



Serpent's SHADOW

MULTISPORT FESTIVAL

2023 ATHLETE GUIDE

THANK YOU

Thank you for choosing to race the Serpent's Shadow 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: Peers Together of Wyoming County

EVENT SPONSORS



RULES

USAT Most Violated Rules

1. **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*
2. **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.*
3. **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*
4. **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*
5. **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*
6. **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*
7. **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*
8. **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*
9. **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.*
10. **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.
11. **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

GENERAL INFORMATION

PACKET PICKUP

Sunday, September 24, 2023

7:30 – 9:30 am

Charcoal Corral | 7037 Chapman Avenue, Perry NY 14530

Additional Info

- All athletes must pick up their race packets themselves.
- All athletes need to show a photo ID and present your USAT membership card if you are a current member. Otherwise you will have to pay the non USAT member race fee. REMEMBER, NO ID! NO RACE! NO EXCEPTIONS!
- Minors must have a parent or legal guardian present at registration.
- **Triathletes must wear an approved lifevest to participate in the event.**
- **Triathletes will need suitable footwear for water-to-bike transition (0.4 mile distance).** A shoe drop area will be available for use near water exit.
- 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.

CHOOSE THE RIGHT LIFE JACKET

REQUIREMENTS

- U.S. Coast Guard approved wearable life jacket on board for every person on the boat.
- Boating safety advocates recommend all boaters and passengers wear a life jacket at all times while boating.



READ THE LABEL

- All life jackets that are USCG approved have an approval number. Look for it to ensure your life jacket meets the law requirements and is safe.
- You may see a new label on the inside of new life jackets with a performance level icon. These are approved for use in the U.S. and Canada, whereas devices with the old labels continue to be approved in one country or the other, not both.
- Life jackets you may already own may have the old "type" life jacket label (Type I–Type V).
- The new label **DOES NOT** make obsolete life jackets with the old label (you can continue to use your life jacket as long as it is in good condition and appropriate for the activity).

RIGHT LIFE JACKET

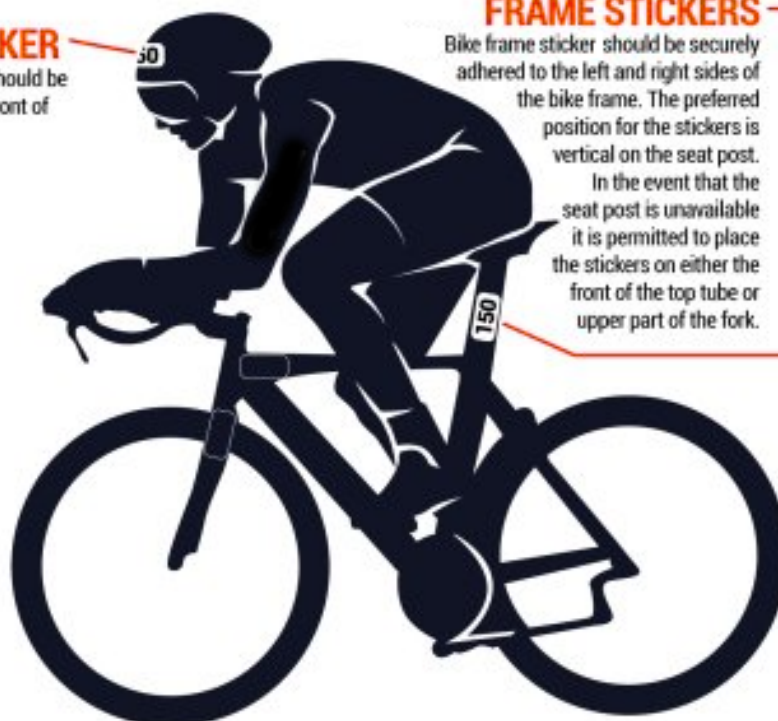
- **WEAR IT**—The best life jacket is one you will wear.
- **ACTIVITY**—It should be appropriate for the recreational water activity.
- **FIT**—A snug fit is a proper fit. All straps, buckles, and zippers should be secure.
- **CONDITION**—Life jackets with a tear, broken pieces, or buoyancy loss should be disposed.

ATHLETE NUMBER PLACEMENT

BIKE

HELMET STICKER

The bike helmet sticker should be securely adhered to the front of the helmet.



FRAME STICKERS

Bike frame sticker should be securely adhered to the left and right sides of the bike frame. The preferred position for the stickers is vertical on the seat post.

In the event that the seat post is unavailable it is permitted to place the stickers on either the front of the top tube or upper part of the fork.

WRISTBAND

Wristband must be on wrist to access transition before, during, and after race.

RUN

BIB NUMBER

The bib number is to be worn front facing during the run adhered with a race belt or safety pins.



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

Kayak

- Ankle timing chip
- Towel
- Kayak
- Paddle
- Lifevest
- Nausea medicine
- Running shoes (0.4 miles from water to transition area)

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

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** as seen in the picture below. 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.



TRANSITION

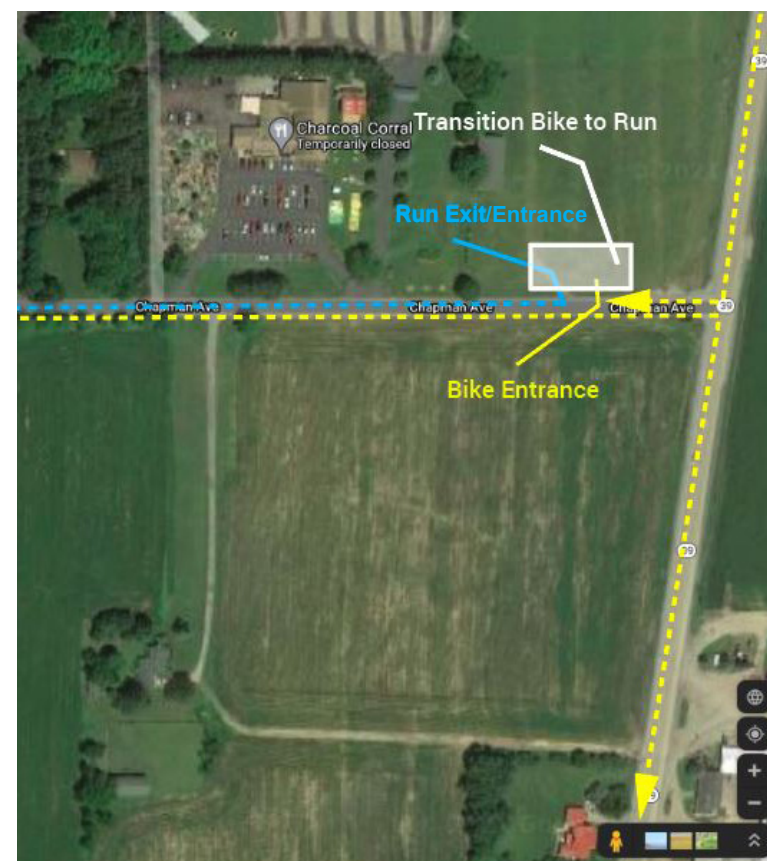
Transition is located to the right of **Charcoal Corral** at 7037 Chapman Ave, Perry, NY 14530. As always, these are Athlete Only areas. We do have a dedicated entrance and exit that you are required to use when you rack the bike pre-race and remove it post-race. To locate these access point, look for Entrance and Exit signs at each transition.

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 9:45 am when my race doesn't start until later?

This means at 9:45 am all athletes need to have everything they need to race for the start of your event (intermediate versus sprint versus relay) starts. 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 TIMELINE

Sunday, September 24, 2023

7:30 AM Packet pickup / Kayak drop-off at waterfront / Transition opens

9:45 AM Transition closes

10:00 AM ALL RACES START: 5k, Duathlon, Triathlon

11:15 AM FIRST FINISHER EXPECTED

12:00 - 4:00 PM AFTER PARTY at Silver Lake Brewing Project

Awards

- Awards will be presented at the finish line under the Wolfpack Tent.
- Overall (Male and Female) including Aquabike and Duathlon
- 5k Top three (Male and Female) every 10-year age group.
- Top three (Male and Female) in the following age categories including Aquabike and Duathlon (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+)

Race Photography

Photographs will be posted on Facebook to tag yourself.

5K DETAILS

5K COURSE

This is a very scenic course as you run along Silver Lake. There will be an aid station on the course located at mile 1 servicing the run out and back to finish line.

Course Directions

- Start on Lakeside Ave
- Turn Right onto Chapman Ave
- Turn left on Perry Ave
- Turn left on Camp Road
- Turn right on Walker Road
- Straight on Lake Road
- Turn right onto the Silver Lake Trail
- Look for turnaround signage on Silver Lake Trail
- Left on Lake Road
- Straight on Walker Road
- Turn left on Camp Road
- Turn right on Perry Ave.
- Turn left on Chapman Road to Finish Line



DUATHLON

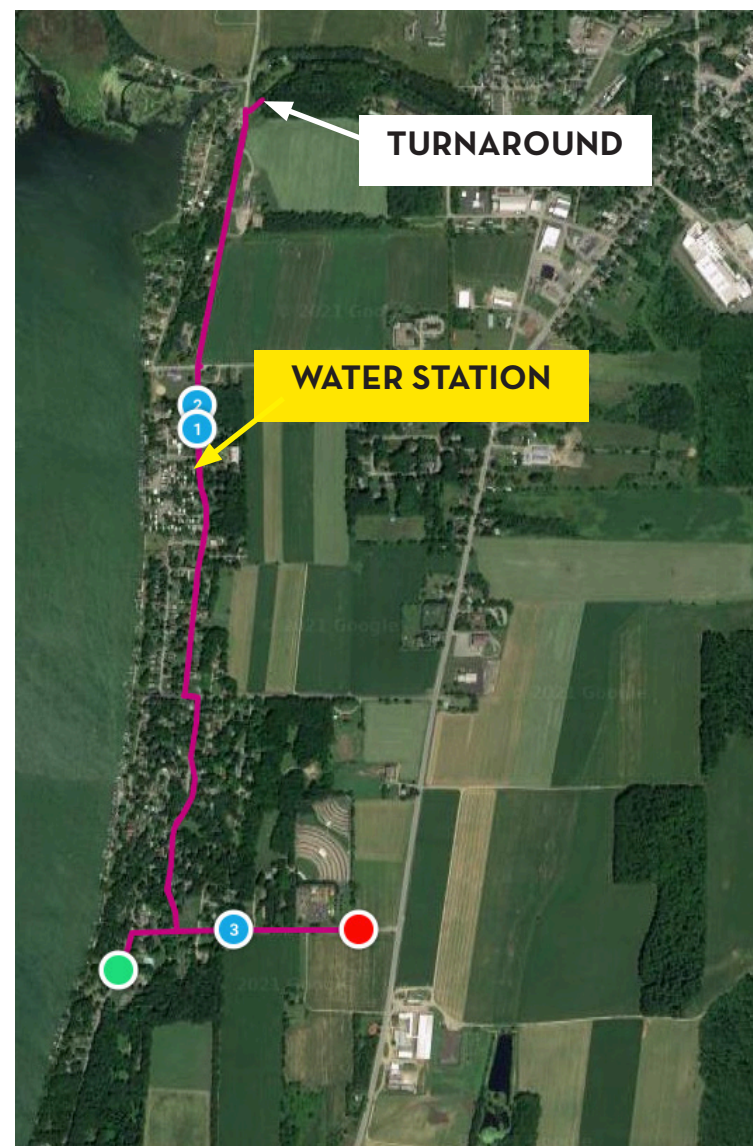
DETAILS

FIRST RUN COURSE

This is a very scenic course as you run along Silver Lake. There will be an aid station on the course located at mile 1 servicing the run out and back to transition.

Course Directions

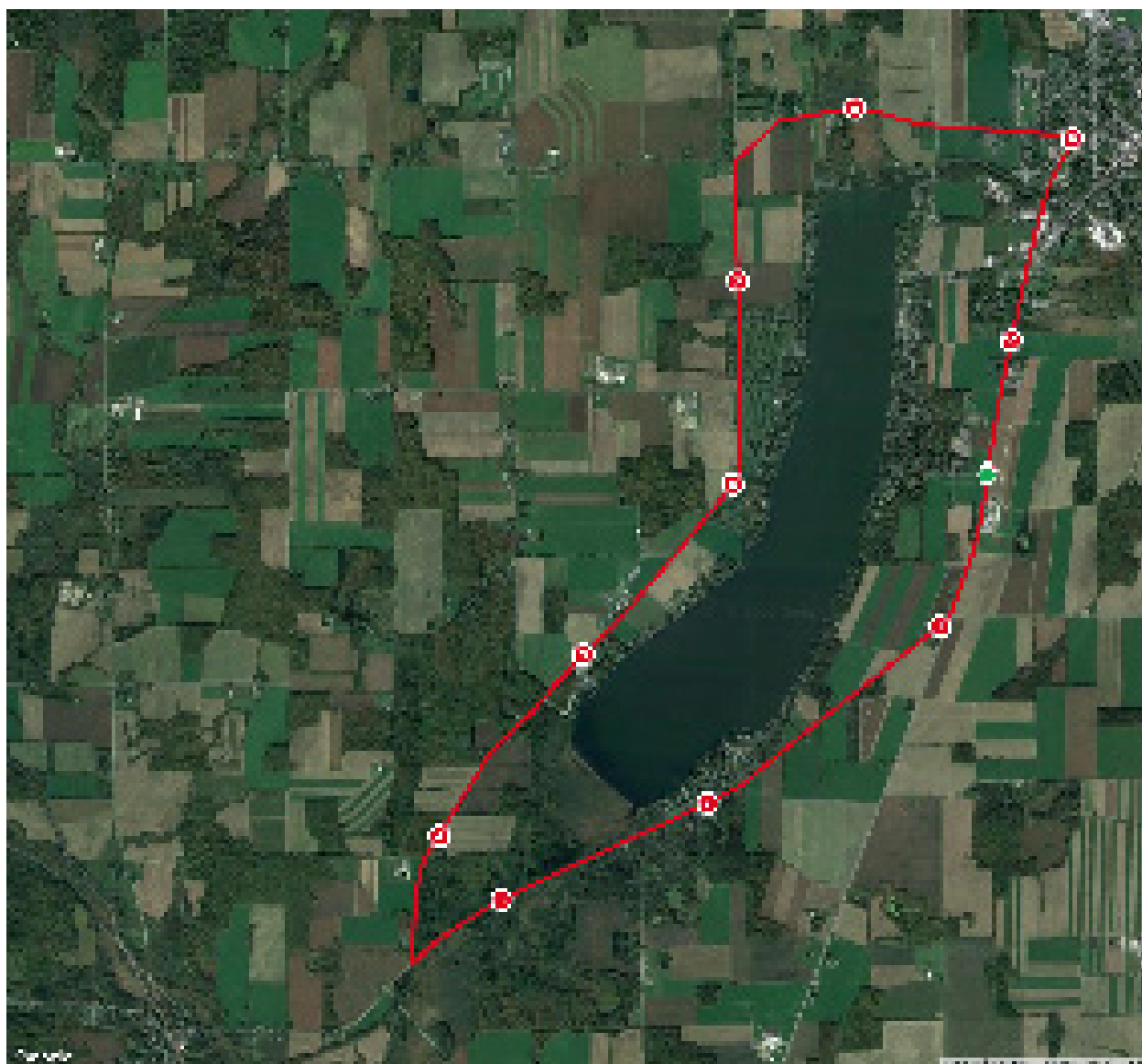
- Start on Lakeside Ave
- Turn Right onto Chapman Ave
- Turn left on Perry Ave
- Turn left on Camp Road
- Turn right on Walker Road
- Straight on Lake Road
- Turn right onto the Silver Lake Trail
- Look for turnaround signage on Silver Lake Trail
- Left on Lake Road
- Straight on Walker Road
- Turn left on Camp Road
- Turn right on Perry Ave.
- Turn left on Chapman Road to transition



BIKE COURSE

Course: approx. 20 miles (2 loops)

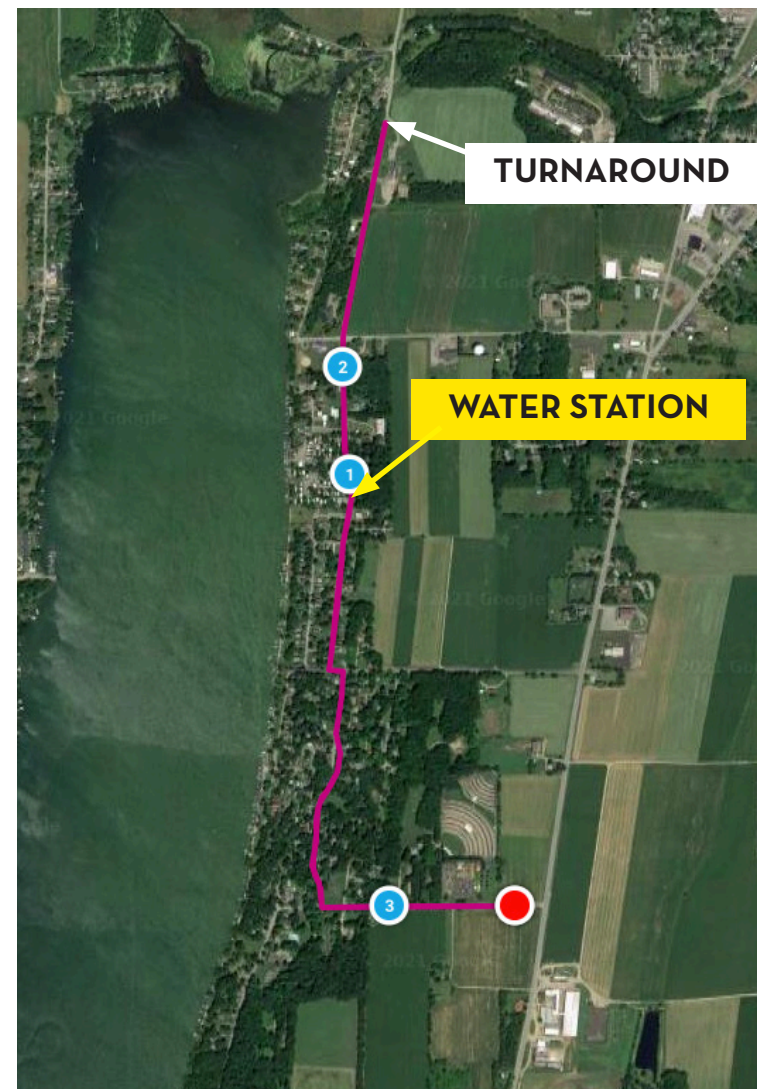
- Mount the bike on Lakeside Ave
- Turn right on Chapman Road
- Turn right on State Route 39
- Turn right on East Lake Road
- Turn right on West Lake Road
- Turn right on Oatka Road
- Straight on to Lake Street
- Right on South Federal Street
- Slight right on State Route 39
- First loop continue straight past Chapman Ave.
- Second loop turn right on Chapman Ave.



SECOND RUN COURSE

Course Directions

- Turn Right onto Chapman Ave
- Turn right on Perry Ave
- Turn left on Camp Road
- Turn right on Walker Road
- Straight on Lake Road
- Turn right onto the Silver Lake Trail
- Look for turnaround signage on Silver Lake Trail
- Left on Lake Road
- Straight on Walker Road
- Turn left on Camp Road
- Turn right on Perry Ave.
- Turn left on Chapman Road to Finish Line



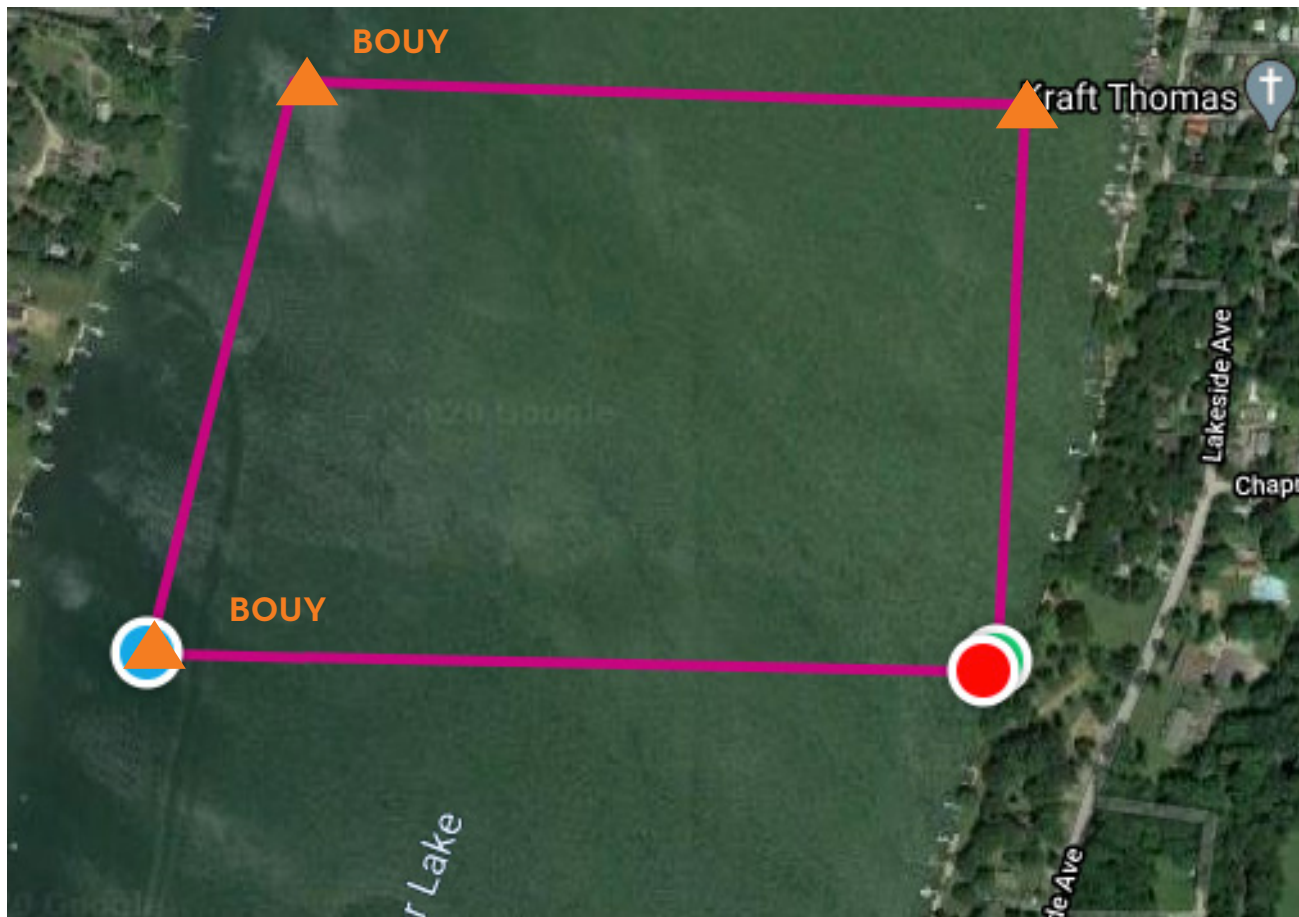
TRIATHLON

DETAILS

KAYAK COURSE

Distance: 1.16 miles

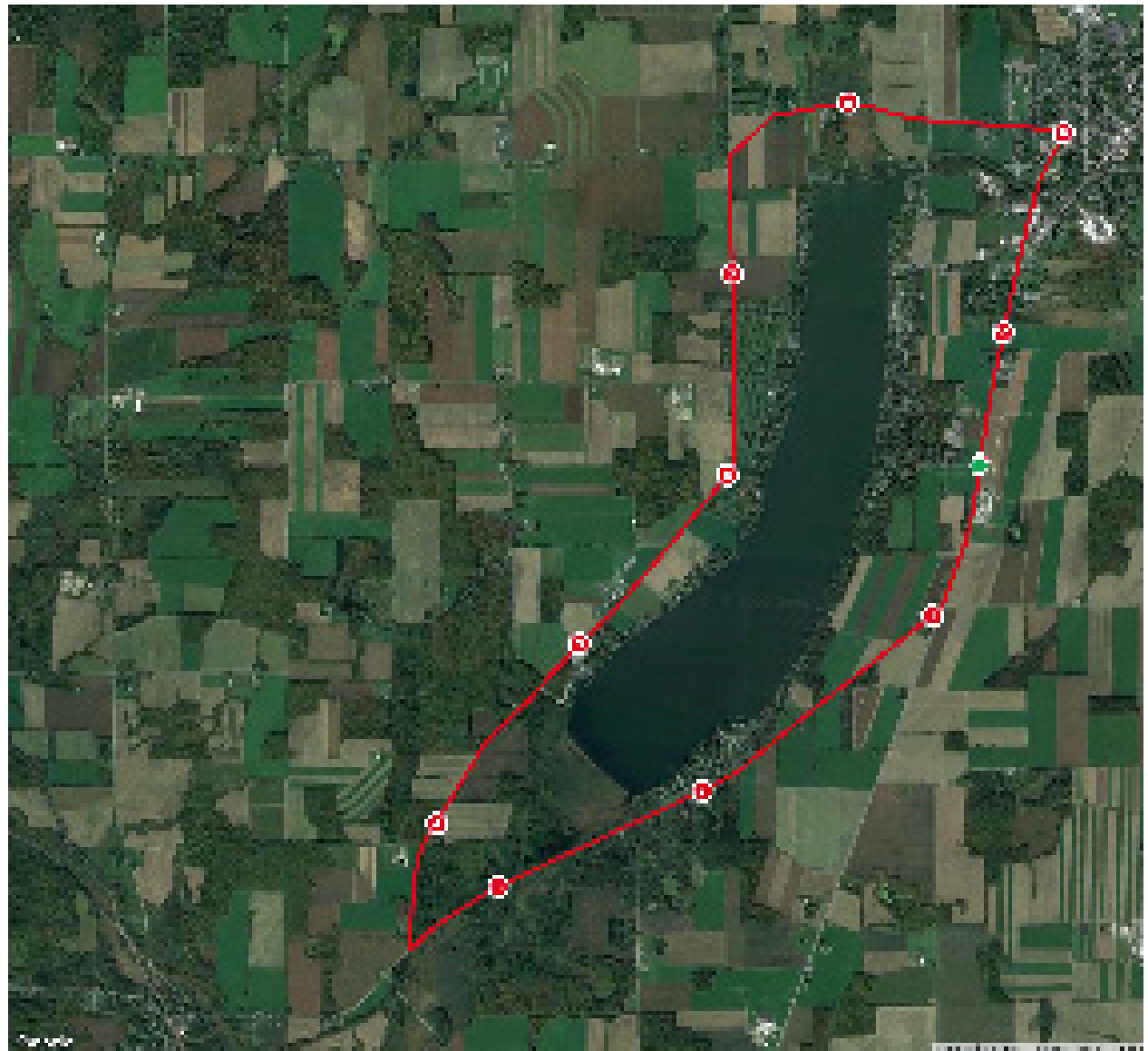
The kayak starts at Asbury Camp & Retreat Center. Mass start at 10:00 am.



BIKE COURSE

Course: approx. 20 miles (2 loops)

- 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
- Straight on to Lake Street
- Right on South Federal Street
- Slight right on State Route 39
- First loop continue straight past Chapman Ave.
- Second loop turn right on Chapman Ave.



RUN COURSE

Course Directions

- Turn Right onto Chapman Ave
- Turn right on Perry Ave
- Turn left on Camp Road
- Turn right on Walker Road
- Straight on Lake Road
- Turn right onto the Silver Lake Trail
- Look for turnaround signage on Silver Lake Trail
- Left on Lake Road
- Straight on Walker Road
- Turn left on Camp Road
- Turn right on Perry Ave.
- Turn left on Chapman Road to Finish Line

