



Cayuga Lake Triathlon presented by Athlete Guide



Hello Athletes!

Thanks for racing with us in 2023! Race planning has not been an easy journey but it is finally here and we can't be more excited get out there and have some fun!

Finger Lakes Running Company has been gracious enough to host packet pickup in their store on Saturday. Make sure to take advantage of early Packet Pickup to avoid long line on race day.

USAT has changes some of the rules. Make sure to visit the "Commonly Violated Rules" section to become familiar with the most commonly violated one.

Athletes and Volunteers can look forward to **Wegmans** to supply us with a delicious meal after a long day of racing and cheering.

According to the weather app we are in for a beautiful day; 79 degrees and partly cloudy. Cayuga Lake, as of August 1st, has been given a clean bill of health and has a water temp of 74 degrees. It is currently wetsuit legal but this is all subject to change so be sure to listen to all morning announcements.

Our amazing sponsor **Once Again Nut Butter** has a special offer. You'll find it at the end of the Athlete Guide.

IMPORTANT NOTE FOR RACE DAY - Police will be diverting traffic away from State Route 89 and it will very difficult to drive into Taughannock State Park once the adult race has started. Please plan to be on site, no later than 7:00am to avoid a traffic hassle!

And last but not least... Be Kind My Friends

PACKET PICKUP

Date: Saturday August 05, 2023

Time: 2:00pm - 6:00pm

Location: Finger Lakes Running Company
700 Cascadilla St., Suite 101
Ithaca, New York, 14850
607-275-3572

Date: Sunday August 6, 2023 - 6:00am - 7:45am

Location: Taughannock Falls State Park Bath House Porch

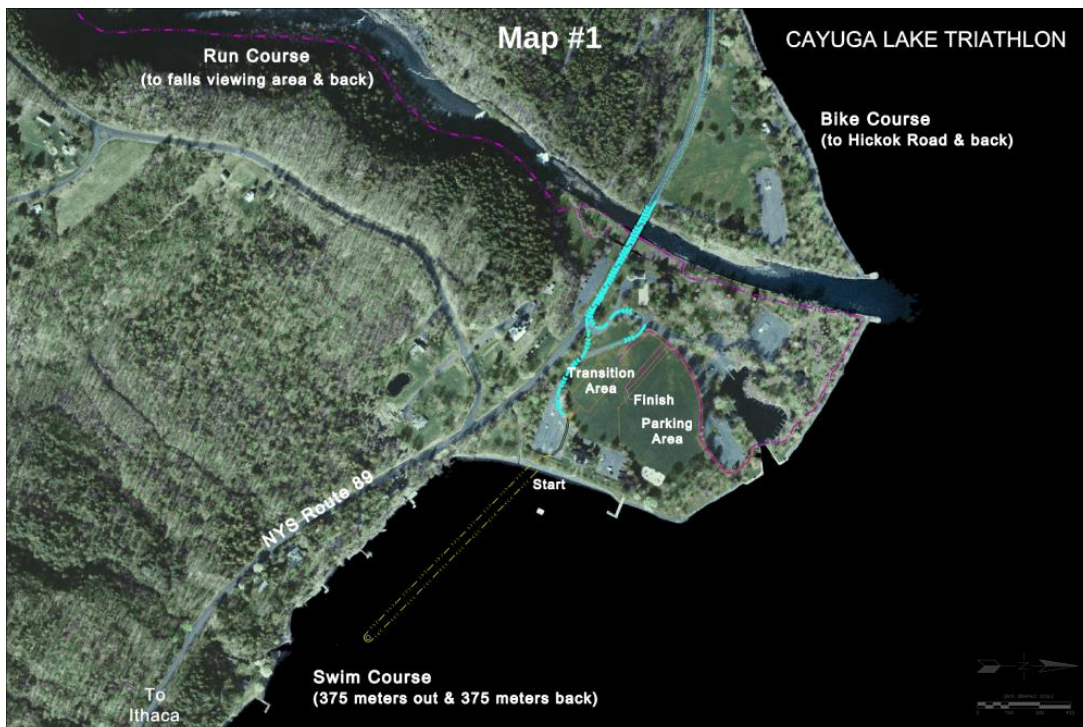
**Any race changes should be done at this time. Please come early to make event change requests.

Event switches/changes will not be honored after 7:30am.**

Additional Info:

- All athletes must pick up their race packets themselves.
- You will need to show a photo ID to pick up your packet.
- **RELAYS** - All members of the relay team must be present to pick up their packets.
- Relay Teams will receive 1 timing chip with Velcro on it. This chip is worn on the ankle and exchanged from relay member to relay member inside of the Transition Area.
- REMEMBER, NO ID! NO RACE! NO EXCEPTIONS! Minors must have a parent or legal guardian present at registration.

RACE DAY



Race Day Timeline

- 5:30am – Parking opens for athletes
- 6:00am – Packet Pickup opens
- 6:00am - Transition opens
- 6:00am - Body Marking begins
- 7:30am – Mandatory pre-race meeting in the transition area
- 7:45am - Packet Pick up closes for Adults and Youth
- 7:45am – Chip Pickup closes
- 7:45am - Transition area closes (will open back up for Youth)
- 7:45am - Body marking ends
- 8:00am – Intermediate Race starts - see schedule below
- 9:00am – Sprint Race starts
- 9:45am - Youth Race – Mandatory Pre-Race Meeting at the Swim Start
- 10:30am – Youth Race Starts
- 12:00pm - Awards Available (Approx. time)
- 1:00pm – ALL COURSES CLOSED

YOUTH RACE DETAILS

Registration details such as chip pickup and race packets are the same as the adult races.

THERE WILL BE NO CHIP PICKUP AFTER 8AM ON RACE DAY.

We understand that the Youth race does not start until mid-morning.

Police will be diverting traffic away from State Route 89 and it will very difficult to drive into Taughannock State Park once the adult race has started.

COURSE CUTOFF TIMES

Athletes are expected to be able to complete the intermediate and sprint distance races before the **1pm cutoff**.

Under no circumstances will a competitor in either race be allowed to start a run loop after 12:30pm with a timing chip. If participants desire to continue on the course after their timing chip has been pulled, they do so at their own risk with the understanding that there will be no race support on the course, and that **transition area security will end** at this time. Equipment left in transition after this time is done so at the risk of each competitor.

Intermediate Athletes**

In order to meet the cutoff times expect to finish the individual legs in the approx. times

- 1 hour for the swim, 2 hours for the bike, 1.5 hours for the run.

We realize athletes may have a particularly weak (or strong) discipline so the exact cut-offs will remain at the discretion of the race directors.

We reserve the right to pull you from any leg if we anticipate your continuation in the event may result in harm to yourself or your fellow competitors.

We could not put this race on without the support of our amazing sponsors and volunteers.

Be sure to thank a volunteer!

TRANSITION AREA



This is an Athlete Only transition area.

We like a bag and clutter free transition area. 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 loved one or place them into your vehicle.

At 7:45am all athletes need to have everything 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. Your transition should be staged and ready to go.

***Note - There will be a place in the transition area to pile up your bags, etc.

Score This Timing and Cayuga Lake Triathlon are not responsible for lost or stolen items. Please do not leave valuables in your bags.

RELAYS

Relay Team members will wait by their place in transition for their team mates.

Please be courteous to other racers while waiting for your team mate to complete their leg of the race.

SWIM COURSE

Sprint – 750 Meters

Intermediate and Aquabike– 1500 Meters

The swim course is a clockwise swim and all buoys should stay on your right. The course is a rectangular loop. Upon completing the swim all athletes will exit the water on the sand. There is a short run followed by a paved ramp before you get into transition. Wetsuits are allowed as the water temperatures are typically in the upper 60's. You are permitted to place shoes at the swim exit prior to the start of your swim.

Wave Starts

Intermediate Triathlon and Aquabike Race Day Schedule:

- **7:45am:** Transition Closed – Make your way to the beach
- **7:45am:** Swim Warm-Up
- **7:50am:** Race Announcements
- **8:00am:** Wave 1 Males 30-49
- **8:05am:** Wave 2 Males 29 and under, All Relays, All Aquabike
- **8:10am:** Wave 3 Males 50 and over
- **8:15am:** Wave 4 Females All

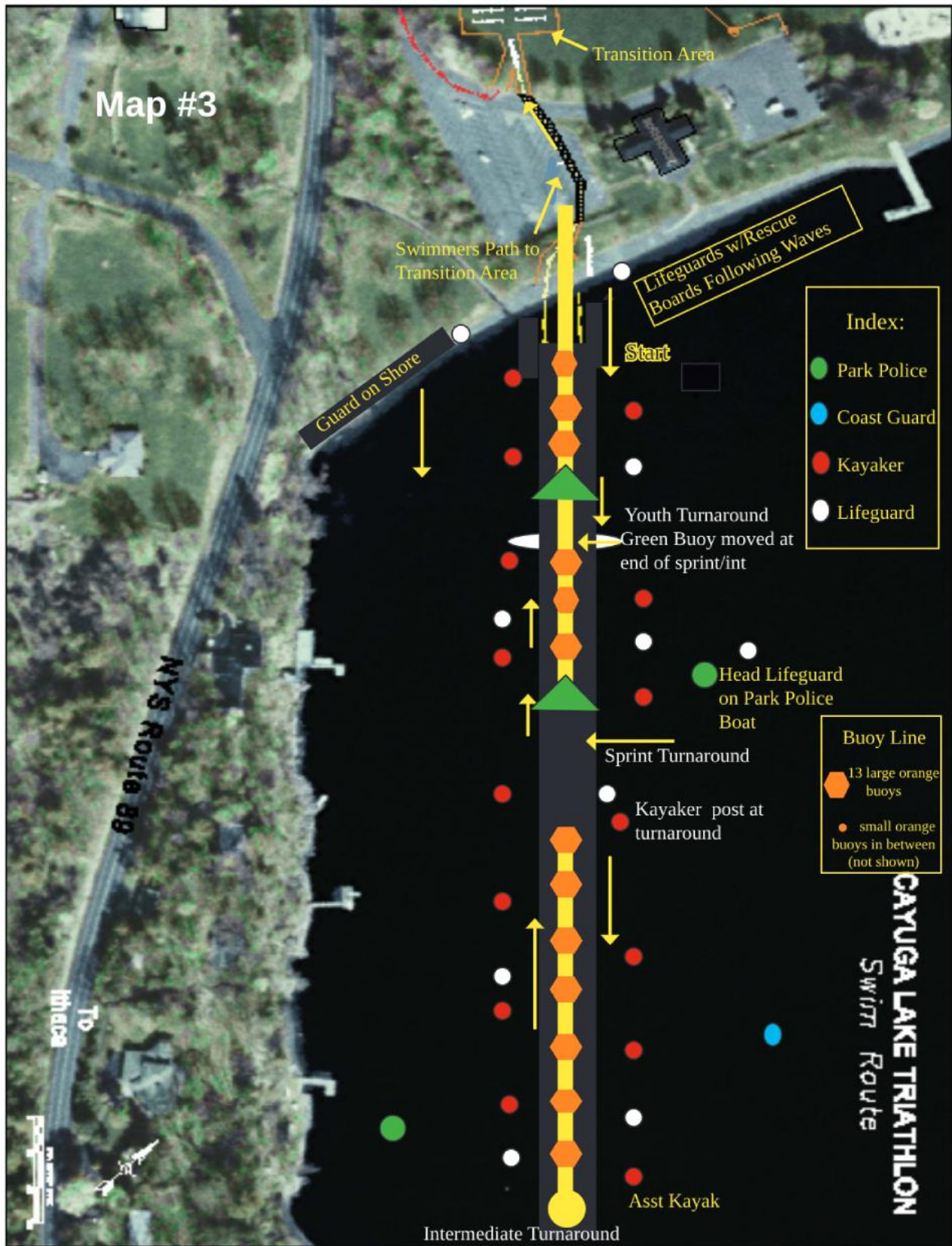
Sprint Race Day Schedule:

- **7:45am:** Transition Closed
- **8:45am:** Swim Warm-Up
- **9:00am:** Wave 5 Male 30-49
- **9:05am:** Wave 6 Male 29 and under, All Relays
- **9:10am:** Wave 7 Male 50 and over
- **9:15am:** Wave 8 Female 44 and under
- **9:20am:** Wave 9 Female 45 and over

Youth Distance Race Day Schedule:

- **9:00am:** Transition opens back up for Youth
- **10:15am** Transition closes for Youth
- **10:15am:** Swim Warm-Up
- **10:30am:** Wave 10 Youth All

Red	Wave 1	8:00am	Intermediate	Males 30 - 49
Powder Blue	Wave 2	8:05am	Intermediate	Males 29 and under All Aquabike All Relays
Purple	Wave 3	8:10am	Intermediate	Males 50 and over
Neon Green	Wave 4	8:15am	Intermediate	Females All
Neon Orange	Wave 5	9:00am	Sprint	Males 30 - 49
Neon Pink	Wave 6	9:05am	Sprint	Males 29 and under All Relays
Neon Yellow	Wave 7	9:10am	Sprint	Males 50 and over
Silver	Wave 8	9:15am	Sprint	Females 44 and under
Red	Wave 9	9:20am	Sprint	Females 45 and over
Purple	Wave 10	10:30am	Youth Tri	All Youth



BIKE COURSE

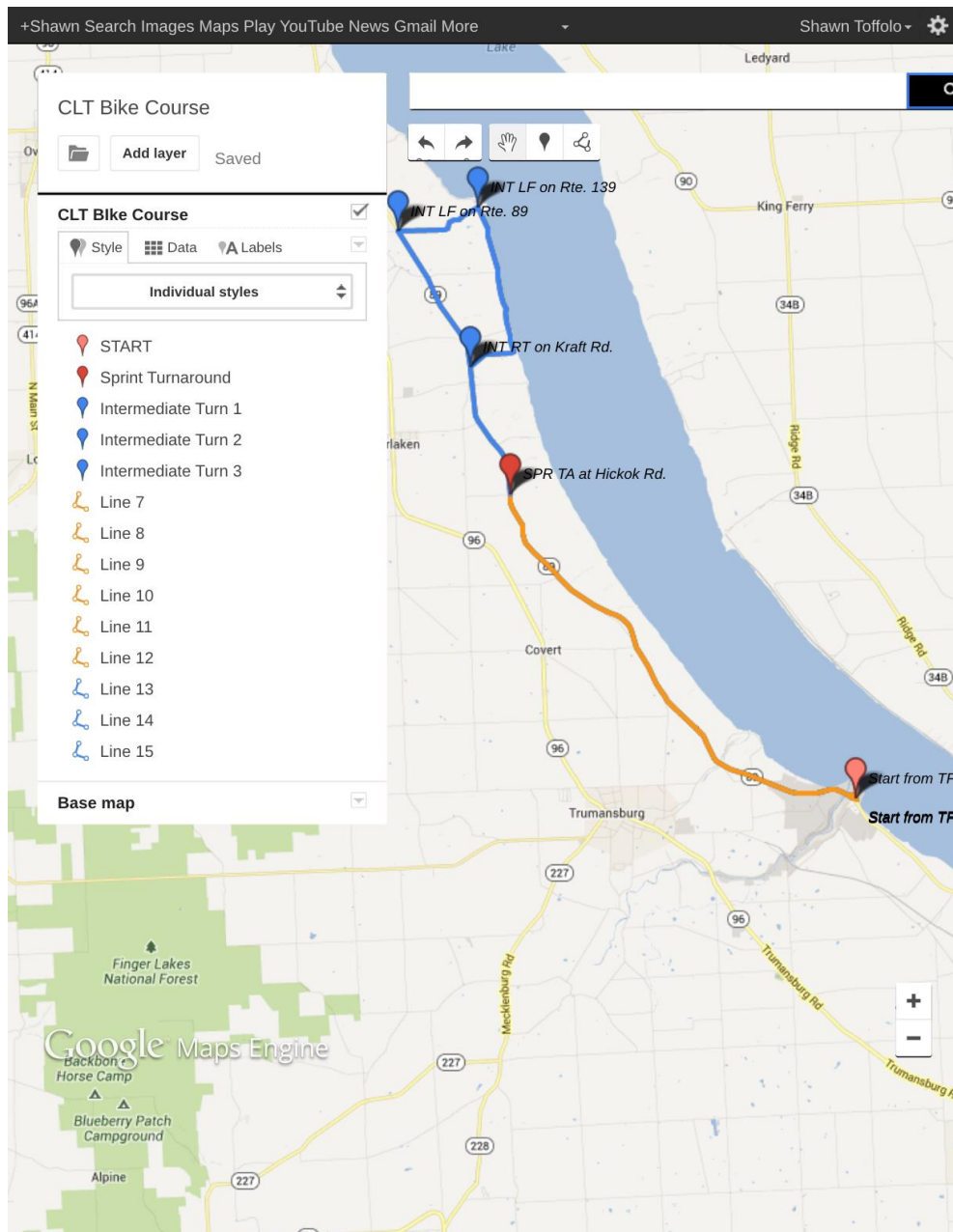
Sprint– 14 Miles

Intermediate & Aquabike – 24.3 Miles

[Intermediate Interactive Map](#)

[Sprint Interactive Map](#)

There are no aid stations on the bike course so be prepared for a warm day and carry plenty of fluids



RUN COURSE

Sprint, Duathlon* – 3.1 miles

One Loop

Intermediate – 6.2 miles

Two Loops

[Interactive Intermediate & Sprint Run Map](#)

Enjoy this scenic run up the Gorges Trail to the Falls and back.

There will be three aid stations on the course.
They are stocked with water and endurance drink.



POST RACE & AWARDS

Food:

Supplied by Wegmans

Awards

Sprint and Intermediate

- Overall Male and Female
- 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 and over

Aquabike

- Top 3 Overall Male & Female

Relays

- Top Team Male, Female, Co-Ed

Youth Tri

- Overall Male & Female
- Top in Age Group (M & F) 11-12, 13-14, 15-17

Presenting Sponsor



Cayuga Health will remain the region's leading healthcare system, and most trusted driver of integrated health services, together with valued partners. We empower our people and employ our capabilities to equitably improve the well-being of the communities we serve.

SPONSORS



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.



Once Again Nut Butter (Exclusive Sponsor)

onceagainnutbutter.com or 888.800.8075

Organic products are produced without synthetic pesticides and fertilizers. It is our belief that our organic peanut butter, organic almond butter, organic cashew butter and organic sunflower seed butters are a healthier, tastier alternative to the conventional.

Research has shown that organic peanuts, organic almonds, organic sunflower seeds and organic sesame seeds, on average, contain higher levels of trace minerals, vitamin C, and antioxidants.

Organic farming is also better for our soil, and better overall for our environment.

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Limit 1 use per customer. Cannot be combined with any other discounts or promotions.
Expires 12/31/2023.





Thank you Purity for the Ice Cream Donation!

Purity has been the "Ice Cream of the Finger Lakes" since 1936. Founded by Cornell grad Leo Guentert, Purity has remained a locally owned business since. Even to this day, approaching a century later we're still dedicated to creating happy memories and sticky smiles through superior ingredients and craftsmanship.

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 distracting manner during the competition. A “distracting 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

- USAT membership card
- Photo ID
- Registration confirmation
- Directions to venue
- Course map
- Money
- Race uniform
- Race numbers and timing chip
- Sunscreen
- Sunglasses
- Anti-chafing product
- Extra clothes
- Watch

TRANSITION GEAR

- Towel(s)/Transition mat
- Water bottle(s)
- Gels/energy bars and drinks/salt tablets

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

SWIM GEAR

- Wetsuit
- Swim cap
- Goggles

BIKE GEAR

- Bike
- Helmet
- Bike shoes
- Bike gloves
- Tire pump
- Spare tube(s)
- CO2 cartridges
- Tools
- Bar-end plugs

RUN GEAR

- Running shoes
- Hat/visor
- Race number belt
- Socks

PERSONAL REMINDERS

USA TRIATHLON