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Presented by Wolfpack Multisport

23

# ATHLETE GUIDE

**WOLFPACK**  
MULTISPORT



## THANK YOU

Thank you for choosing to race the Silver Serpent Multisport Festival!

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: Wyoming County Community Action

# General Information

## PACKET PICKUP

**Friday, June 2, 2023**

**Silver Lake Brewing Project**  
**14 Borden Ave, Perry, NY 14530**  
6:00 pm – 8:00 pm

**Saturday, June 3, 2023**

**Charcoal Corral**  
**7037 Chapman Ave, Perry, NY 14530**  
6:30 am – 9:45 am

**Saturday, June 3, 2023**

**Silver Lake Brewing Project**  
**14 Borden Ave, Perry, NY 14530**  
4:00 pm – 6:00 pm

**Sunday, June 4, 2023**

**Charcoal Corral**  
**7037 Chapman Ave, Perry, NY 14530**  
5:45 am – 7:30 am

### Additional Info

- 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.
- Make sure you place your number on your bike and wear your bib on the front of you for the run. This helps us identify you as a participant and ensures you receive all your race photos.

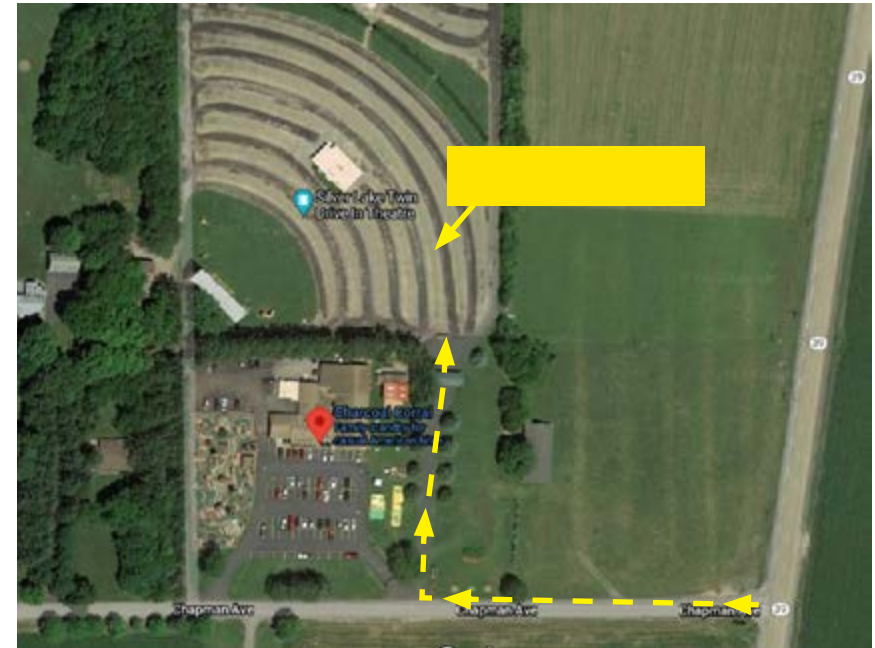
## GENERAL RACE INFORMATION

### Race Day Parking

Charcoal Corral 7037 Chapman Ave, Perry, NY 14530 Parking will be at the Drive In **ONLY**, which is located behind the building. **DO NOT PARK IN FRONT OF THE BUILDING OR THE LOT ACROSS THE STREET**. Parking in front of Charcoal Corral is strictly for restaurant guests as the restaurant will be open for regular business during the event.

### Bathrooms

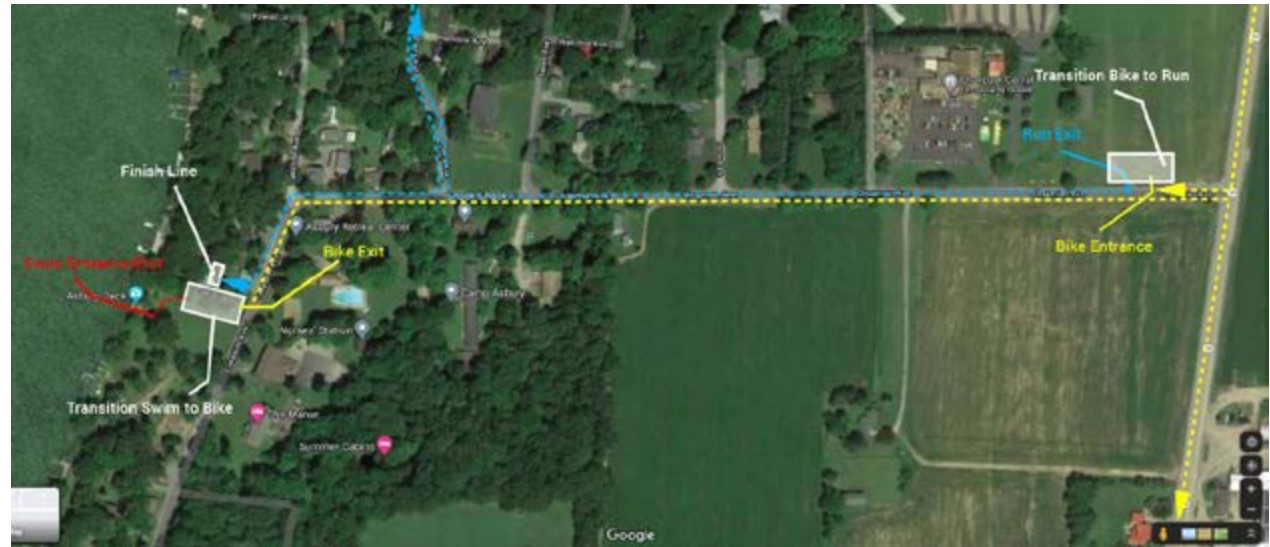
We will have many outdoor restrooms for event participants and spectators that will be located at the side of the transition area at Asbury Retreat Center. Bathrooms at Charcoal Corral will be open as well.





## TRANSITIONS

**Transition 1** (swim to bike) is located at **Asbury Retreat Center** at 16 Lakeside Ave, Silver Lake, NY 14549. **Transition 2** (bike to run) is located to the right of **Charcoal Corral** at 7037 Chapman Ave, Perry, NY 14530. 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. **DUATHLETES PLEASE BRING TWO PAIRS OF SHOES!**



**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. Please plan to give these things to a loved one or place them in your vehicle.

**Why does transition close at 7:45am when my race doesn't start until later?** This means at 7:45am 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.

**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.

## RACE DAY 1 TIMELINE

**Saturday, June 3, 2023 (subject to change)**

7:00 AM Registration opens; Volunteers check-in opens

7:50 AM National Anthem

8:00 AM RACE STARTS: 5k / 10k

9:30 AM 5k / 10k AWARDS: Presented at finish line

## RACE DAY 2 TIMELINE

**Sunday, June 4, 2023 (subject to change)**

5:45 AM Registration opens; Volunteers check-in opens;

5:45 AM Transition Opens

7:45 AM Transition Closes

7:50 AM National Anthem

8:00 AM RACE START: ALL DUATHLON, INTERMEDIATE DISTANCE - TRIATHLON

8:30 AM RACE START: SPRINT DISTANCE - TRIATHLON

NOON AWARDS: Presented at finish line



## POST-RACE DETAILS

Food, arcade, and bounce houses (weather permitting) will be available at Charcoal Corral.

### Awards

- 5k / 10k top three (Male and Female) in the following age categories (19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+)
- Overall Sprint (Male and Female) including Aquabike
- 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+)

### Food

This year's post-race meal will be pizza provided by the Charcoal Corral located at 7037 Chapman Ave, Perry, NY 14530.

### Race Photography

Photographs will be posted on [wolfpackmultisport.com](http://wolfpackmultisport.com) 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

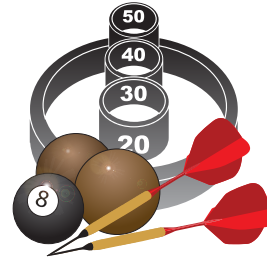
### Bike

- 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

## EVENT SPONSORS



*Extended Sound*  
DJ & Event Rental Service



## RULES

### USAT Most Violated Rules

- Helmets:** Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must always be worn while on your bike. This means before, during, and after the event. Penalty: Disqualification
- Chin Straps:** Chin straps must always be buckled when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle. Penalty: Disqualification on the course; Variable time penalty in transition area only.
- Outside Assistance:** No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness. Penalty: Variable time penalty
- Transition Area:** All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area. Penalty: Variable time penalty
- Drafting:** Keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the 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. Penalty: Variable time penalty
- Course:** All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must always obey all applicable traffic laws. Penalty: Referee's discretion
- Unsportsmanlike-Conduct:** Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden. Penalty: Disqualification
- Headphones:** Headphones, headsets, Walkman's, iPod, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race. Penalty: Variable time penalty
- Race numbers:** All athletes are always required to wear race numbers during the run. Numbers must always face the front and be clearly visible. Numbers may not be cut or folded or altered in any way. DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing. Penalty: Variable time penalty for missing or altered number, Disqualification and one-year suspension from membership in USAT for transferring a number without race director permission.
- Wetsuits:** Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided, however that participants who wears a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.
- Abandonment:** All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course. Penalty: Variable time penalty

### Variable Time Penalties

Distance	First Offense	Second Offense	Third Offense
Sprint	2 minutes	4 minutes	Disqualification
Intermediate	2 minutes	4 minutes	Disqualification
Long	4 minutes	8 minutes	Disqualification
Ultra	6 minutes	12 minutes	Disqualification

# 5k / 10k

## Details

Saturday, June 3, 2023

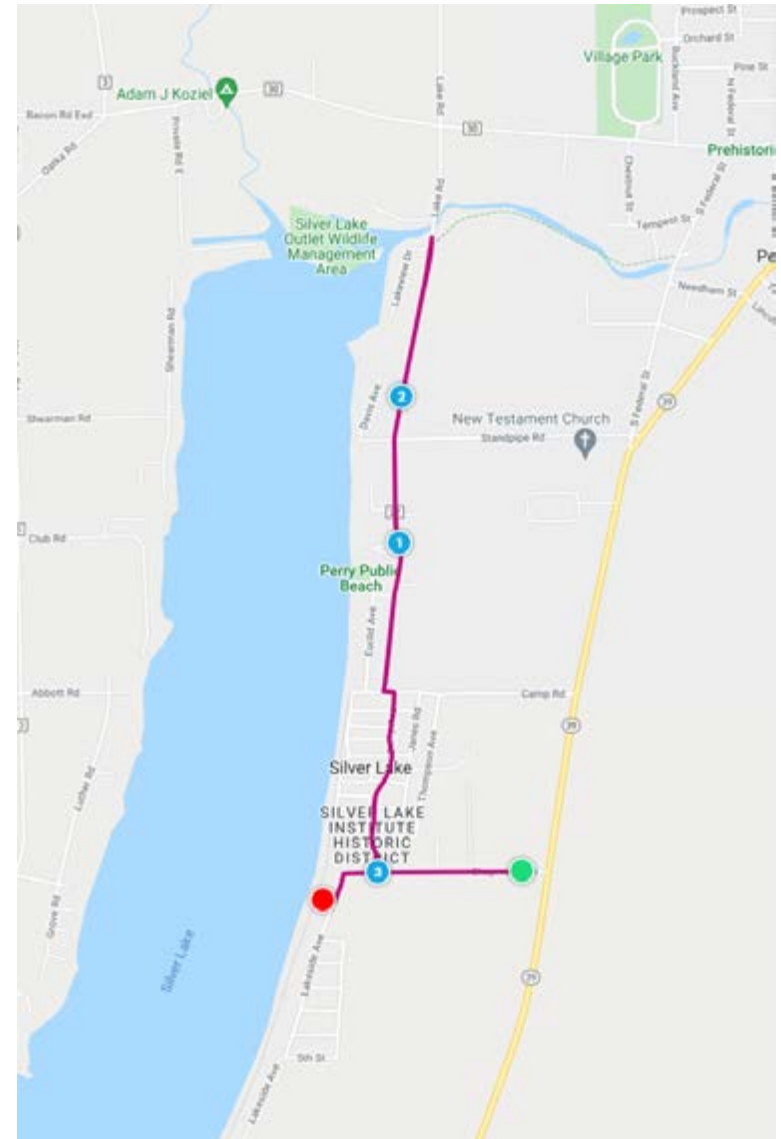


## 5K COURSE

This is a very scenic course as you run along Silver Lake. Keep an eye out for the Silver Serpent! There will be two aid stations on the course.

### Course Directions

- Turn Right onto Perry Ave
- Turn Left onto Camp Road
- Turn Right onto Walker Road
- Turn Around just past the Sportsman's Club
- Turn Left onto Camp Road
- Turn Right onto Perry Ave
- Turn Right onto Chapman Ave
- Turn Left onto Lakeside Ave to Finish Line

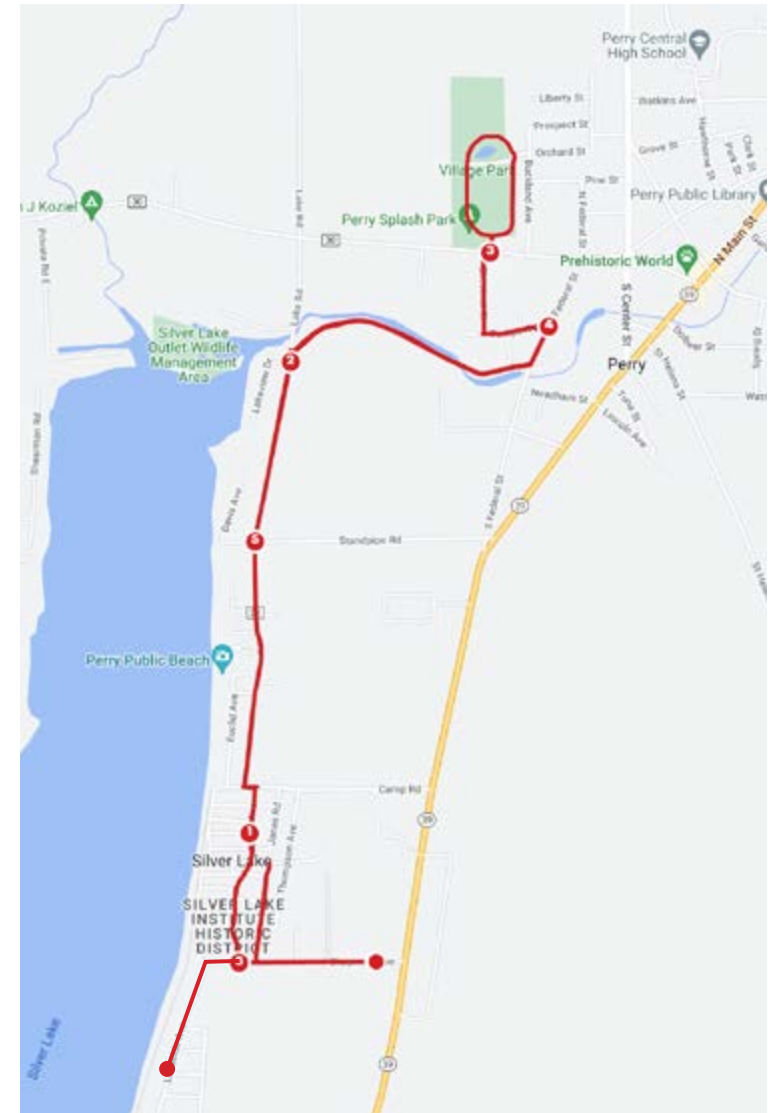


## 10K COURSE

This is a very scenic course as you run along Silver Lake. Keep an eye out for the Silver Serpent! There will be four aid stations on the course.

### Course Directions

- Start at Charcoal Corral
- Turn Right onto Chapman Ave
- Turn Right onto Jame Rd until turnaround
- Turn Right onto Chapman Ave
- Turn Right onto Perry Ave
- Turn Left onto Camp Road
- Turn Right onto Walker Road
- Turn knot the Silver Lake Outlet Trail
- Turn Left onto S. Federal St.
- Turn Left onto Tempest St.
- Turn Right onto Chestnut St.
- Turn Right onto Lake St
- Turn Left into the Perry Village Park
- Continue around Village Park Track
- Turn Left onto Lake St
- Turn Left onto Chestnut St
- Turn Left onto Tempest St.
- Turn Right onto S. Federal
- Turn Right onto Silver Lake Outlet Trail
- Turn Left onto Lake Road
- Turn Left onto Camp Road
- Turn Right onto Perry Ave
- Turn Right onto Chapman Ave
- Turn Left onto Lakeside Ave to Finish Line



# Duathlon

## Details

Sunday, June 4, 2023

**NOTE TWO TRANSITIONS: PLEASE BRING TWO PAIRS OF SHOES!**

## DUATHLON INTERMEDIATE BIKE COURSE

This course takes you out Lakeland Drive turning onto Route 39 to Route 7 and connecting back to Route 39 and features rolling hills and farmland. Note: There are two aid stations on the bike course.

### Intermediate Bike Course (Distance: 26.7 miles)

- Mount the bike on Lakeside Ave
- Turn right on Chapman Road
- Turn right on State Route 39
- Turn right on East Lake Road
- Turn right on West Lake Road
- Turn right on Oatka Road
- Turn left on Leciestar St
- Left on North Main St/State Route 39
- Continue straight onto Pine Tavern Road/State Route 39
- Turn right on Perry Road- 5 way Stop Sign
- Turn right on Upper Mt. Morris Road
- Turn right on Highbanks Road
- Straight on Highbanks Road turning into Cropsey Road
- Stay straight on Cropsey turning into Crapsey Road
- Turn left on County Line Road
- Turn right on Water Street Road
- Straight on Water Street
- Turn right on Gardeau St
- Turn left on North Main St/ State Route 39
- Straight on South Main St
- Turn right on Chapman Ave.

## DUATHLON INTERMEDIATE RUN COURSES

### Start time: 8:00 am

This is a very scenic course as you run along Silver Lake. Keep an eye out for the Silver Serpent! There will be aid stations on the course, one located at mile 1 and the other at mile 3.

### First Run Course (Distance: 3.1 miles)

- Start on Lakeside Ave
- Turn right on Chapman Ave.
- Turn left on Perry Ave.
- Turn left Lakeview Road
- Turn right on Camp Road
- Turn left on Euclid Ave.
- Turn left on Walker Road
- Straight on Lake Road
- Straight on Silver Lake Road to sprint turnaround
- Straight on Lake Road
- Straight on Walker Road
- Turn right on Euclid Ave
- Turn right on Camp Road
- Turn left on Lakeview Road
- Turn right on Perry Ave.
- Turn right on Chapman Road
- Turn left on Lakeside Ave to transition

### Second Run Course - 2 laps (Distance: 6.2 miles)

- Start on Lakeside Ave
- Turn right on Chapman Ave.
- Turn left on Perry Ave.
- Turn left Lakeview Road
- Turn right on Camp Road
- Turn left on Euclid Ave.
- Turn left on Walker Road
- Straight on Lake Road
- Straight on Silver Lake Road to sprint turnaround
- Straight on Lake Road
- Straight on Walker Road
- Turn right on Euclid Ave
- Turn right on Camp Road
- Turn left on Lakeview Road
- Turn right on Perry Ave.
- Turn right on Chapman Road
- Turn left on Lakeside Ave to transition and loop back for second lap



## DUATHLON SPRINT BIKE COURSE

This course takes you out Lakeland Drive turning onto Route 39 to Route 7 and connecting back to Route 39 and features rolling hills and farmland.

### **Sprint Bike Course** (Distance: 11.53 miles)

- Mount the bike on Lakeside Ave
- Turn right on Chapman Road
- Turn right on State Route 39
- Turn right on East Lake Road
- Turn right on West Lake Road
- Turn right on Oatka Road
- Turn left on Leciestor St
- Left on North Main St/State Route 39
- Continue straight onto Pine Tavern Road/State Route 39
- Turn right onto Hope St
- Turn right on Water St
- Turn right on Gardeau St
- Turn left on North Main St/ State Route 39
- Straight on South Main St
- Turn right on Chapman Ave.

## DUATHLON SPRINT RUN COURSES

### Start time: 8:00 am

This is a very scenic course as you run along Silver Lake. Keep an eye out for the Silver Serpent! There will be an aid station on the course, located at mile 1 for the out and back.

### First Run Course (Distance: 3.1 miles)

- Start on Lakeside Ave
- Turn right on Chapman Ave.
- Turn left on Perry Ave.
- Turn left Lakeview Road
- Turn right on Camp Road
- Turn left on Euclid Ave.
- Turn left on Walker Road
- Straight on Lake Road
- Straight on Silver Lake Road to sprint turnaround
- Straight on Lake Road
- Straight on Walker Road
- Turn right on Euclid Ave
- Turn right on Camp Road
- Turn left on Lakeview Road
- Turn right on Perry Ave.
- Turn right on Chapman Road
- Turn left on Lakeside Ave to transition

### Second Run Course (Distance: 3.1 miles)

- Turn right on Chapman Ave.
- Turn right on Perry Ave.
- Turn left Lakeview Road
- Turn right on Camp Road
- Turn left on Euclid Ave.
- Turn left on Walker Road
- Straight on Lake Road
- Straight on Silver Lake Road to sprint turnaround
- Straight on Lake Road
- Straight on Walker Road
- Turn right on Euclid Ave
- Turn right on Camp Road
- Turn left on Lakeview Road
- Turn right on Perry Ave.
- Turn right on Chapman Road
- Turn left on Lakeside Ave to finish line

# Triathlon

## Details

Sunday, June 4, 2023

## TRIATHLON SWIM COURSE

**Intermediate – 1500 Meters - 1 loop**

**Sprint – 750 Meters – 1 loop**

The swim starts at Asbury Camp & Retreat Center and features a water start. Upon swim exit you will run on a grassy path to the Transition area. This is a 0.25-mile slanted run. 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!! The path will be on the grass to transition the entire way.

- 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

#### Intermediate Triathlon Race Day

**Schedule: 8:00 am start**

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

- Transition area will close at 7:45 am.

Intermediate			
Wave	Color	Time	Group
1	Orange	8:00	Males 44 & Under
2	Yellow	8:05	Males 45 & Over
3	Pink	8:10	Females All

#### Sprint Triathlon Race Day Schedule: 8:30am start

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

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

Sprint			
Wave	Color	Time	Group
5	Silver	8:30	Males All
6	Lt Blue	8:35	Females All

## TRIATHLON INTERMEDIATE BIKE COURSE

This course takes you out Lakeland Drive turning onto Route 39 to Route 7 and connecting back to Route 39 and features rolling hills and farmland. Note: There are two aid stations on the bike course.

### Intermediate Bike Course (Distance: 26.7 miles)

- Mount the bike on Lakeside Ave
- Turn right on Chapman Road
- Turn right on State Route 39
- Turn right on East Lake Road
- Turn right on West Lake Road
- Turn right on Oatka Road
- Turn left on Leciestar St
- Left on North Main St/State Route 39
- Continue straight onto Pine Tavern Road/State Route 39
- Turn right on Perry Road
- Turn right on Upper Mt. Morris Road
- Turn right on Highbanks Road
- Straight on Highbanks Road turning into Cropsey Road
- Stay straight on Cropsey turning into Crapsey Road
- Turn left on County Line Road
- Turn right on Water Street Road
- Straight on Water Street
- Turn right on Gardeau St
- Turn left on North Main St/ State Route 39
- Straight on South Main St
- Turn right on Chapman Ave.



## TRIATHLON INTERMEDIATE RUN COURSE

This is a very scenic course as you run along Silver Lake. Keep an eye out for the Silver Serpent! There will be two aid stations on the course, one located at mile 1 and the other at mile 3 for sprint and mile 5 for intermediate. There will be plenty of water volunteers to keep you hydrated.

### Intermediate Run Course - 2 laps (Distance: 6.2 miles)

- Start on Lakeside Ave
- Turn right on Chapman Ave.
- Turn left on Perry Ave.
- Turn left Lakeview Road
- Turn right on Camp Road
- Turn left on Euclid Ave.
- Turn left on Walker Road
- Straight on Lake Road
- Straight on Silver Lake Road to sprint turnaround
- Straight on Lake Road
- Straight on Walker Road
- Turn right on Euclid Ave
- Turn right on Camp Road
- Turn left on Lakeview Road
- Turn right on Perry Ave.
- Turn right on Chapman Road

## TRIATHLON SPRINT BIKE COURSE

This course takes you out Lakeland Drive turning onto Route 39 to Route 7 and connecting back to Route 39 and features rolling hills and farmland.

### **Sprint Bike Course** (Distance: 11.53 miles)

- Mount the bike on Lakeside Ave
- Turn right on Chapman Road
- Turn right on State Route 39
- Turn right on East Lake Road
- Turn right on West Lake Road
- Turn right on Oatka Road
- Turn left on Leciester St
- Left on North Main St/State Route 39
- Continue straight onto Pine Tavern Road/State Route 39
- Turn right onto Hope St
- Turn right on Water St
- Turn right on Gardeau St
- Turn left on North Main St/ State Route 39
- Straight on South Main St
- Turn right on Chapman Ave.

## TRIATHLON SPRINT RUN COURSE

This is a very scenic course as you run along Silver Lake. Keep an eye out for the Silver Serpent! The Map below provides specific details about traffic and road closures. There will be two aid stations on the course, one located at mile 1 and the other at mile 3 for sprint and mile 5 for intermediate. There will be plenty of water volunteers to keep you hydrated.

### **Sprint Run Course** (Distance: 3.1 miles)

- Turn right on Chapman Ave.
- Turn right on Perry Ave.
- Turn left Lakeview Road
- Turn right on Camp Road
- Turn left on Euclid Ave.
- Turn left on Walker Road
- Straight on Lake Road
- Straight on Silver Lake Road to sprint turnaround
- Straight on Lake Road
- Straight on Walker Road
- Turn right on Euclid Ave
- Turn right on Camp Road
- Turn left on Lakeview Road
- Turn right on Perry Ave.
- Turn right on Chapman Road
- Turn left on Lakeside Ave to finish line

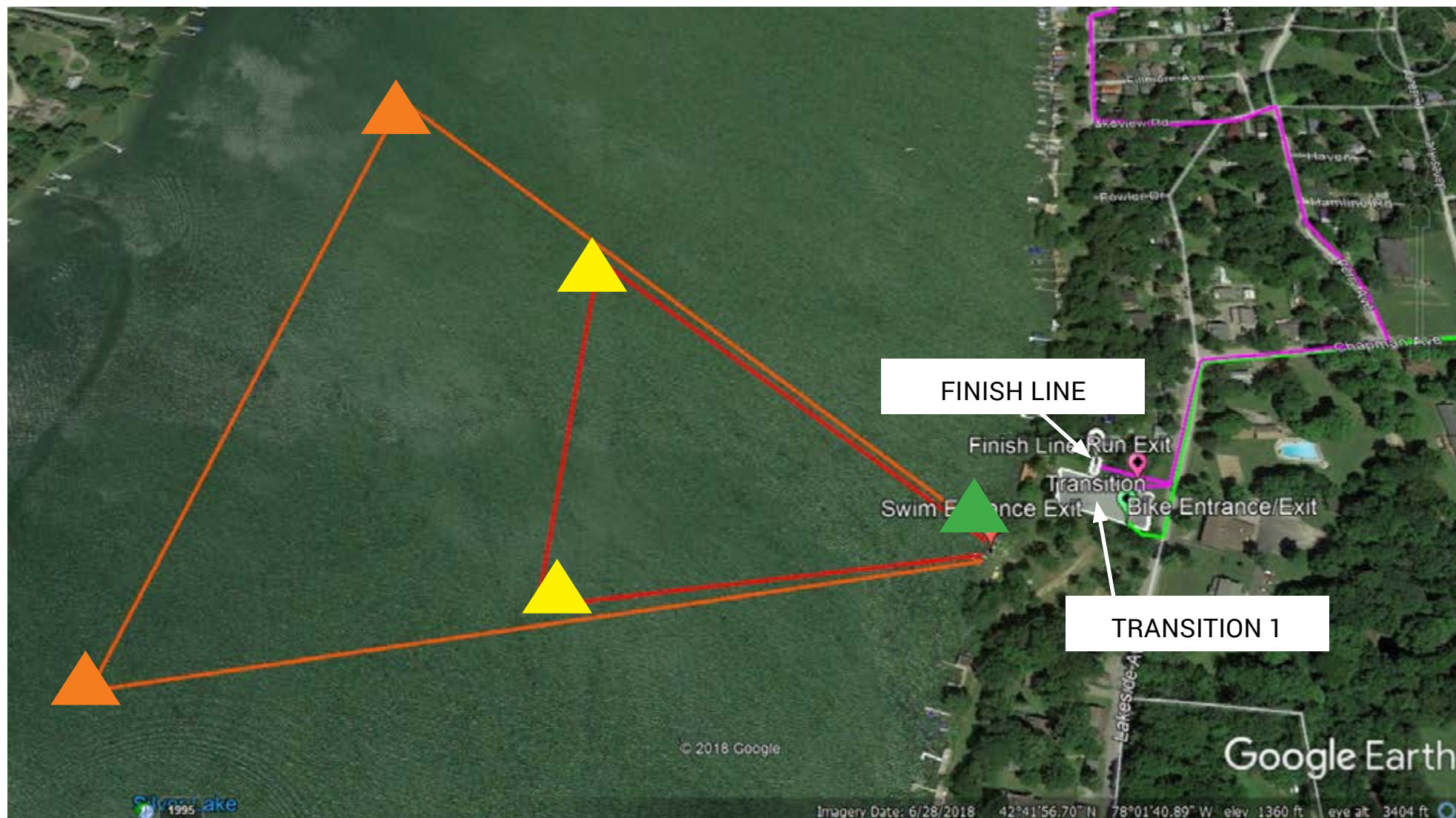
# Maps

## Aerial view

## SWIM COURSE AERIAL

Intermediate – 1500 Meters - 1 loop

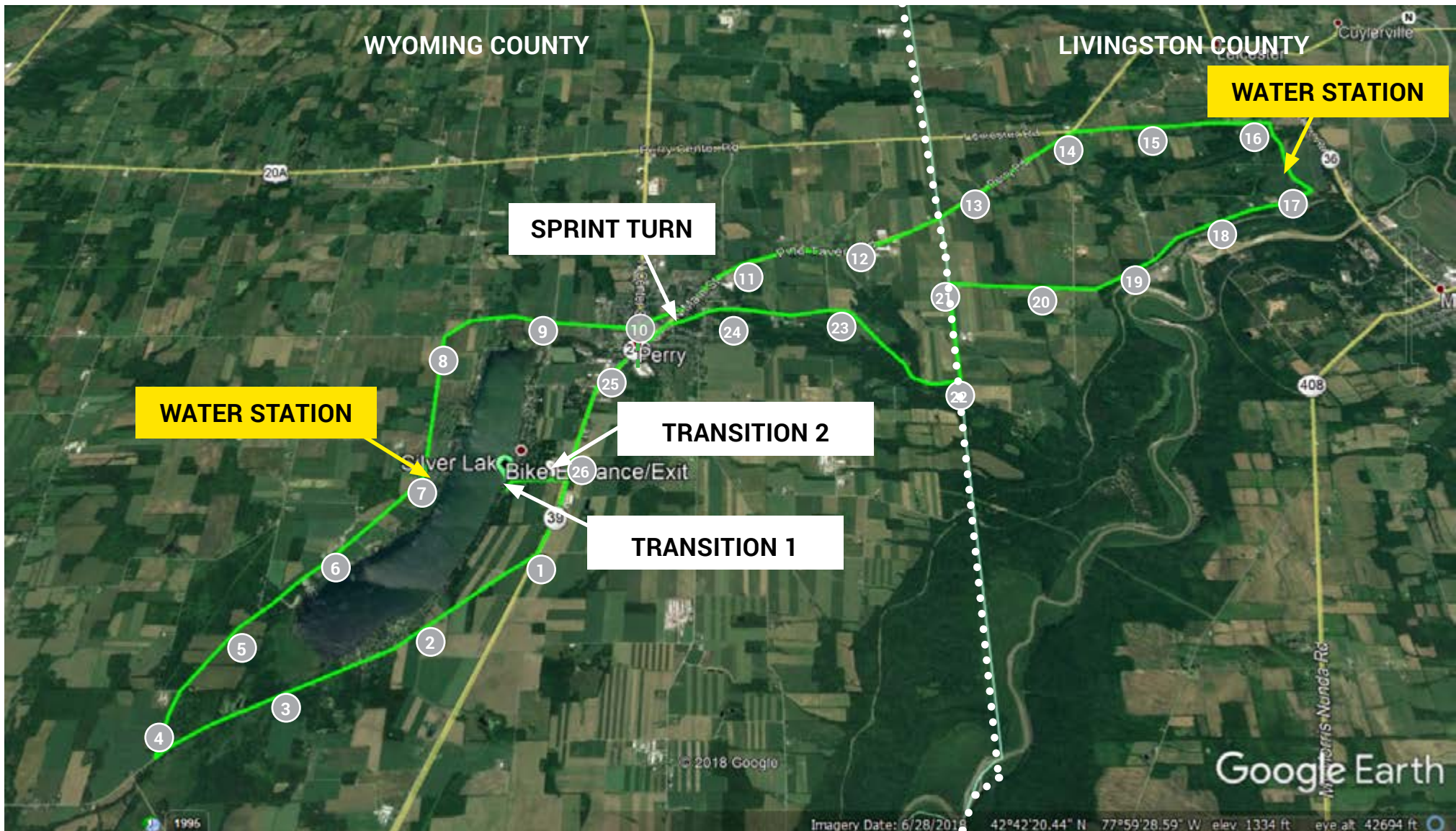
Sprint – 750 Meters – 1 loop





## BIKE COURSE AERIAL

- Sprint Course: 11.53 miles (sprint turns right at Hope St and right at Water St to meet with intermediate course)
- Intermediate Course: 26.7 miles





## RUN COURSE AERIAL

- Sprint Course: 3.1 miles (turnaround marked by signage)
- Intermediate Course: 6.2 miles (turnaround marked by signage)

