

2023 ATHLETE GUIDE



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: Canandaigua Rotary's Student Scholarship Program



General Information



ATHLETE INFORMATION

Athlete Check-in / Packet Pickup			
Day	Start	End	Location
Saturday, Sept 9	2:00 PM	8:00 PM	Twisted Rail Brewing, 169 Lakeshore Dr <i>(Transition will be open for bike racking)</i>
Sunday, Sept 10	6:00 AM	7:45 AM	Race Registration Tent

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 - 8:00 pm on Saturday 9, 2023

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: Pickup on race day morning from the ScoreThis!!! tent near transition

Packet Contents

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





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 7:45am 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.

Do the timing mats start tracking at 7:45am? 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 9, 2023 (subject to change)

8:00 AM	Registration opens; Volunteer check-in opens
9:50 AM	National Anthem
10:00 AM	YOUTH RACE START
11:00 AM	YOUTH AWARDS: Presented at finish line
11:00 AM	Canandaigua Rotary 0.5k event- Family Friendly
2:00 - 8:00 PM	Packet Pickup Transition open for bike racking

RACE DAY 2: ALL ADULT RACE TIMELINE

Sunday, September 10, 2023 (subject to change)

- | | |
|----------|---|
| 6:00 AM | Registration opens / Volunteer check-in opens |
| 6:00 AM | Transition Opens |
| 7:45 AM | Transition Closes |
| 7:50 AM | National Anthem |
| 8:00 AM | ALL DISTANCES RACE START: Wave start |
| 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 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

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



Youth Details

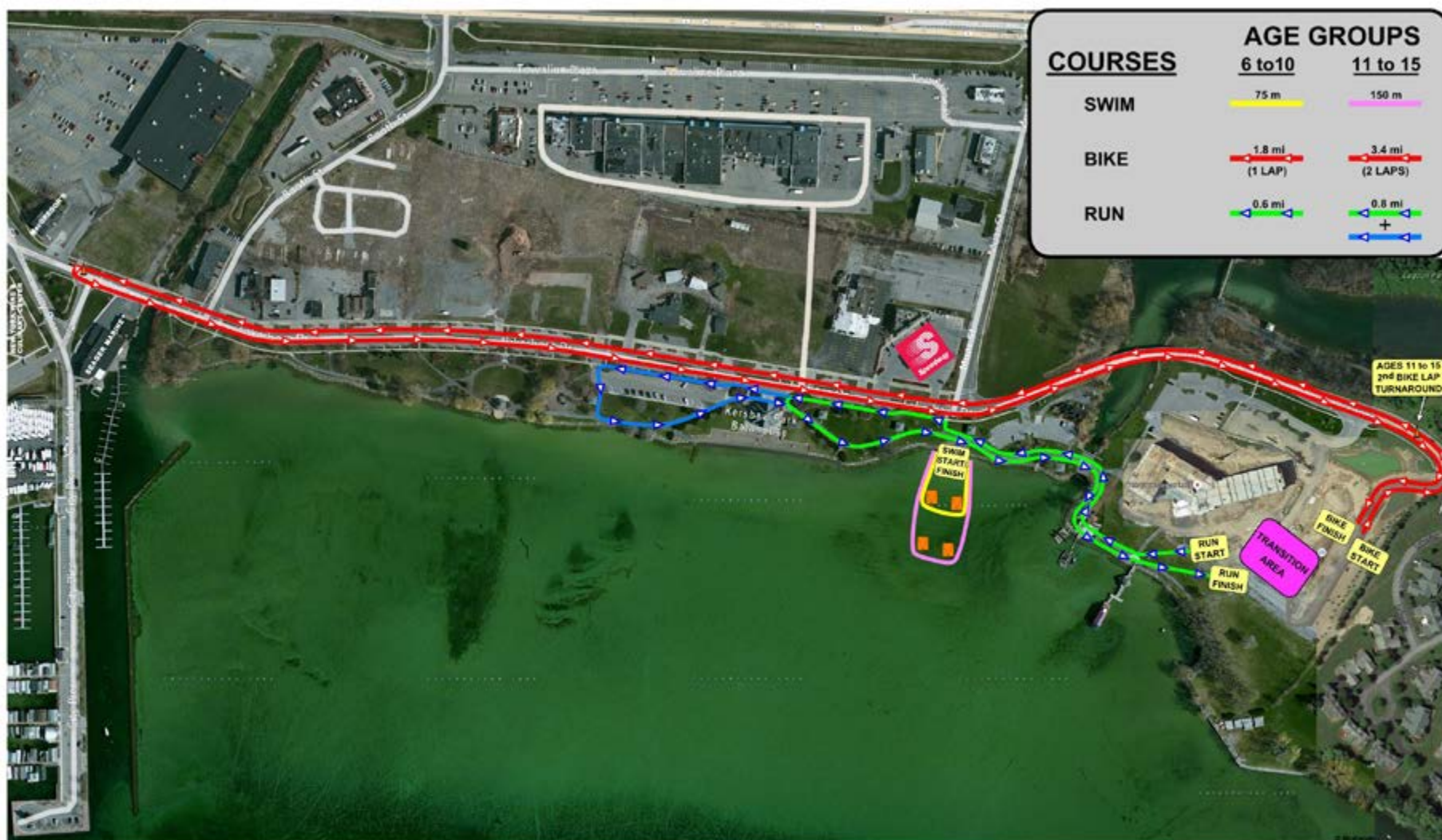
Saturday, September 9, 2023



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 10, 2023



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)

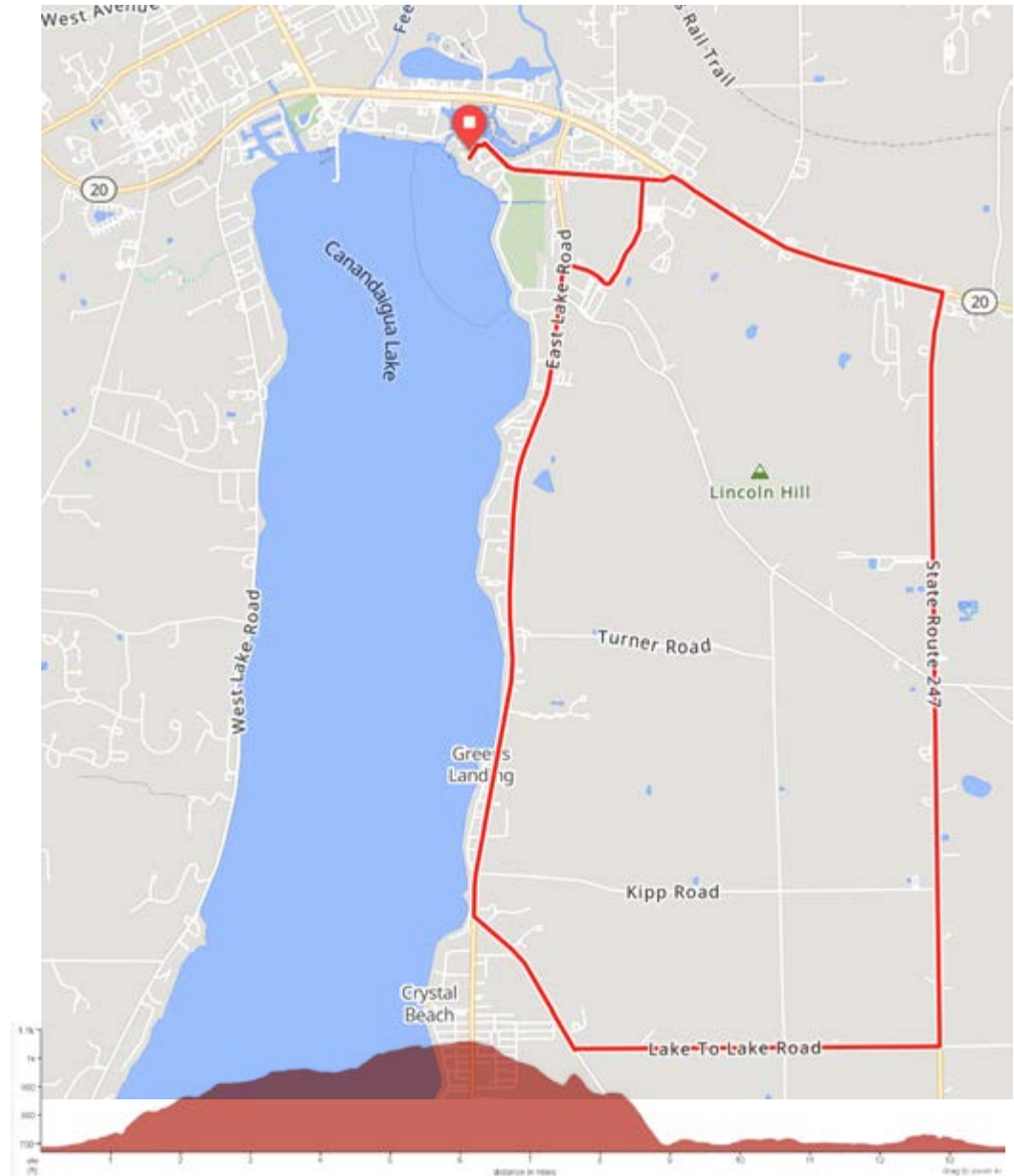




DUATHLON SPRINT BIKE COURSE

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 10, 2023



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!!

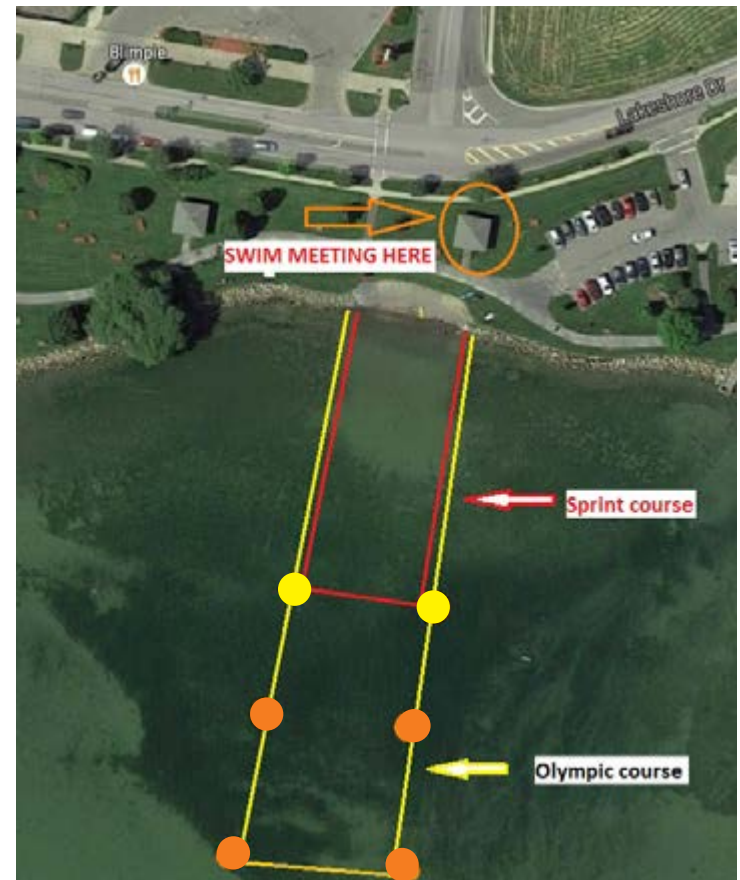
- If you wear eyeglasses there will be an eyeglass table located at the swim exit.
- There will not be any wetsuit-strippers to help you remove your wetsuit in transition so please plan accordingly.

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	Purple	8:00	Males 44 & Under
2	Purple	8:05	Males 45 & Over
3	Purple	8:10	Females All / Relay

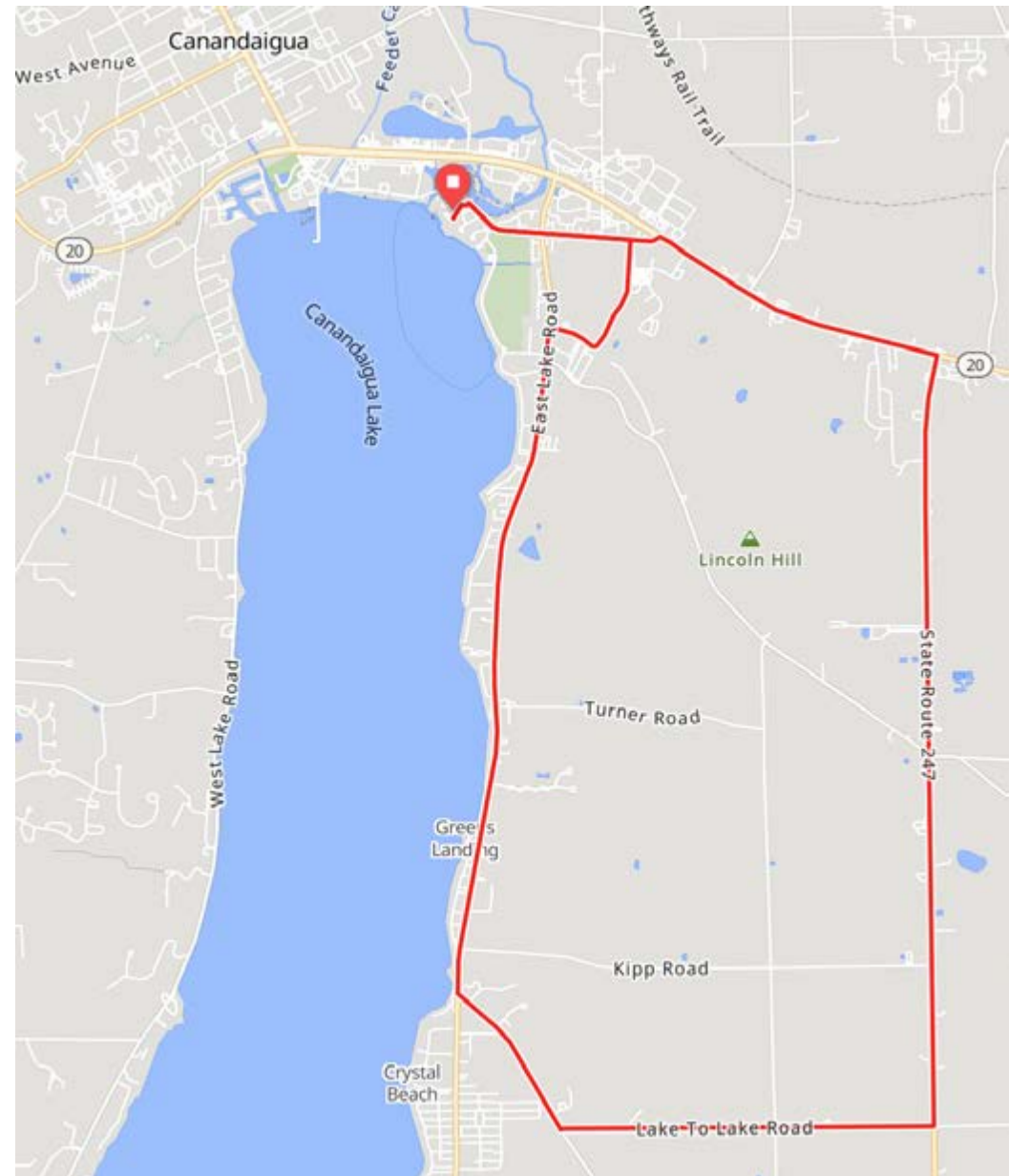
Sprint			
Wave	Color	Time	Group
4	Blue	8:30	Males 44 & Under
5	Blue	8:35	Males 45 & Over
6	Blue	8:40	Females 44 & Under
7	Blue	8:45	Females 45 & Over / Relay



TRIATHLON SPRINT BIKE COURSE

Sprint Bike Course (Distance: 14 miles)

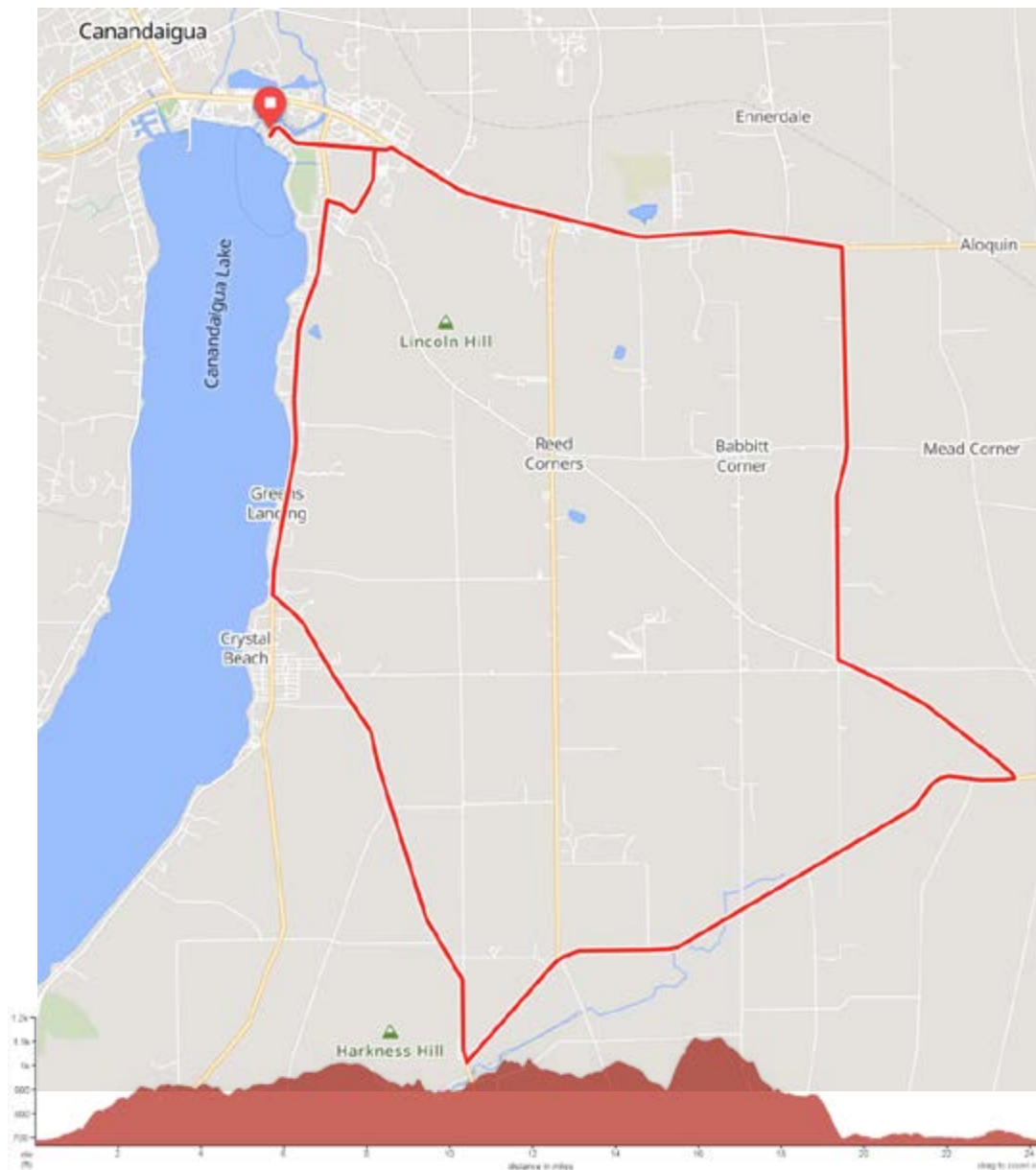
→ Turn right onto Lakeshore Drive	0.1 mi
↗ Keep right	1.1 mi
↗ Turn slight right onto Eastern Boulevard, US 20, NY 5	1.1 mi
→ Turn right onto State Route 247, NY 247	2.5 mi
→ Turn right onto Lake To Lake Road	6.2 mi
→ Turn right onto CR 1	8.0 mi
→ Turn right onto East Lake Road, NY 364	8.9 mi
→ Turn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



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 |





TRIATHLON RUN COURSE

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

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





EVENT SPONSORS

