



Summer Sizzler Triathlon Presented by

August 12, 2023



Athletes,

Welcome to another edition of Summer Sizzler, presented by Love & Sprockets!

New this year is the Healthy Buffalo Kids Triathlon!

We have partnered up with [Healthy Buffalo](#) to offer a non-competitive event that allows kids to participate and have fun



[Healthy Buffalo Kids Tri Details](#)

All Kids Will Receive:

Custom T-Shirt
Custom Swim Cap
Finishers Medal

PACKET PICKUP

Pre-Race

Date: Friday August 11, 2023, 6:00 pm – 8:00 pm

Location: [Beaver Island State Park](#)

2136 Oakfield Rd

Grand Island, NY 14072

Race Day

Date: Saturday August 12, 2023, 5:00am - 6:45am

Location: [Beaver Island State Park](#)

****Any race changes should be done at this time. Please come early to make event change requests. Event switches/changes will not be honored after 6:45 AM.****

Kid's registration/packet pickup will start back up at approx. 8:00am race morning at the announcer tent.

You do not need to be, but can be, on the race site Saturday morning before the adult race starts.

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 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.

Race Day Timeline

- 5:00am - Transition Opens
- 5:15am - Body Marking begins near transition
- 6:30am - Mandatory pre-race meeting in the transition area
- 6:45am - Packet Pick up closes at Beaver Island State Park.
- 6:45am - Transition area closes for the race to start on time
- **7:00am - Race Starts** – Time Trial Start for All Adults
- 8:00am – Healthy Buffalo Kids Tri Registration Open
- 8:00am – Transition reopens to allow kids to rack their bikes
- 8:00am – Breakfast served
- 9:00am – Healthy Buffalo Kids Tri Start*

**Kids start time is approximate to allow the majority of adults finish their event before sending off the kids.*

Please be patient with this process as we want to clear out the adult F1 swimmers before we gather the kids. This also allows the adults to finish their race before doing their second tri of the day with their mini triathlete!

Race Site and Parking

To maintain a safe racecourse for everyone, please take a moment to review the map below to understand the flow of parking. You will need to enter and exit the parking lots on the east end to avoid driving on the bike course.



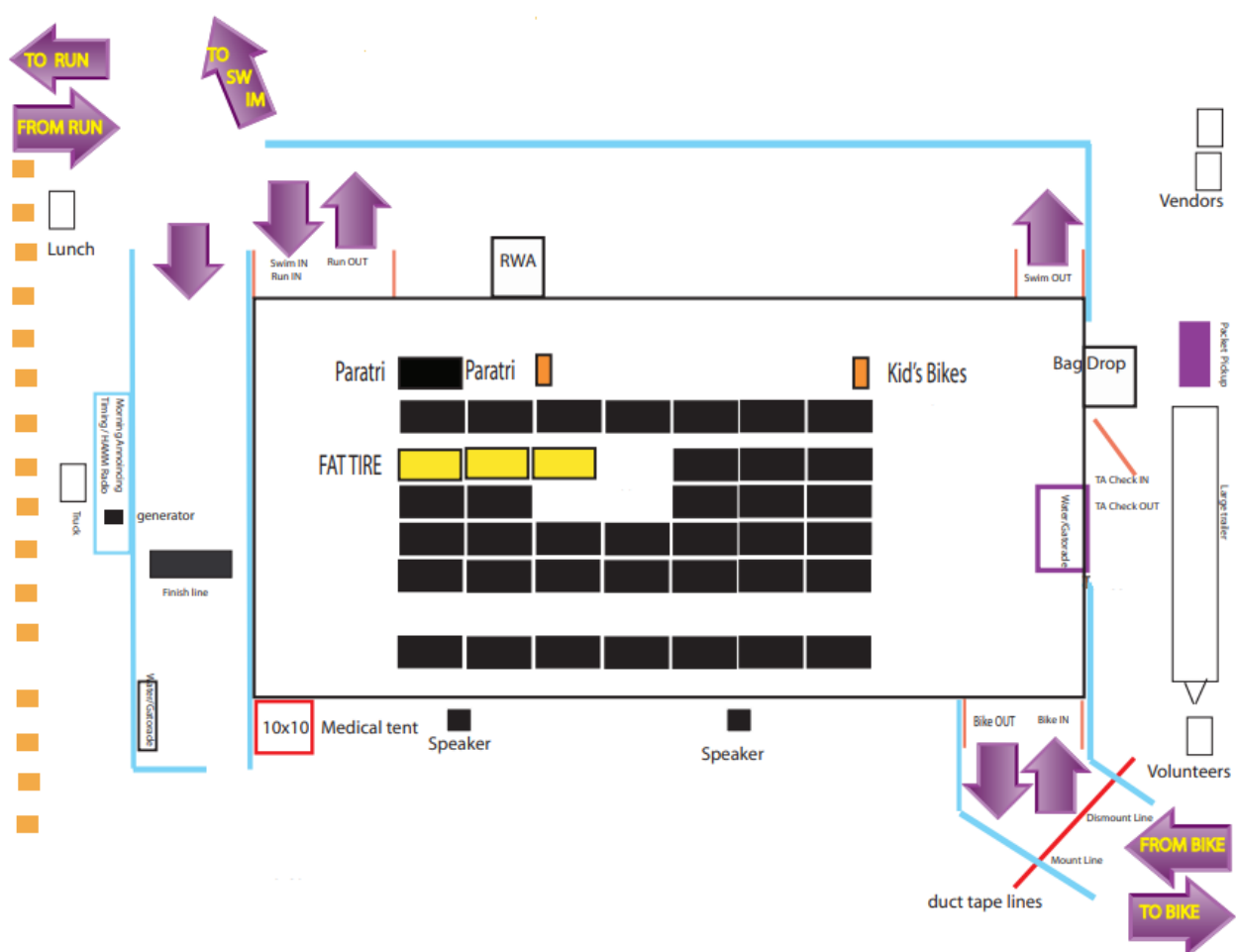
Restrooms/Showers

Restrooms are available race morning in the following areas

- Nature Center
- Marina Pavilion
- At the Beach



TRANSITION AREA



As always, this is an Athlete Only transition area. 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. Transition Entrance is located near the Registration Tent.

Relay Waiting Area – In this location relay team members will wait to transition the chip to proceed to their respective portion of the course. Everyone will be happy to see you!!!

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 make arrangements to give these things to a love one or place them into your vehicle.

What do you mean transition closes at 6:45am, I'm not ready! This means at 6:45am all athlete need to have everything they need to race for the start of the swim.

(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 - There will be a place in the transition area to pile up your bags, etc. Please do not leave valuables in your bags. You take the chance of them getting stolen.** (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.

SWIM COURSE

Formula 1: 400 Meters - Twice

Sprint: 400 Meters

The swim takes place in the Niagara River with a beach start using a time trial format.

How it works: Athletes are lined up in numeric order with all F1 athletes first followed by all Sprint athletes. Once counted in, two or three people will enter the water at a time after walking over the timing mats. Your race time starts once you cross the mats.

Weeds tend to grow in this section of the river so be prepared to see them. Some even pull on them when they swim to help move faster thru the water. Please make sure you in the area where we place the buoys which tends to be the least weedy part.

The course will be rectangular on the 1st loop and triangular on the 2nd swim. The water temperature is in the low 70s typically, so wetsuits will be allowed.

Once you exit the water the run up to transition is about a quarter mile on a paved path. The path is tree covered so if you have sensitive feet, feel free to bring footwear and leave it by the boardwalk near the swim exit. There will also be an eyeglass table located in this area.

If you leave any shoes or clothes on the beach, the crew will pick it up and they will be donated to a shelter once the race is over.

SWIM COURSE - TIME TRIAL START

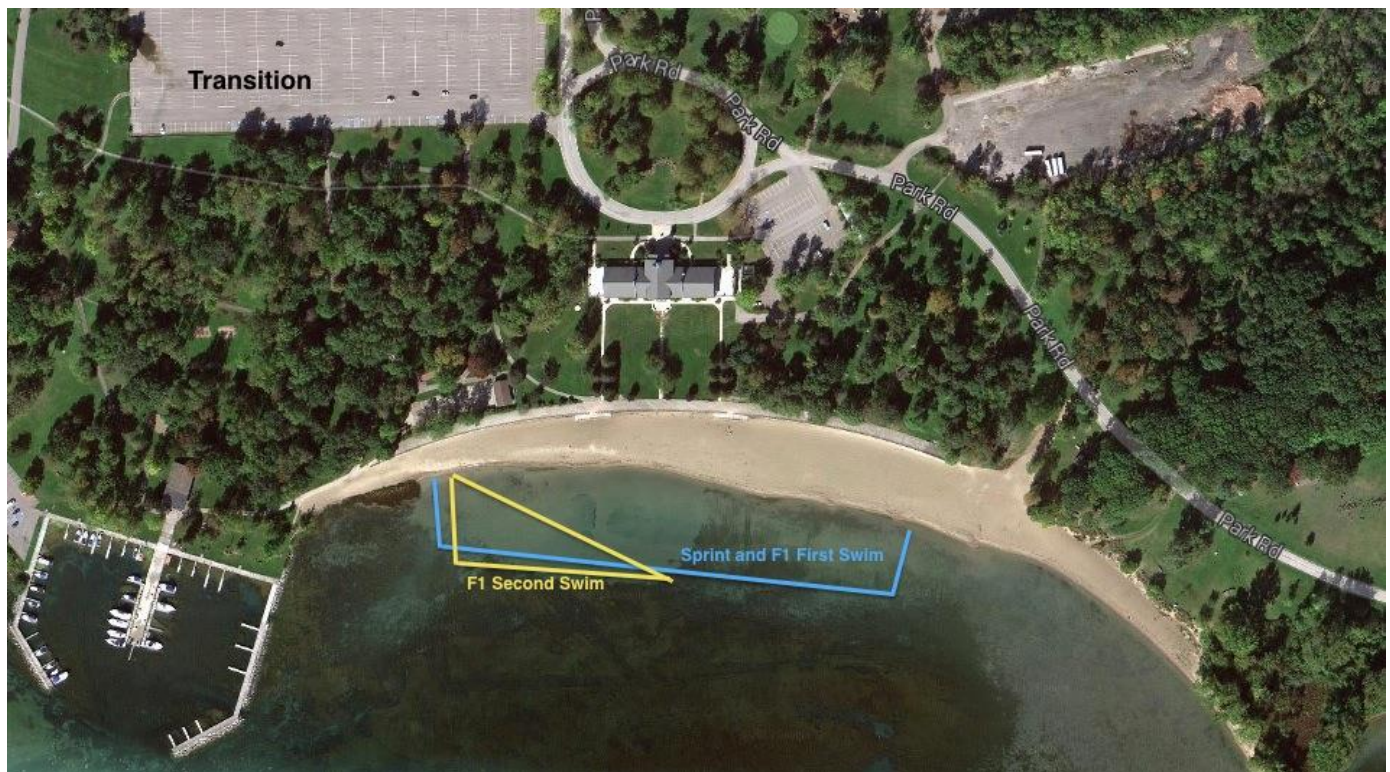
Formula 1, Sprint Triathlon and Aquabike:

- All races begin at **7:00am**. (All Men, Women, Relays)
- Time Trial Start. All athletes line up and leave approx. every 10 seconds
- Transition area will start closing at 6:40am and will be completely closed at 6:45am.
- **Pre-race announcements:** Announcements will be held in the swim staging area starting at 6:50am.

Duathlon Distance Race Day Schedule:

- **Pre-race announcements:** Announcements will be held at the Duathlon start line, which is located just south of the finish line starting at 6:50 am.
- Begins at **7:00am** by the transition area near Run Out

F1, Sprint and Aquabike Swim Course



BIKE COURSE

Formula 1 – Sprint – Aquabike – Duathlon: 10 Miles

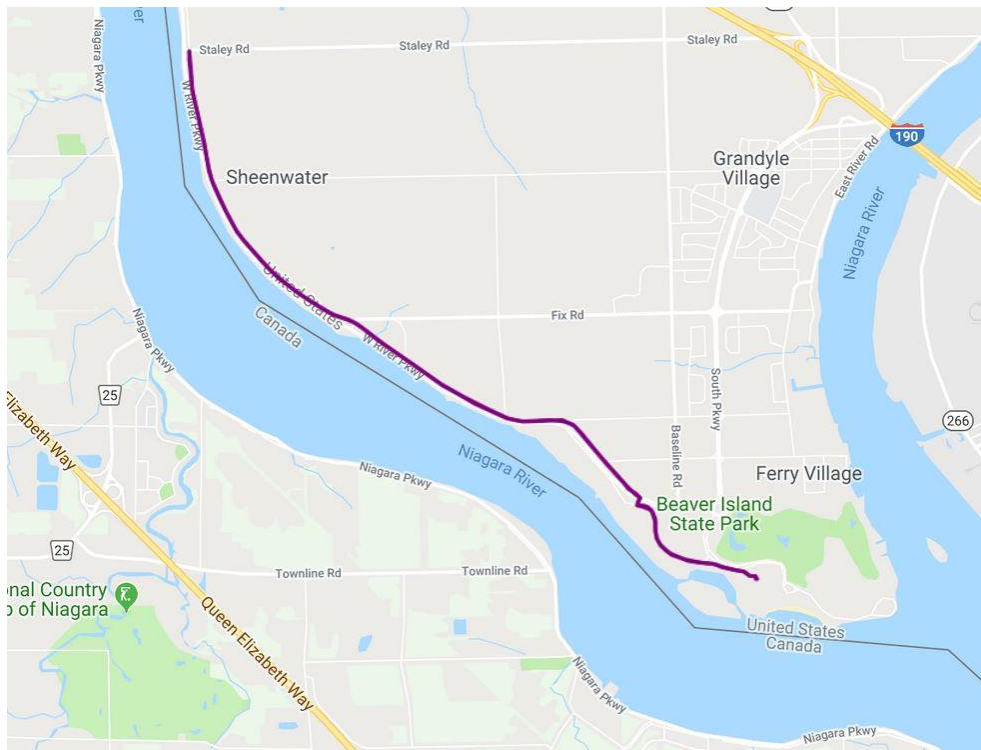
This flat, out and back course will have you exiting the park to head out onto West River Road. The turnaround will be at Staley Rd.

Formula1 athletes will get to experience this course twice!

When leaving the transition area, you will enter a double cone line that you will be riding within. Please ride to the right within your half of the cone line. When returning do the same exact thing, but within the portion of the cone line that is closest to the water. We also ask that you try to make all your passes before you enter the cone line. We are only allowed to use half of the park road and we ask that you use common sense and ride safely.

There are no aid stations on the bike course so be prepared with the correct amount of fluids.

F1 Athletes - There will be Gatorade Endurance and water in the transition area giving you a chance to refill your bike bottles for the second go-around!



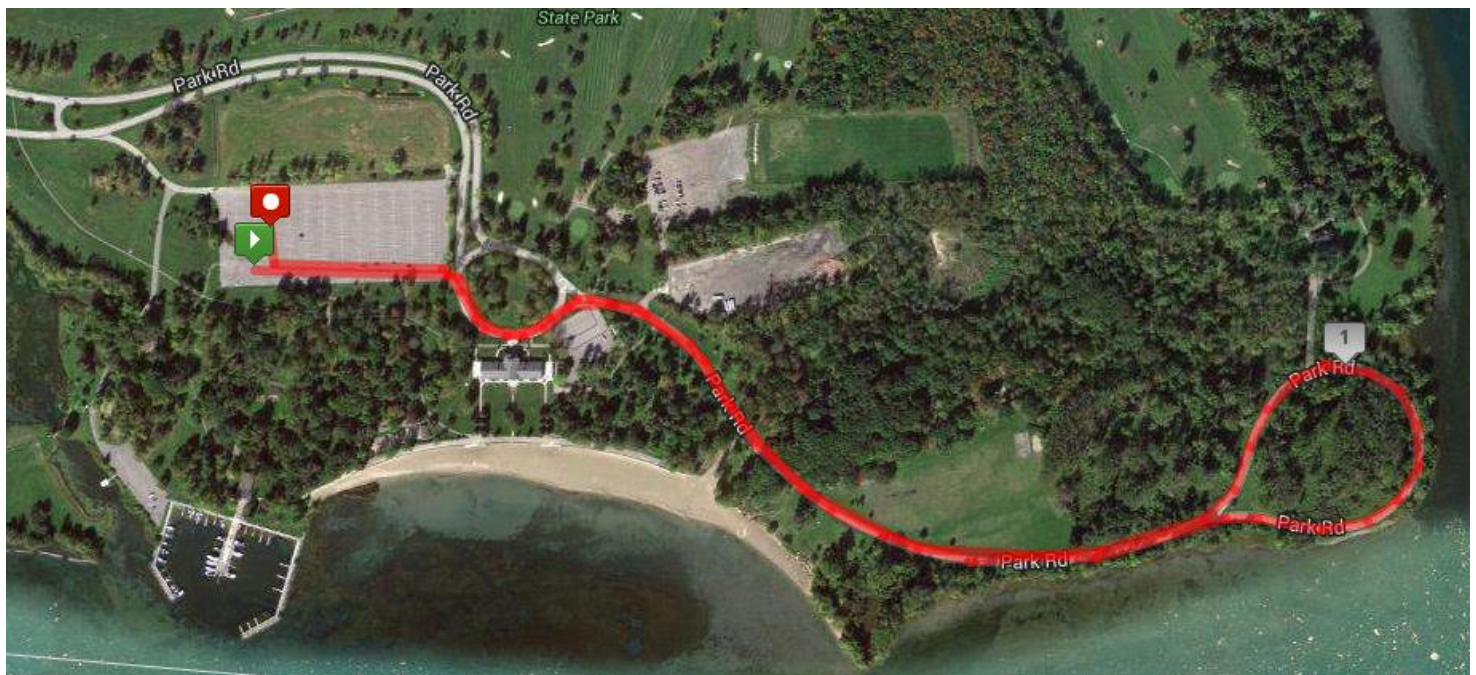
RUN COURSE

Formula 1 – Sprint – Duathlon: 1.9 Miles

Sprint, Duathlon and Formula1 Run Courses

This run is short, fast, and provides plenty of opportunity to check out the scenic views of the Niagara River. After exiting transition, you will head out and back on the Park Road before either heading back into transition to start all over again or into the Finish Line!

There will be one aid stations on the course that you will pass twice. There will be plenty of water, Gatorade Endurance, and volunteers to keep you hydrated.



Post-Race Party Details

Food:

An early race start calls for a delicious post race breakfast!
Extra meals can be purchased at the volunteer tent the morning of the event for \$10/person

Awards:

Formula 1

- 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+, Clydesdale and Athena

Sprint and Duathlon

- 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+, Clydesdale and Athena

Aquabike

- Top 3 Overall (M & F)

Sprint Tri Relay

- Top 3 Relay Teams

PRESENTING SPONSOR



Love & Sprockets

<http://www.loveandsprockets.co> or 716-926-5475

We are now located in the Village of Hamburg. Stop in and say hi at 243 Buffalo Street, Hamburg, NY.

We're your neighborhood bike shop! We carry road, mountain, hybrid, triathlon, and gravel bikes -- so no matter what kind of riding you're looking to do, we can help you find the perfect fit.

Are you new to Triathlon and the world of Multisport? Check out our beginner [Tri Bike](#) and [Road Bike](#) packages. We'd love to get you set up for the season.

Triathlon season is here! Need a new bike, wetsuit or other gear? Stop in and see us.

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Always a Party (Post Race Food)
<https://alwaysapartyabbysloft.com/>

Always A Party has been serving us lunch and breakfast at Summer Sizzler since the beginning of time. Thanks for keeping us fed!

The 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.

Variable Time Penalties

Distance Category	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

Athlete Checklist

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



RACE-DAY CHECKLIST: What to bring to every event

GENERAL	SWIM GEAR	PERSONAL REMINDERS
<input type="checkbox"/> USAT membership card	<input type="checkbox"/> Wetsuit	_____
<input type="checkbox"/> Photo ID	<input type="checkbox"/> Swim cap	_____
<input type="checkbox"/> Registration confirmation	<input type="checkbox"/> Goggles	_____
<input type="checkbox"/> Directions to venue		_____
<input type="checkbox"/> Course map	BIKE GEAR	_____
<input type="checkbox"/> Money	<input type="checkbox"/> Bike	_____
<input type="checkbox"/> Race uniform	<input type="checkbox"/> Helmet	_____
<input type="checkbox"/> Race numbers and timing chip	<input type="checkbox"/> Bike shoes	_____
<input type="checkbox"/> Sunscreen	<input type="checkbox"/> Bike gloves	_____
<input type="checkbox"/> Sunglasses	<input type="checkbox"/> Tire pump	_____
<input type="checkbox"/> Anti-chafing product	<input type="checkbox"/> Spare tube(s)	_____
<input type="checkbox"/> Extra clothes	<input type="checkbox"/> CO2 cartridges	_____
<input type="checkbox"/> Watch	<input type="checkbox"/> Tools	_____
TRANSITION GEAR	<input type="checkbox"/> Bar-end plugs	
<input type="checkbox"/> Towel(s)/Transition mat	RUN GEAR	
<input type="checkbox"/> Water bottle(s)	<input type="checkbox"/> Running shoes	
<input type="checkbox"/> Gels/energy bars and drinks/salt tablets	<input type="checkbox"/> Hat/visor	
	<input type="checkbox"/> Race number belt	
	<input type="checkbox"/> Socks	

*Never worry about forgetting important items again.
Use this checklist to ensure you arrive at your next race relaxed and prepared.*

USA TRIATHLON