



A Tri in the Buff presented by Athlete Guide



Hello Athletes!

Love & Sprockets has been gracious enough to offer a FREE TRANSITION CLINIC as well as host Pre-Race Packet Pickup on Friday night. Come on down to the Southtowns location and avoid long lines on race day.

This is a USAT sanctioned event. 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 **R&R BBQ**, out of Eden, NY, supplying us with a delicious meal after a long day of racing and cheering. See Race Timeline below for when lunch service begins.

According to the weather app we are in for a beautiful day; 80 degrees and partly cloudy Lake Erie waters, as of June 27th, have been given a clean bill of health and have a water temp of 70 degrees. Wetsuits sound like a great idea if you have one but seeing as this is WNY, this is all subject to change so be sure to listen to all morning announcements in case of changes.

Our amazing sponsor **Once Again Nut Butter** will be providing squeeze packets of Nut Butter to ALL participants.

Please be sure to read through the rest of this guide for the particulars. Here are the highlights:

- Cut off time. Finish Line closes at 12:00pm. If 4 hours is not enough time to complete the Intermediate race, consider switching to the Sprint or Aquabike Races
- The swim will be a Time Trial start
- Body marking will be a thing. Get Marked!
- The Try a Tri run course is shortened still so make sure to check out the maps below.
- BBQ lunch will be provided post-race
- NO race day registration
- NO HEADPHONES. The race staff does not want to see you with headphones or earbuds. They don't want to hear "I know" while you continue to violate the rule. They don't want you to give them a dirty look and shrug them off. It is for your own safety.



See you at the races!

PACKET PICKUP & TRANSITION CLINIC

Location: [Love & Sprockets](#)

South Towns Location

243 Buffalo St.

Hamburg, NY 14075

TRANSITION CLINIC - : Friday July 5 - 3:00pm This clinic is free for all participants. Topics will include everything from setting up transition, getting to the finish line and everything in-between. Be ready to have all your course questions answered here. Presented by Love & Sprockets prior to early packet pickup.

Pre-Race Packet Pickup : Friday July 5, 2024 - 4:00pm - 6:00pm

Race Day Packet Pickup:

Saturday July 6, 2024 - 6:00am - 7:30am

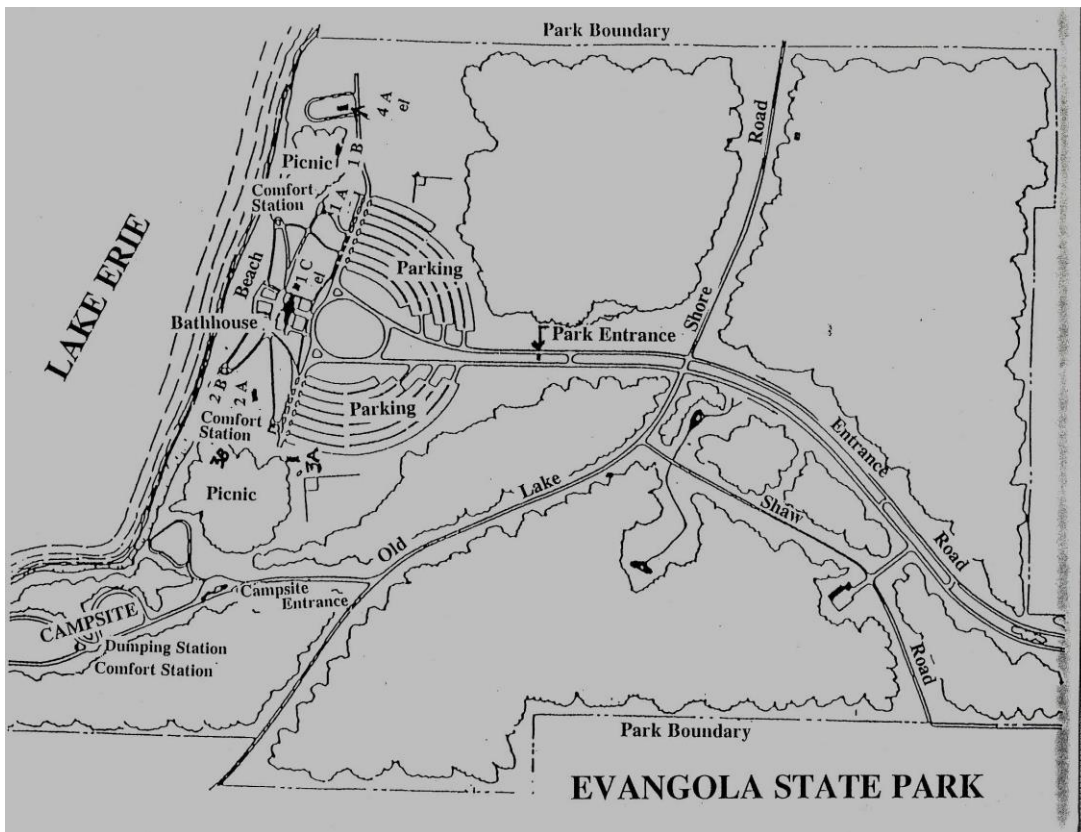
Location: Evangola State Park – BANQUET ROOM

****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.
- All members of the relay team must be present to pick up their packets.
- REMEMBER, NO ID! NO RACE! NO EXCEPTIONS! Minors must have a parent or legal guardian present at registration.

Race Day



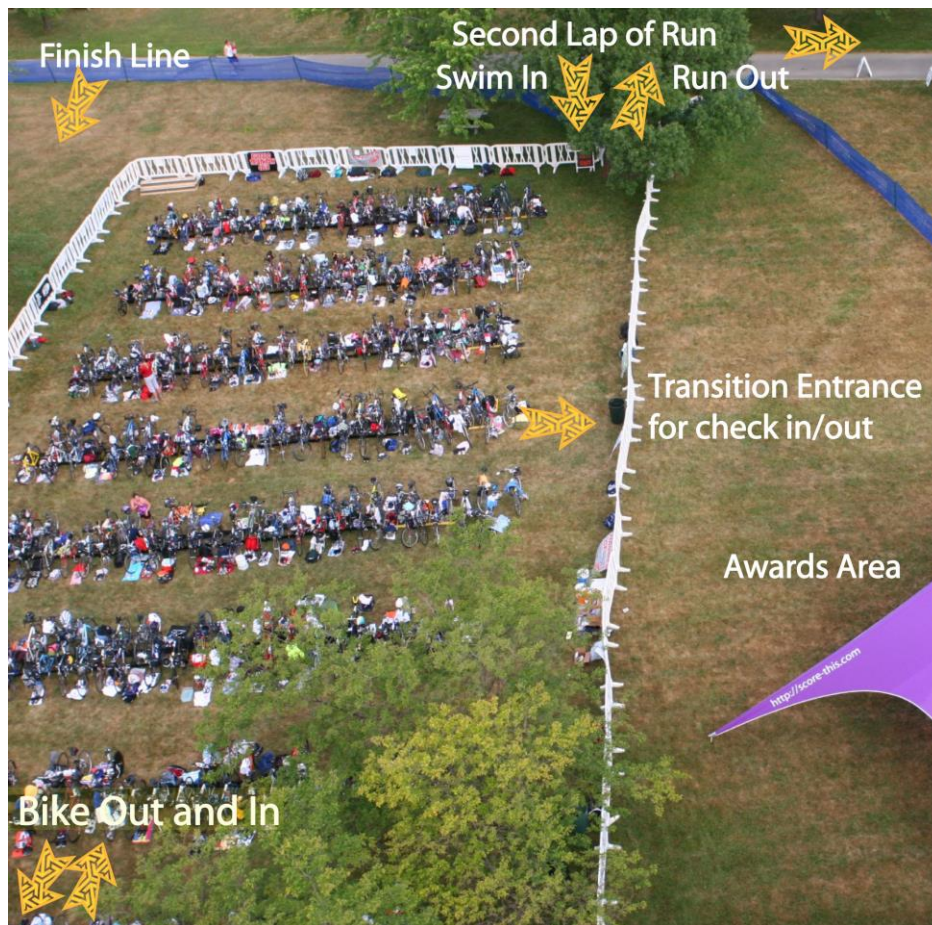
Race Day Timeline

- 6:00am – Packet Pickup Opens at Evangola State Park Banquet Room
- 6:00am - Transition Opens
- 6:00am - Body Marking party!**
- 7:30am – Mandatory pre-race meeting in the transition area
- 7:45am - Packet Pick up closes at Evangola State Park Banquet Room.
- 7:45am - Transition area closes
- 7:45am - Body marking ends
- 8:00am - Race starts - see schedule below
- 12:00pm - Awards Available (Approx. time)

** Volunteers will be available near the entrance to transition for body marking.

Race letter and race age on Calf (A for aquabike, I for intermediate, S for sprint, T for try a tri)
Bib number on both upper arms

TRANSITION AREA



This is an Athlete Only transition area.

Score This!!! requires 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!!! is not responsible for lost or stolen items. Please do not leave valuables in your bags.

SWIM COURSE

Try-A-Try – 200 Meters

The Inner Loop

Sprint – 750 Meters

One Loop

Intermediate and Aquabike– 1500 Meters

Two Loops

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 beach 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.

TIME TRIAL START (except Du)

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:** Line up. Leave 2 at a time, every 3-5 seconds

Sprint Race Day Schedule:

- **7:45am:** Transition Closed – Make your way to the beach
- **7:45am:** Swim Warm-Up
- **8:15am:** Line up behind Intermediate/Aquabike athletes

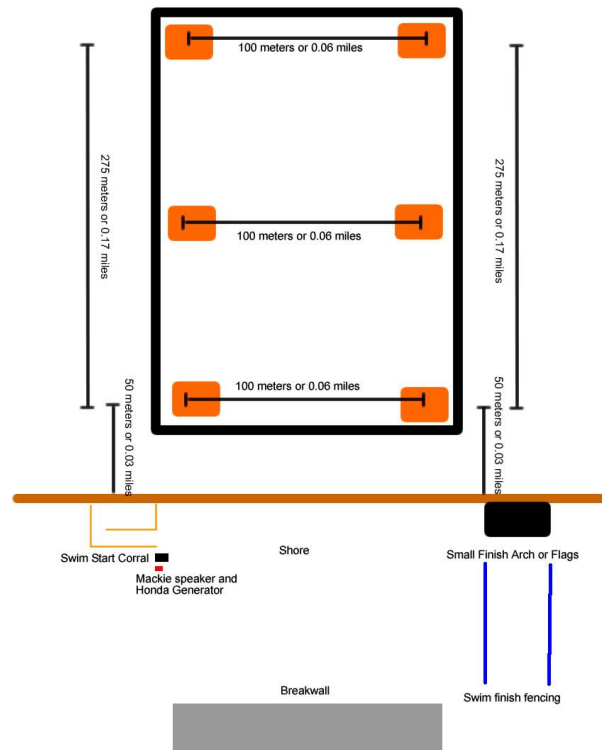
Duathlon Distance Race Day Schedule:

- **7:45am:** Transition Closed
- **8:00am:** Run Warm-Up
- **8:20am:** Mass Race Start - All Males and Females
- Race begins on footpath, near playground, outside of Transition

Try-a-Tri Race Day Schedule:

- **7:45am:** Transition Closed – Make your way to the beach
- **8:15am:** Swim Warm-Up - Hop in just to get a feel for the water
- **8:30am:** Line up behind Sprint athletes

Sprint and Intermediate Swim Course



BIKE COURSE

Sprint , Try-A-Try – 20km

One Loop

Intermediate, Aquabike and Duathlon – 40km

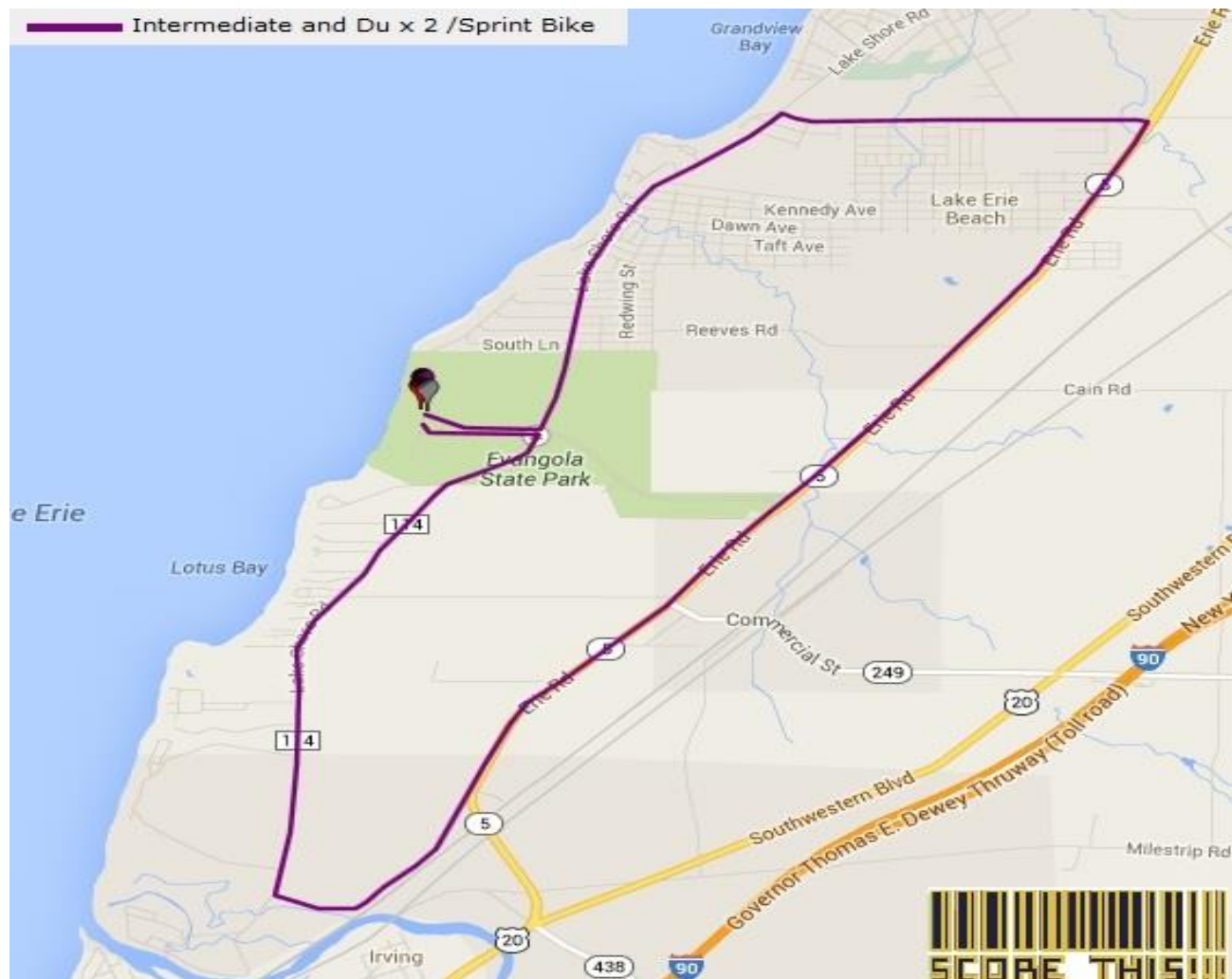
Two Loops

Interactive maps and directions are available at atriinthebuff.com

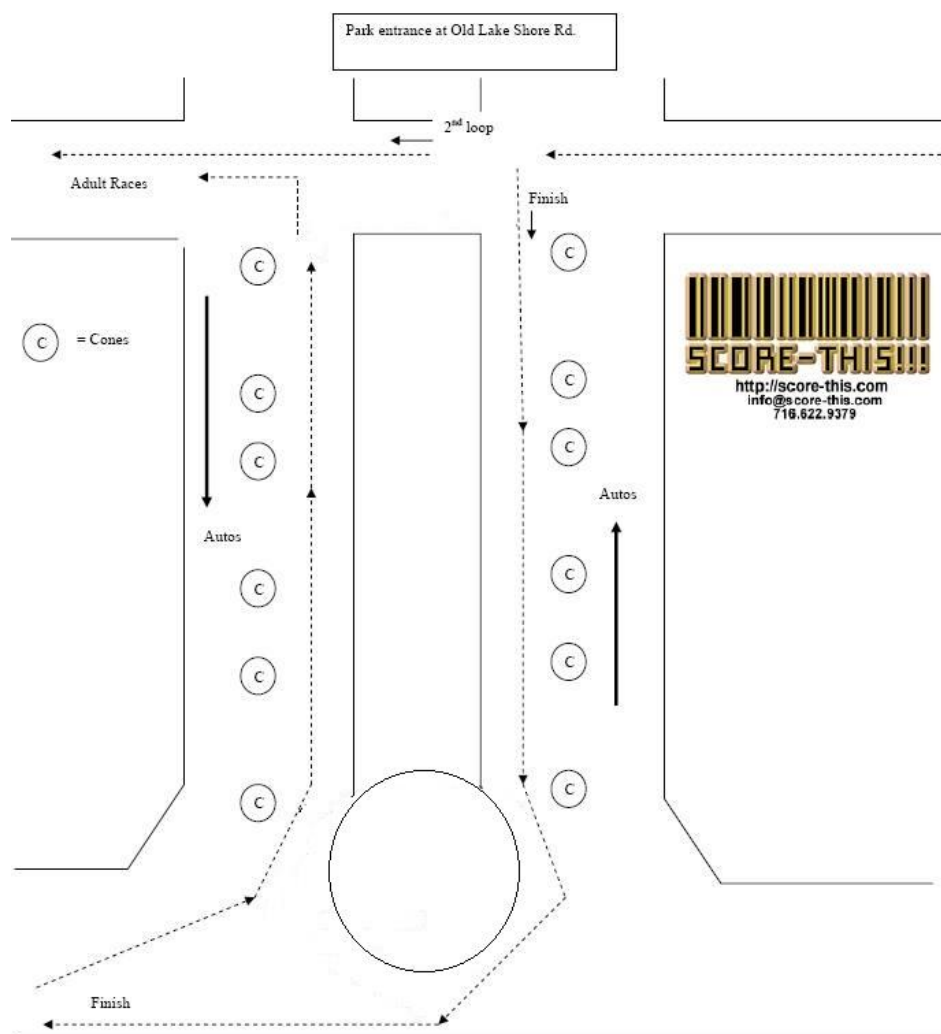
Duathlon, Sprint, Intermediate, Aquabike and Try-a-Tri Bike Course Map

This is a fast and flat course.

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



Entering and Exiting the Park



RUN COURSE

Sprint, Duathlon* – 3.1 miles

One Loop

*Duathlon will run this course for 1st and 2nd run.

Intermediate – 6.2 miles

Two Loops

Interactive maps and directions are available at atriinthebuff.com

Sprint, Duathlon, Intermediate Run Courses

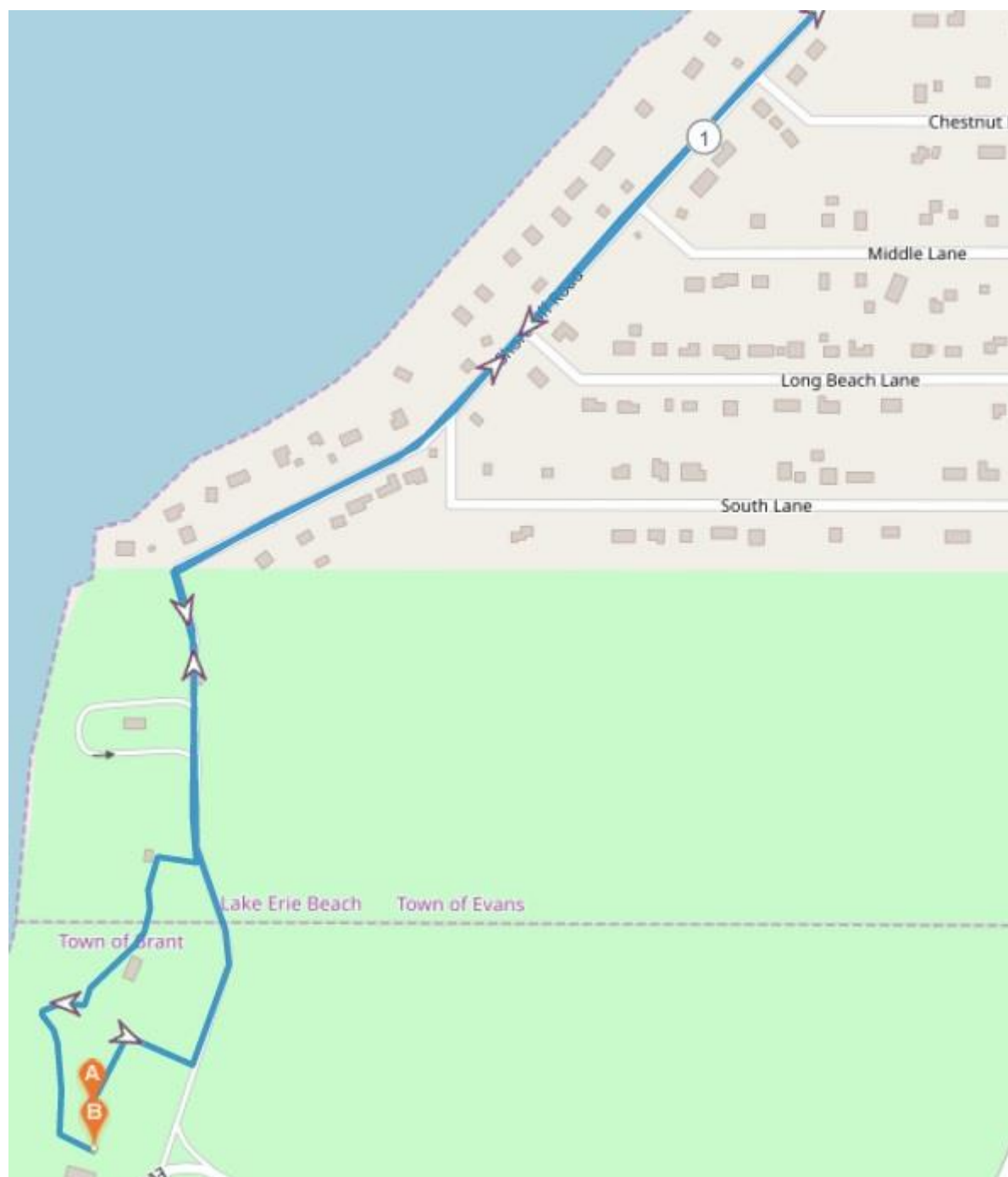
A spectator friendly course, the run starts out along the shoreline of Lake Erie for and out and back. Runners soon find themselves on a path headed into Evangola State Park. This course is just as much off-road as it is on-road.

There will be three aid stations on the course that you will pass multiple times. They are stocked with water and endurance drink.



Try a Tri – 1.8 miles

This is an out and back course that starts and ends at transition. Basically!
Follow the Intermediate, Sprint & Du Run Course out into the neighborhood and back but don't follow them past the BEACH!
Try A Tri athletes will pass transition and come straight into the Finish Line.



POST RACE PARTY

Food:

Catered by R&R BBQ

Quarter chicken or pulled pork, garlic green beans, salt potatoes, fresh fruit, and water

Award Ceremony:

Located at the pavilion near the Finish Line.

Sprint, Intermediate and Duathlon

- 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, 70-74,75-79,80-84,85+, Clydesdale and Athena

Aquabike

- Top 3 Overall (M & F)

Relays

- Top 3 Teams

Try A Tri

- There are no individual awards, but stick around for a group photo and special gift.



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.

Looking to be more comfortable on your bike? We can help! [Schedule a fitting today.](#)

SPONSORS



Buffalo Barriers

buffalobarriers.com

Temporary Event Barricade Services



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.

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

- ☐ 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

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

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