickers: Place small center number on front of bike helmet. Wrap large number on bike frame visible on both sides.
- Wear your bib on the front of your body during the run
- TIMING CHIPS: Available at packet pickup or race day morning from the Score This Timing

### Packet Contents

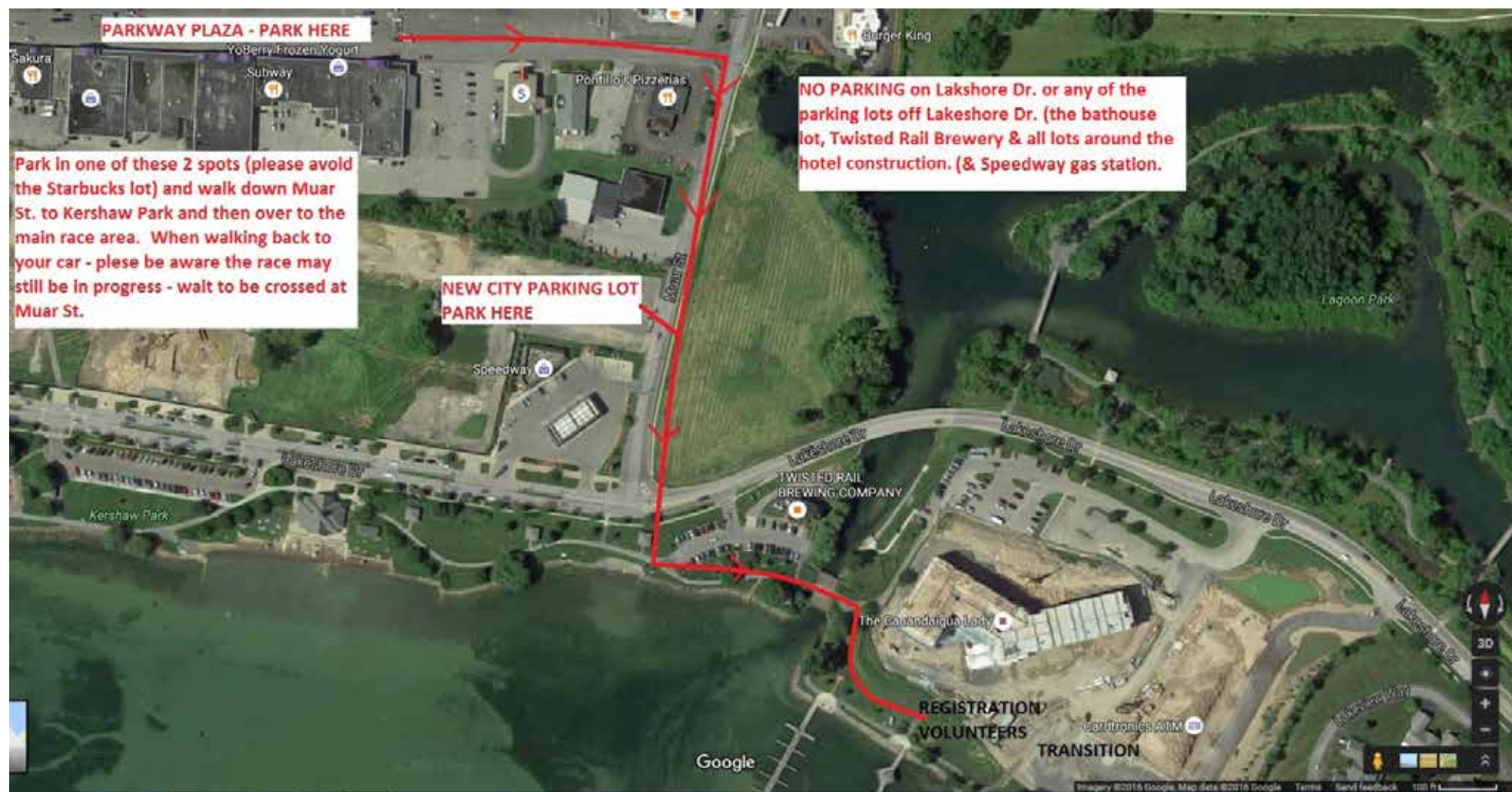
- Wristband
- Swim Cap
- Bike/Helmet Stickers
- Race Bib
- T-shirt
- and more...



## GENERAL RACE INFORMATION

**Race Day Parking** - Parkway Plaza at 39 Eastern Blvd, Canandaigua, NY 14424 or lot behind Speedway at 162 Lakeshore Dr, Canandaigua, NY 14424.

**Bathrooms** - Port-o-johns will be located in and around transition.



## TRANSITION

Transition is located at **Lakefront Park parking lot** east of Kershaw Park. As always, these are Athlete Only areas. We do have a dedicated entrance and exit that you are required to use when you rack the bike pre-race and remove it post-race. To locate these access point, look for Entrance and Exit signs at each transition.

**What does a bag and clutter free transition area mean?** This means you may bring your gear into the TA with a bag but then must remove your bag. After you have the gear you need in transition please remove your bags, buckets, wagons, carts and whatever you do not need to race with. This ensures we have enough space for others around you. A bag drop area will be provided in transition to or please place them in your vehicle.

**Why does transition close at 7:00am when my race doesn't start until later?** This means at 7:00am all athletes need to have everything they need to race for the start of the swim regardless of when your event (intermediate versus sprint versus relay) starts. (goggles, swim cap, wetsuit, etc.) You will not be able to enter or re-enter the transition until you are racing. The transition will be staged and ready to go.

**Do the timing mats start tracking at 7:00am?** Yes! Once transition is closed. Make sure your timing chip does not cross any timing mats prior to race start. This will cause your tracking to be inaccurate or fail.

**Note - Please do not leave valuables in your bags. You take the chance of them getting stolen.** You will not be able to enter or re-enter the transition until you are racing. The transition will be staged and ready to go.



## TRANSITION AREA



## RACE DAY 1: YOUTH RACE TIMELINE

Saturday, September 6, 2025 (subject to change)

9:00 AM	Registration opens; Volunteer check-in opens
9:50 AM	National Anthem
10:00 AM	YOUTH RACE START
11:30 AM	YOUTH AWARDS: Presented at finish line
2:00 - 7:00 PM	Packet Pickup   Transition open for bike racking



## RACE DAY 2: ALL ADULT RACE TIMELINE

Sunday, September 7, 2025 (subject to change)

5:30 AM	Registration opens / Volunteer check-in opens
5:30 AM	Transition Opens
7:00 AM	Transition Closes
7:10 AM	National Anthem
7:15 AM	Intermediate Race: Wave start
8:00 AM	Sprint Race: Wave start/ Duathlon
11:00 AM	AWARDS: Presented at finish line

## POST-RACE DETAILS

Participant food located at Wolfpack Multisport Tent near finish line.

### Awards

- Overall Sprint (Male and Female) including Aquabike and Duathlon
- Overall Intermediate (Male and Female) including Aquabike
- Overall Master Sprint (Male and Female)
- Overall Master Intermediate (Male and Female)
- Top three (Male and Female) in the following age categories including Aquabike (19 and under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+)
- Intermediate and Sprint Relay (1st place)

### Race Photography

Photographs taken by T Wellot and will be posted on Runsignup event page and a select few will be showcased on Facebook--please feel free to tag yourself.

## ATHLETE CHECKLIST

Please keep in mind that not everything on the list below is necessary to participate in a multisport event.

### Pre-Race

- Directions to event
- Photo ID
- USAT ID Card
- Pre-race bike tune-up

### Swim

- Ankle timing chip
- Wetsuit
- Goggles
- Swim cap
- Ear/Nose plugs
- Towel
- Allergy medicine
- Nausea medicine

### Bike

- Pump
- Gels/energy bars
- Water bottle(s)
- Tools and flat kit
- Sunscreen/sun sleeves
- Helmet
- Bike shoes
- Socks
- GPS
- Watch
- Bar end plugs
- Sunglasses

### Run

- Hydration Belt/pack and/or water bottle
- Race Belt or Safety Pins
- Bib Number
- Hat/Visor
- Running shoes
- Socks
- Sunglasses
- Sunscreen/sun sleeves

## RULES

### USAT Most Violated Rules

1. **Helmets and Chinstraps:** Helmets must be worn and securely fastened at all times while in possession of your bike. This means from the time you remove your bike from the rack at the start of the bike leg, until after you have placed your bike on the rack at the finish of the bike leg.
  2. **Unauthorized Assistance:** No assistance other than that offered by race staff (including volunteers), medical officials and active participants may be used. A participant shall not physically assist the forward progress of another participant on any part of the course.
  3. **Non-Draft Legal Bike Position Rules:** Athletes must ride right and only move left to complete a legal pass and must not block athletes attempting a legal pass. Athletes must not pass on the right. Drafting is not allowed. An athlete should not attempt to complete a pass unless the athlete is highly confident in their ability to complete the pass in the allotted amount of time. Once an athlete enters the draft zone of another cyclist there is only one exit and that is out the front.
  4. **Entire Course:** Athletes must complete the race course in its entirety and as prescribed including in segment order.
  5. **Headphones and Communication devices:** Participants may carry a phone (such as, mounted on bike handlebars or in an arm band), but may not use communication devices of any type, including but not limited to cell phones, smart watches, and two-way radios, in any distractive manner during the competition. A “distractive manner” includes but is not limited to making or receiving phone calls, sending or receiving text messages, playing music, using social media, taking photographs or using in a one- or two- way radio communication.
- Using any communication device in this manner during the competition may result in disqualification.
6. **Glass Containers:** Glass containers are prohibited. Bringing a glass container into transition may result in disqualification.
  7. **Race numbers:** All athletes are required to wear race numbers at all times during the run. Numbers must be clearly visible at all times. Numbers may not be altered in any way that prevents clear identification.
  8. **Race number Transferring:** Do not transfer your number to any other athlete or take a number from an athlete that is not competing. The penalty for doing so is Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

For the Official 2025 Multisport Ruleset visit:

<https://www.usatriathlon.org/multisport/rules>



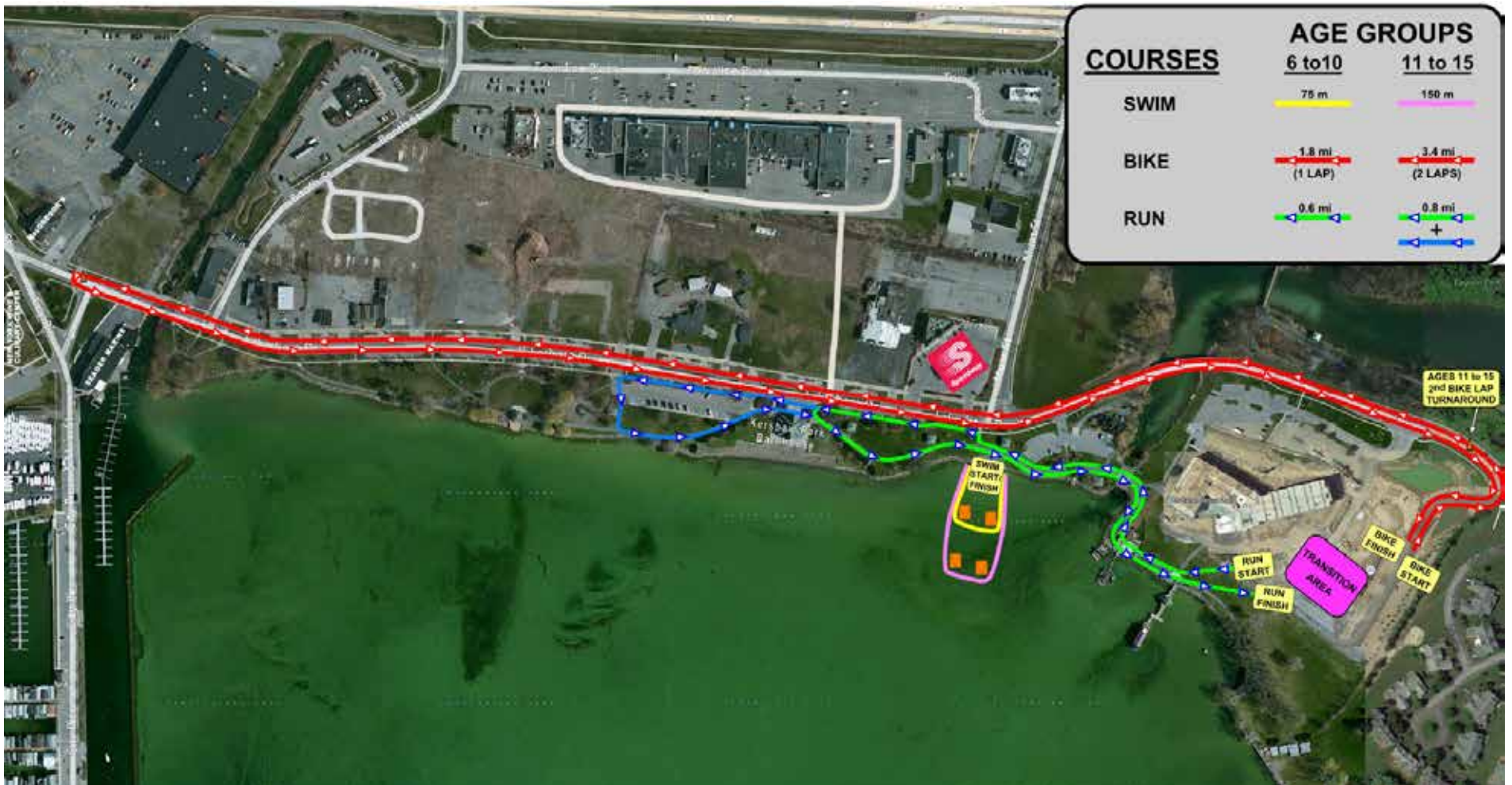
# Youth Details

Saturday, September 6, 2025

## YOUTH COURSE

Kids Race (Under 10): Swim 75 Meters, Bike 1.8 Miles and Run 0.6 Miles

Kids Race (11-15): Swim 150 Meters, Bike 3.4 Miles and Run 1 Mile



# Duathlon

## Details

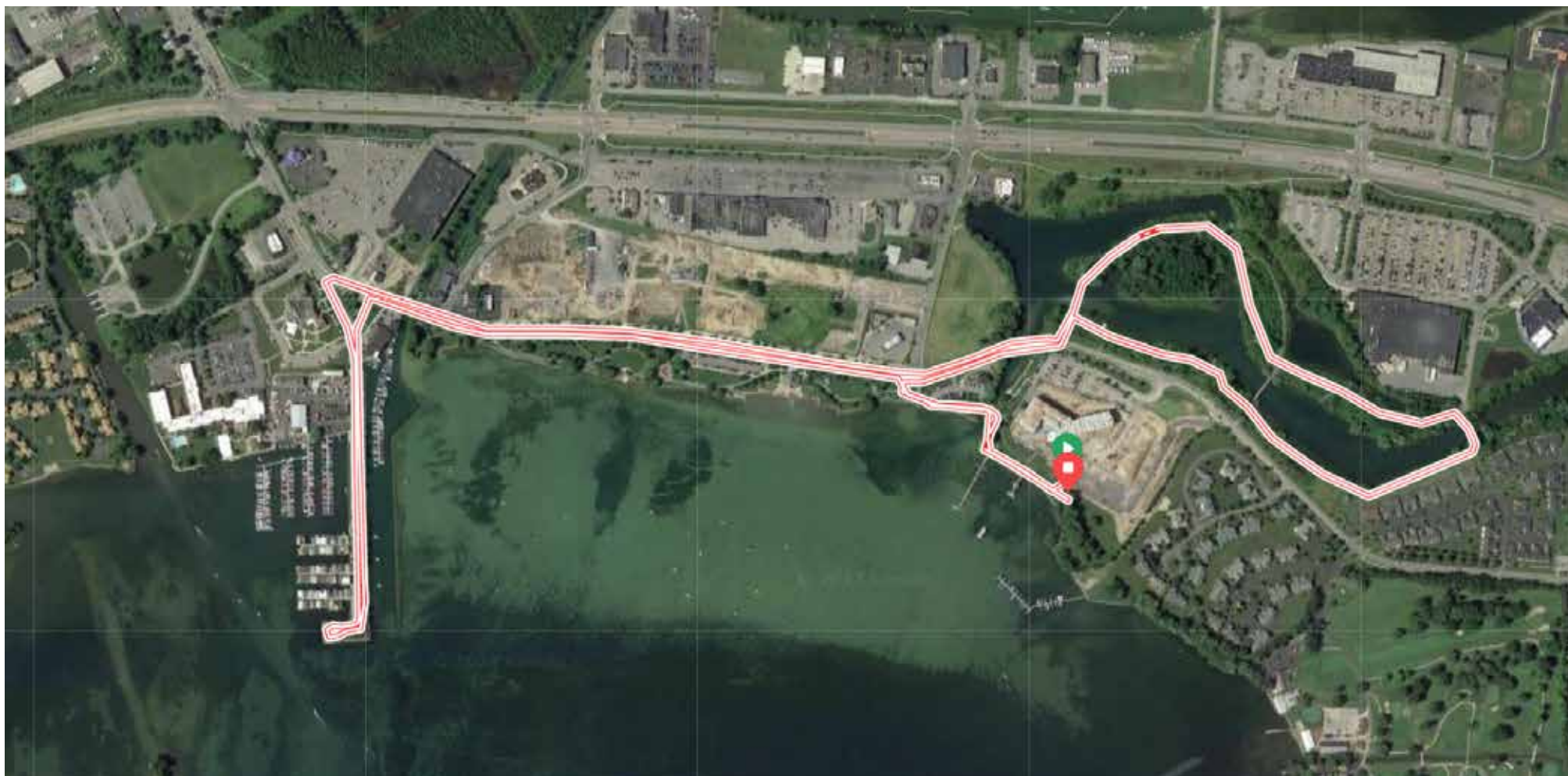
Sunday, September 7, 2025

## DUATHLON SPRINT RUN COURSES

**First Run Course - 1 loop** (Distance: 2.9 miles)

\*Duathlon start line will be .2 from finish line

**Second Run Course - 1 loop** (Distance: 3.1 miles)



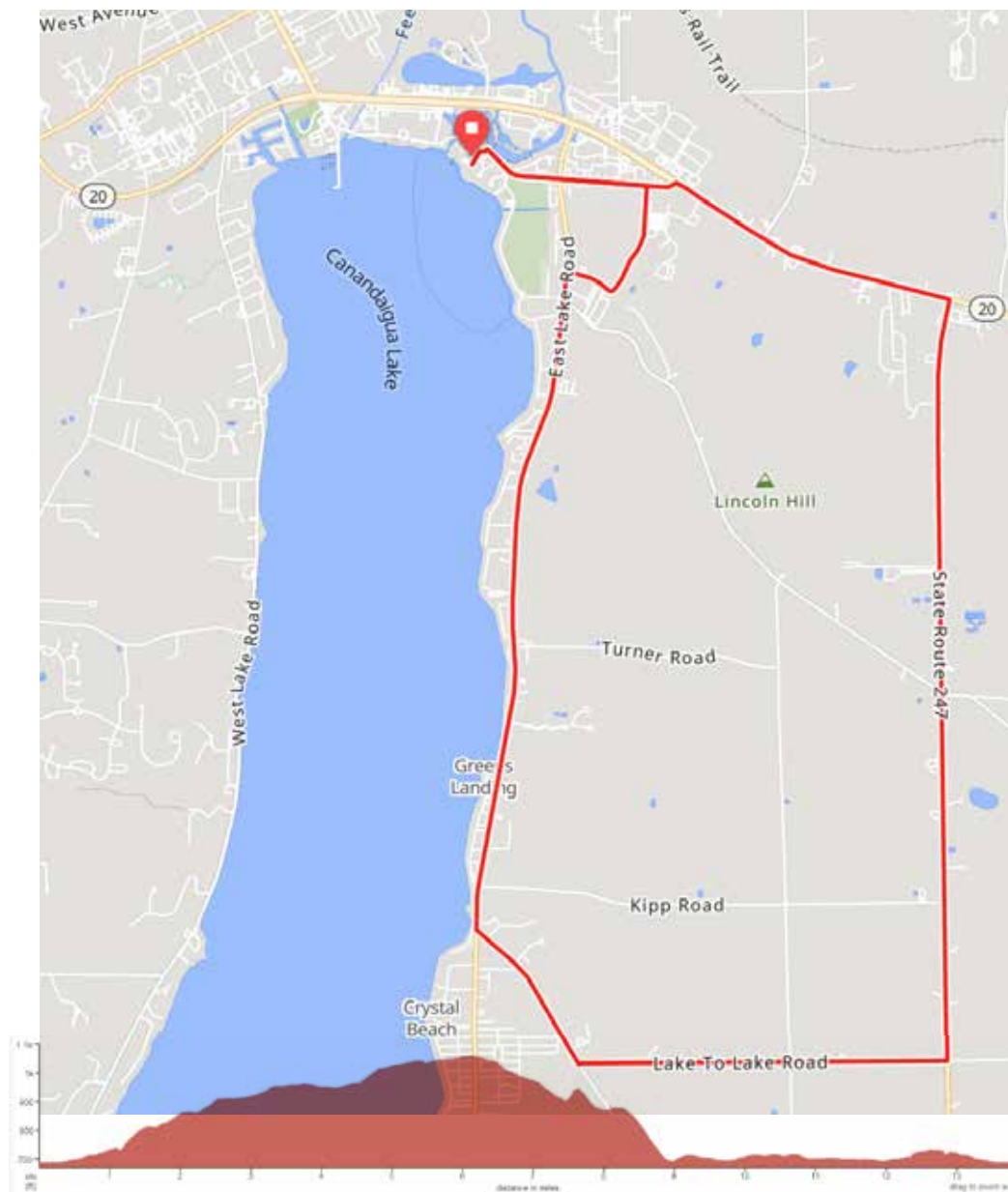


## DUATHLON SPRINT BIKE COURSE

**Bike Course** (Distance: 14 miles)

➔ Turn right onto Lakeshore Drive	0.1 mi
↗ Keep right	1.1 mi
↗ Turn slight right onto Eastern Boulevard, US 20, NY 5	1.1 mi
➔ Turn right onto State Route 247, NY 247	2.5 mi
➔ Turn right onto Lake To Lake Road	6.2 mi
➔ Turn right onto CR 1	8.0 mi
➔ Turn right onto East Lake Road, NY 364	8.9 mi
➔ Turn right onto Lincoln Hill Road	12.1 mi
↙ Turn left onto Lakeshore Drive	12.9 mi
↙ Turn left	13.7 mi

<https://ridewithgps.com/routes/43320638>



# Triathlon Details

Sunday, September 7, 2025

## TRIATHLON SWIM COURSE

**Sprint – 0.45 miles**

**Intermediate – 0.9 miles**

Any clothing left on the beach will be donated to a shelter once the race is over so please make sure that you inquire about your favorite flip flops before you leave the race site!!

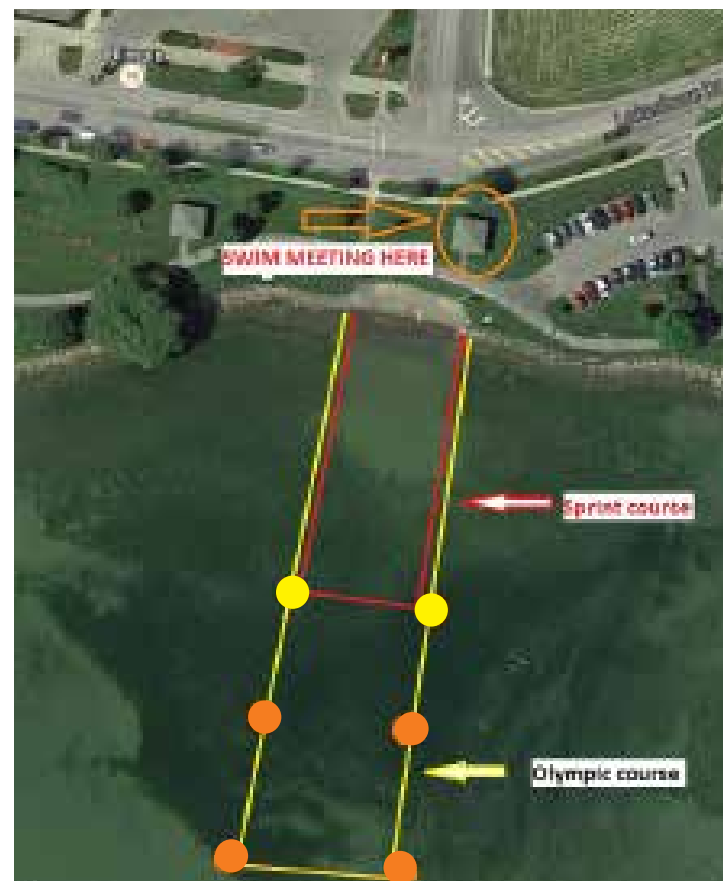
- If you wear eyeglasses there will be an eyeglass table located at the swim exit.
- There will not be any wetsuit-strippers to help you remove your wetsuit in transition so please plan accordingly.

### Wave Starts

(Subject to change based on number of athletes per age group)

- Make sure you have everything you need to start your race as you will not be allowed to enter transition after 7:45 am.

Red caps will be available for first-time participants and those who prefer increased visibility for extra safety



Intermediate			
Wave	Color	Time	Group
1	Blue	7:15	Males 44 & Under
2	Blue	7:20	Males 45 & Over
3	Blue	7:25	Females All / Relay

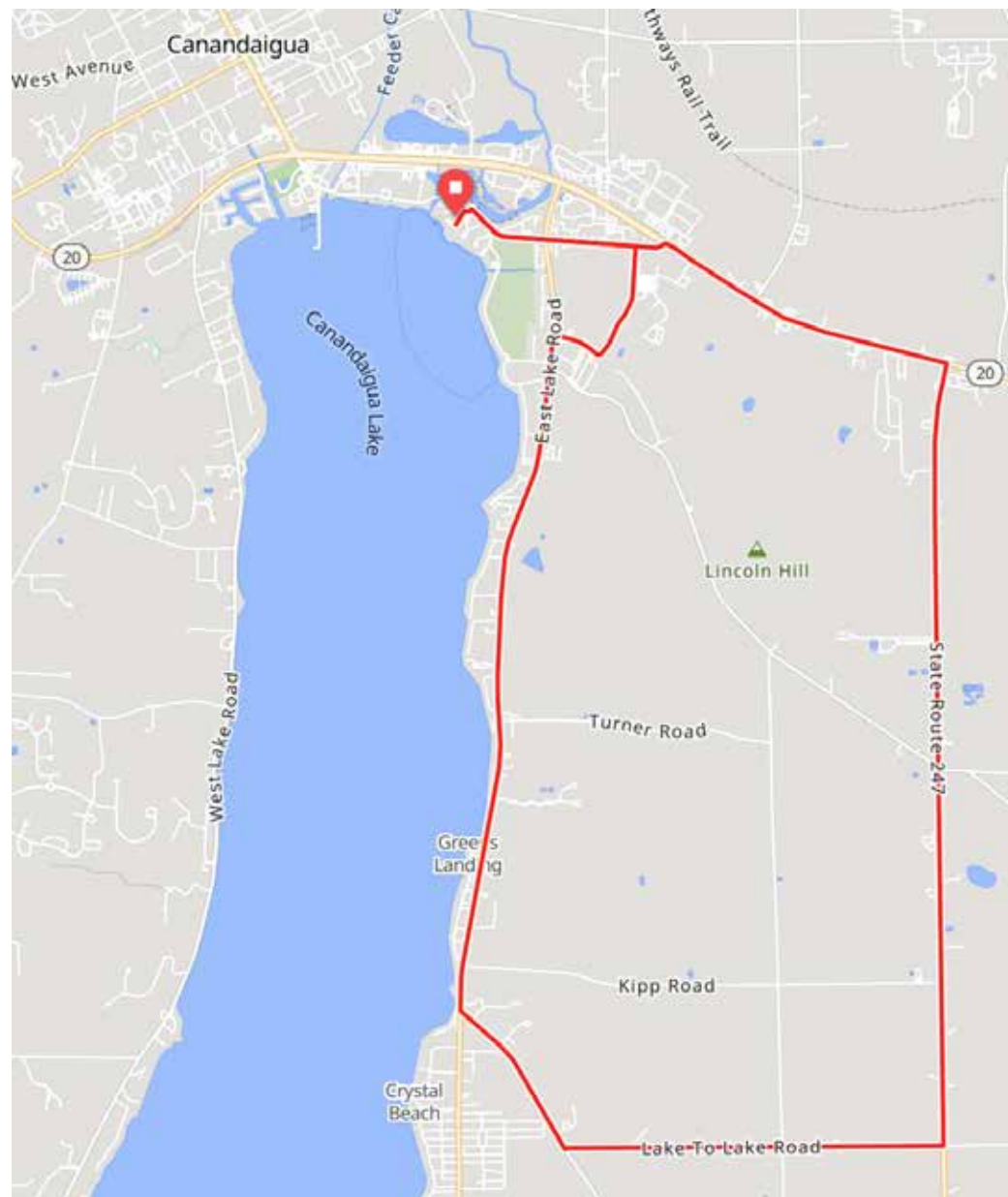
Sprint			
Wave	Color	Time	Group
4	White	8:00	Males 44 & Under
5	White	8:05	Males 45 & Over
6	White	8:10	Females 44 & Under
7	White	8:15	Females 45 & Over / Relay

## TRIATHLON SPRINT BIKE COURSE

**Sprint Bike Course** (Distance: 14 miles)

➔	Turn right onto Lakeshore Drive	0.1 mi
➔	Keep right	1.1 mi
➔	Turn slight right onto Eastern Boulevard, US 20, NY 5	1.1 mi
➔	Turn right onto State Route 247, NY 247	2.5 mi
➔	Turn right onto Lake To Lake Road	6.2 mi
➔	Turn right onto CR 1	8.0 mi
➔	Turn right onto East Lake Road, NY 364	8.9 mi
➔	Turn right onto Marvin Sands	12.1 mi
➔	Turn left onto Lakeshore Drive	12.9 mi
➔	Turn left	13.7 mi

<https://ridewithgps.com/routes/43320638>



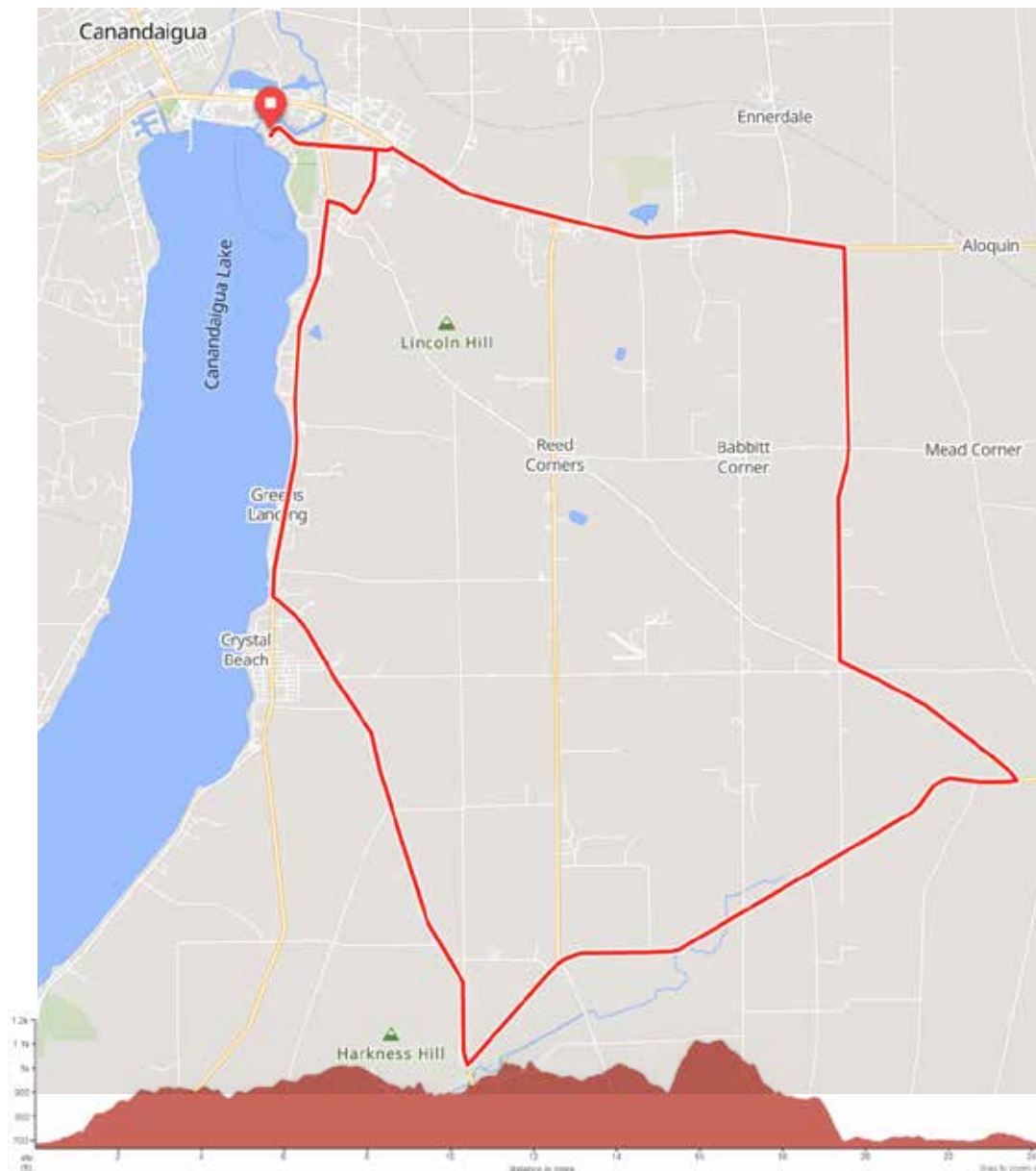


## TRIATHLON INTERMEDIATE BIKE COURSE

Intermediate Bike Course (Distance: 24 miles)

➔ Turn right onto Lakeshore Drive	0.1 mi
➔ Turn right onto Eastern Boulevard, US 20, NY 5	1.1 mi
➔ Turn right onto County Road 17	4.9 mi
➔ Turn left onto CR 18	8.2 mi
➔ Turn sharp right onto NY 245	10.0 mi
➔ Turn sharp right onto North Main Street, CR 1	15.2 mi
➔ Turn right onto East Lake Road, NY 364	19.4 mi
➔ Turn right onto Marvin Sands	22.7 mi
➔ Turn left onto Lakeshore Drive	23.5 mi
➔ Turn right onto Lakeshore Drive	0.0 mi
➔ Turn left	24.3 mi

<https://ridewithgps.com/routes/43320707>



## TRIATHLON RUN COURSE

Sprint Run Course - 1 loop (Distance: 3.1 miles)

Intermediate Run Course - 2 loops (Distance: 6.2 miles)



## EVENT SPONSORS

