

2018 Cayuga Lake Triathlon - Athlete Race Day Instructions

Presented by Cayuga Medical Center

Race Day Schedule at Taughannock Falls State Park on Sunday, 8/5/18

5:30am: Athlete parking opens

6:00am: Transition area opens

6-7am: Athlete registration at Taughannock; open until 9:30am for Youth Race

7:30am: Mandatory Pre-Race Meeting for Intermediate and Sprint Races; 9:45am for Youth Race

Race Start Times: Intermediate - 8:00am; Sprint - 9:00am; Youth - 10:30am

Welcome to the 16th annual Cayuga Lake Triathlon, a USA Triathlon (USAT) sanctioned race, organized by the Ithaca Triathlon Club with assistance from the staff at Taughannock Falls State Park.

Each participant is solely responsible for knowing and following the prescribed race course. Enlargements of the maps for the swim, bike and run sections of the race will be posted by the registration area and in the volunteer/information tent.

Mandatory Pre-Race Meetings on Sunday, 8/5/18

7:30AM: Intermediate and Sprint Distance Races (By Score This!!! timing trailer near Transition Area)

9:45AM: Youth Distance Race (At Bathhouse on the lake side)

General

- We reserve the right to disqualify participants for USAT rule infractions and/or sportsmanship violations.
- Please read the "Most Commonly Violated Rules & Penalties" USAT available on our website.
- Please familiarize yourself with the course. Turns will be marked with traffic cones, signs and/or volunteers.
- Head phones/IPods/Radios cannot be worn/used at any time during the race.
- Please don't litter on the race course.
- **If you are unable to finish the race, PLEASE tell the Score This!!! staff at the timing trailer and return your chip to them.** This is critical for our computer results as we must account for everyone who starts the race.

Race Day Parking - As space permits

5:30am-Until Full: South entrance (come early so you can park close to the transition area)

Until the Beginning of Bike Leg: North entrance (which means you will have to walk your bike and gear to the south point)

After Bike Leg Starts -11am - South entrance

Athletes and spectators get into the Park for free race morning, but if you leave and want to come back later you'll have to pay a fee.

****Note: You will not be able to leave the park until 11am!**

Getting Settled at Taughannock on Race Day

- Transition area opens at 6am. You'll need to show your yellow wrist band to get into the transition area.
- Body Marking - you need to get body marked before the start of the race.
- Be sure your bike number is on your bike before you leave the transition area with your bike.
- Go to the Score This!!! trailer/table to pick up your timing chip (you'll need your running bib #). The Relay team's runner picks up the chip for their team, and then gives it to the swimmer.

ChampionChip Timing

- Remember to cross the timing mats! There will be five splits recorded (swim, T1, bike, T2, run).
- Timing chips must be worn on your ankle (do not put them in your pocket). If you lose your timing chip notify the Score This!!! staff or race crew immediately.
- There will be volunteers at the finish line to collect your timing chip.

Results

- If you do not see your name on the results, contact the Score This!!! staff (look for their trailer).

- Please contact the Head USAT Official **on race day** if you have any concerns about your results and/or penalties.

Medical Team

The medical services are provided by Cayuga Medical Center. Please feel free to ask for assistance from any medical provider wearing a red volunteer shirt, regardless of the problem. If you would like to make any special needs known to the medical staff prior to the race please contact Dr. Radloff at mradloff@cayugamed.org or speak with a medical volunteer on race day.

Relay Teams

Relay teammates are to meet the next person on his/her team **where the cyclist's bike is located in the transition area** to transfer the ankle chip (do not exchange the chip at the transition area entrance/exit areas). Please leave the transition area after your race leg is done.

Swim

- See posted signs for wave assignments. Your swim cap is color coded for your wave. There will be 10 minutes between each wave for each distance race. There will be one wave for the Youth distance race.
- Swimmers must wear the swim cap provided by the race.
- The swim start will be in the water (you can go up to your waist).
- There will be life guards and kayakers on water craft along the swim course. The NYS Park Police and Coast Guard Auxiliary will have motor boats in the water to pick up swimmers if necessary.
- Swimmers may use any stroke to propel themselves through the water, and they may tread water and float.
- If you want to be pulled out of the swim, raise an arm overhead and pump it up and down or call or seek assistance. You can hang on to a buoy or boat if you need to rest as long as you do not proceed in a forward motion.

Transition Area

- Each bike has a designated spot in the transition area which corresponds to the athlete's assigned bib number.
- **ATHLETES ONLY** will be allowed in the transition area until 12:30pm. Sprint distance race athletes must have their equipment set up in the transition area by 8am. Access to the transition area is through a designated side entrance/exit at all times except while racing. Only cross the timing mats once you have started your race (i.e., sprint athletes don't cross swim/transition area once intermediate race has started).
- Athletes may not be assisted during their transitions.
- Cyclists must reduce their speed to an acceptable and safe level when returning to the Park and approaching the transition area. Failure to do so shall result in a variable time penalty.
- Entering cyclists must fully dismount their bicycle at the dismount line and walk/run with it over the entrance timing mat.
- Exiting cyclists must walk/run their bicycle over the exit timing mat and continue to walk/run their bike to the mount line on the service road.
- Equipment retrieval may begin after the last runner begins their run. The number on the athlete must match the number on bike. Transition area security is not provided after 12:30pm.

Bike

- CPSC approved helmets are required. Your helmet must be fastened securely before you mount your bicycle and the chin strap must be buckled tightly at all times when on your bicycle. The chin strap must not be buckled before you put your helmet on.
- No drafting is allowed - USA Triathlon Officials will be patrolling the course on motorcycles to make sure this rule is being followed. Keep at least 3 bike lengths of clear space between you and the cyclist in front. If you move into the zone of another bicycle, you must pass within 15 seconds.
- Blocking is not allowed (i.e., riding on the left side without passing anyone and interfering with other cyclists attempting to pass).

- All participants must obey traffic laws while cycling the course. Passing other cyclists can only be done on the left side.
- No assistance may be accepted on the race course other than that offered by the race crew/volunteers and medical officials.
- Cutting the course is an obvious violation. Cyclists shall not cross the double center traffic line for any reason except where they return to the Park.
- There are mile marker signs every 3 miles (e.g., 3, 6, 9, 12, etc.) along the bike route.

Important Bike Course Details

- Cyclists make a sharp left out of the transition area on the grass and mount their bikes on the service road. The bike return from NY89 into Park is across the grass back to the service road. Please review these two areas!
- When you leave the Park, cyclists will make a right turn heading north on NY89. There will be Park Police Officers managing traffic at this intersection. There will also be volunteers stationed at the major intersections along the bike course.
- All cyclists must take extreme caution at the Youth (~4 miles north) and Sprint (7 miles north) turn arounds and follow the directions of Police and volunteers. Southbound cyclists must merge carefully with the turning Youth or Sprint course cyclists.
- Cars will be detoured on NY89 and Cayuga View Road. Cyclists must stay to the right of the cones at this detour; cars to the left.
- There will be no aid station on the bike course so please be sure you have enough water/sports drink on your bike.
- **Please use CAUTION as you return to the Park on the final descent on NY89-South (it's steep, fast and smooth).**
- **Intermediate Cyclists:** Around mile 9 on NY89 you will make a right onto Co. Road 141. **This road has a steep decline –you must use CAUTION! There is a sharp left turn at the bottom of this hill (hill speed is posted at 20 mph).** There will be volunteers in this area reminding you to slow down. The next 2 miles you will be cycling in Sheldrake, a residential area along the lake, so please be aware of local traffic. **PLEASE BE CAUTIOUS OF A GRAVEL SECTION ON SHELDRAKE!!!!** At the four corners in Sheldrake you will make a left onto Co. Road 139 which you take to the top. You will go left onto NY89 and return to the Park. There will be police coverage and volunteers at the turn on NY89.

Run

- Your run bib number must be worn in front.
- The run is a 5K loop within the Park (on grass or packed gravel) for the Sprint and Intermediate distance races. The Sprint course is 1 loop; the Intermediate course is 2 loops. The Youth race follows the same course but is only a 1.5 mile loop.
- When you exit the transition area, you will veer slightly to the right and head out onto the grass and follow the course markers.
- Runners cross two bridges on the run. The bridges are “no passing” zones. Use caution as you go up and down the stairs on the Marina bridge.
- There will be volunteers stationed at each turn on the run to help direct you.
- There will be three aid stations on the run that will have water and Gatorade.
- Runners stay to the left on the course, including the Gorge Trail to the Falls turn-around (clockwise turn) and back. The Gorge Trail will only be open to runners, race crew and volunteers while the race is in progress.
- There will be a timing mat at the Gorge Trail turn around.

Cut-offs

Intermediate:

Athletes must be able to complete this distance before the **1pm cutoff** completing the individual legs in approximately these times: Swim (1 hour); Bike (2 hours); Run (1.5 hours). We reserve the right to pull you

from a leg if we anticipate you will not be able to complete the entire race by the 1pm cutoff time. **Under no circumstances will an intermediate competitor be allowed to start a run loop after 12:30pm** with a timing chip.

Sprint:

Athletes must be able to complete this distance before the **1pm cutoff**. **Under no circumstances will a sprint competitor be allowed to start a run loop after 12:30pm** with a timing chip.

Our volunteers go out of their way to help us ensure a safe and fun race for you. Please thank them every chance you get!