



A Tri in the Buff presented by Athlete Guide



Hello Athletes!

Love & Sprockets has been gracious enough to host packet pickup in their new store on Friday night. Make sure to take advantage of Friday Evening Packet Pickup at Love & Sprockets to avoid long line on race day. See "Packet Pickup" details.

Help us in welcoming SBR Sports, Inc as a New Sponsor in 2022!



They will be supplying samples of TRISWIM (chlorine removal), Foggies (anti fog wipes) and Skin Slick (anti chafing) to every athlete registered this year. If you are not familiar with their products, check them out and get excited because they have also provided us with prizes to raffle off at the post-race party.

<https://www.sbrsportsinc.com/>



Speaking of post-race party...We are bringing back the hot meal and can't be more excited about it!

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 sunny! Lake Erie waters, as of July 1st, have been given a clean bill of health and have a water temp of 71. Seeing as this is WNY, this is all subject to change so be sure to listen to all morning announcements in case of changes.

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 this year.
- The Try a Tri run course has changed again for 2022. It's a shortened course so make sure to check out the maps below.
- BBQ lunch will be provided post-race
- No kids race
- Limited race day registration

PACKET PICKUP

Date: Friday July 8, 2022 - 4:00pm - 7:00pm

Location: [Love & Sprockets](#)

5855 Transit Rd, East Amherst, NY 14051

Date: Saturday July 9, 2022 - 6:00am - 7:30am

Location: Evangola State Park Banquet Room

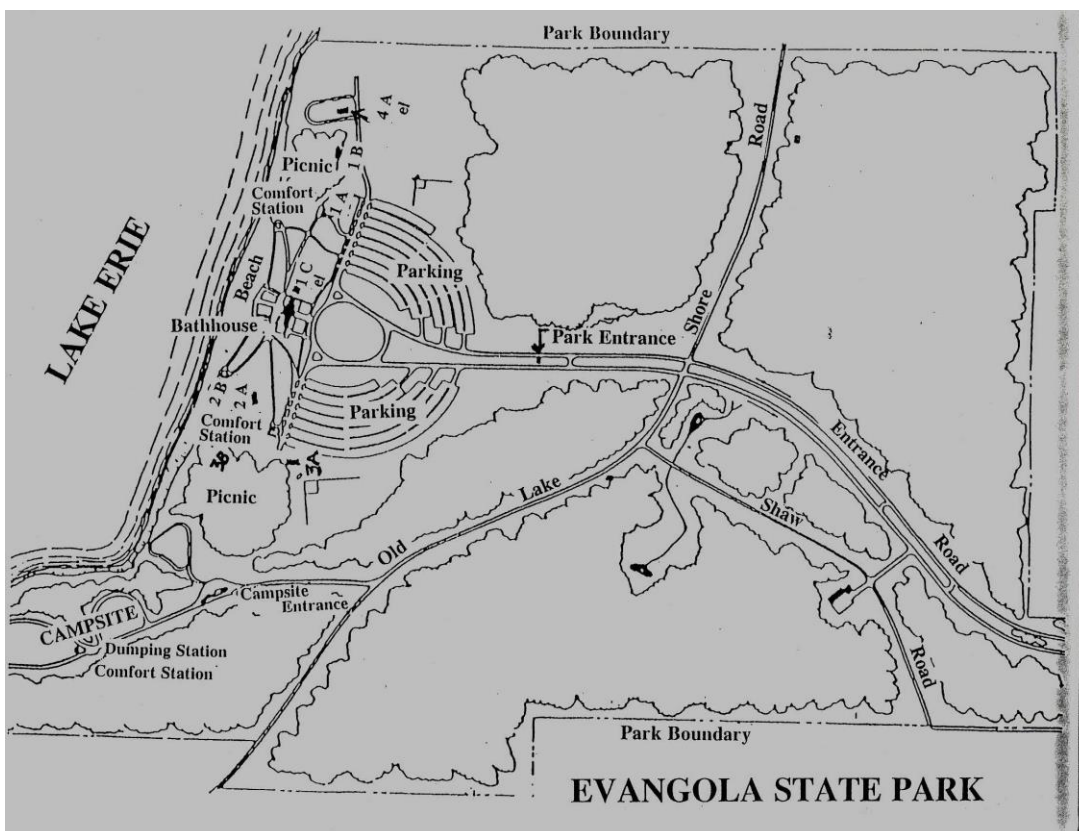
****Any race changes should be done at this time. Please come early to make event change requests. Event switches/changes will not be honored after 7:30am.****

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.
- If registering on site, you **MUST** 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



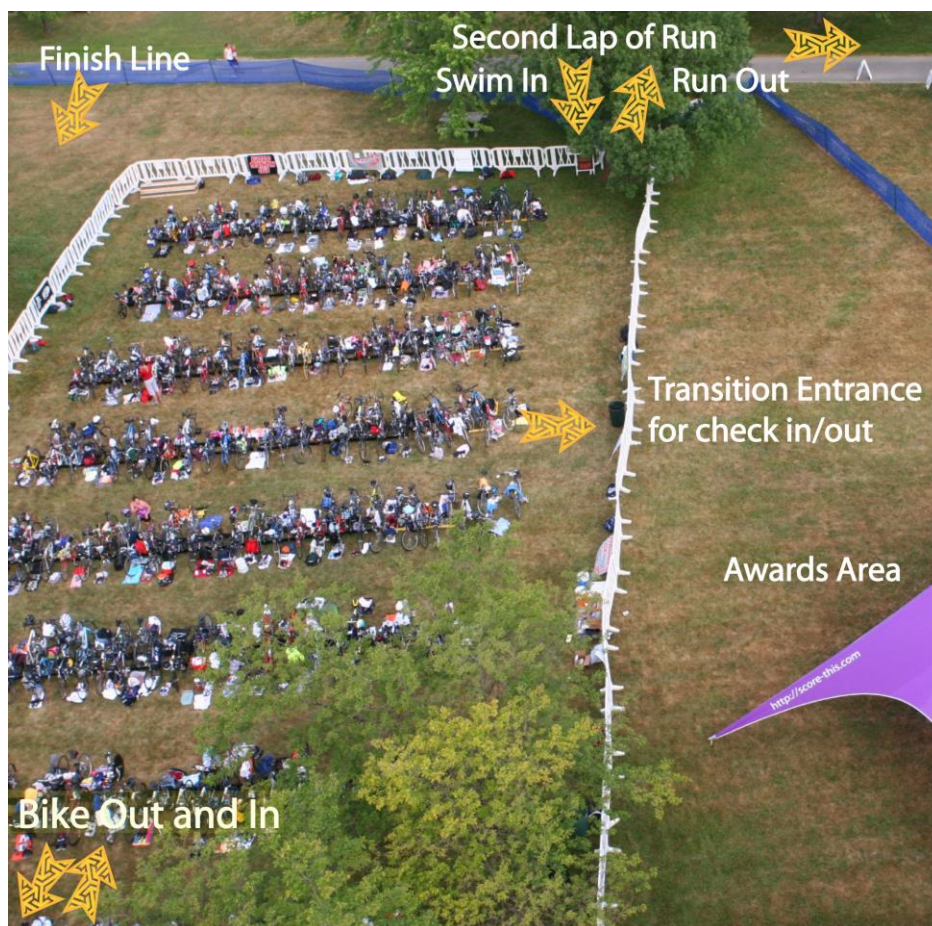
Race Day Timeline

- 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)

**Markers will be provided for Body Marking in the Transition Area. Volunteers are very limited these days so ask a family member, old friend, new friend, etc to help with body marking.

Race letter 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

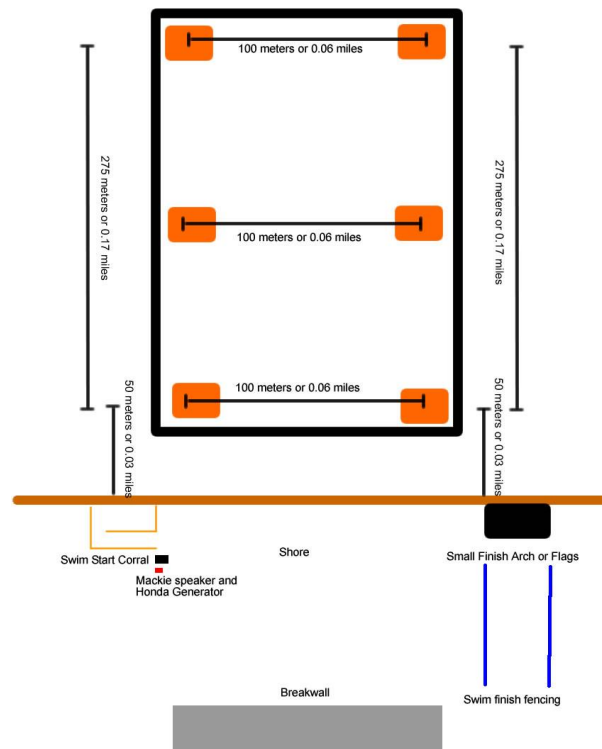
Duathlon Distance Race Day Schedule:

- 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

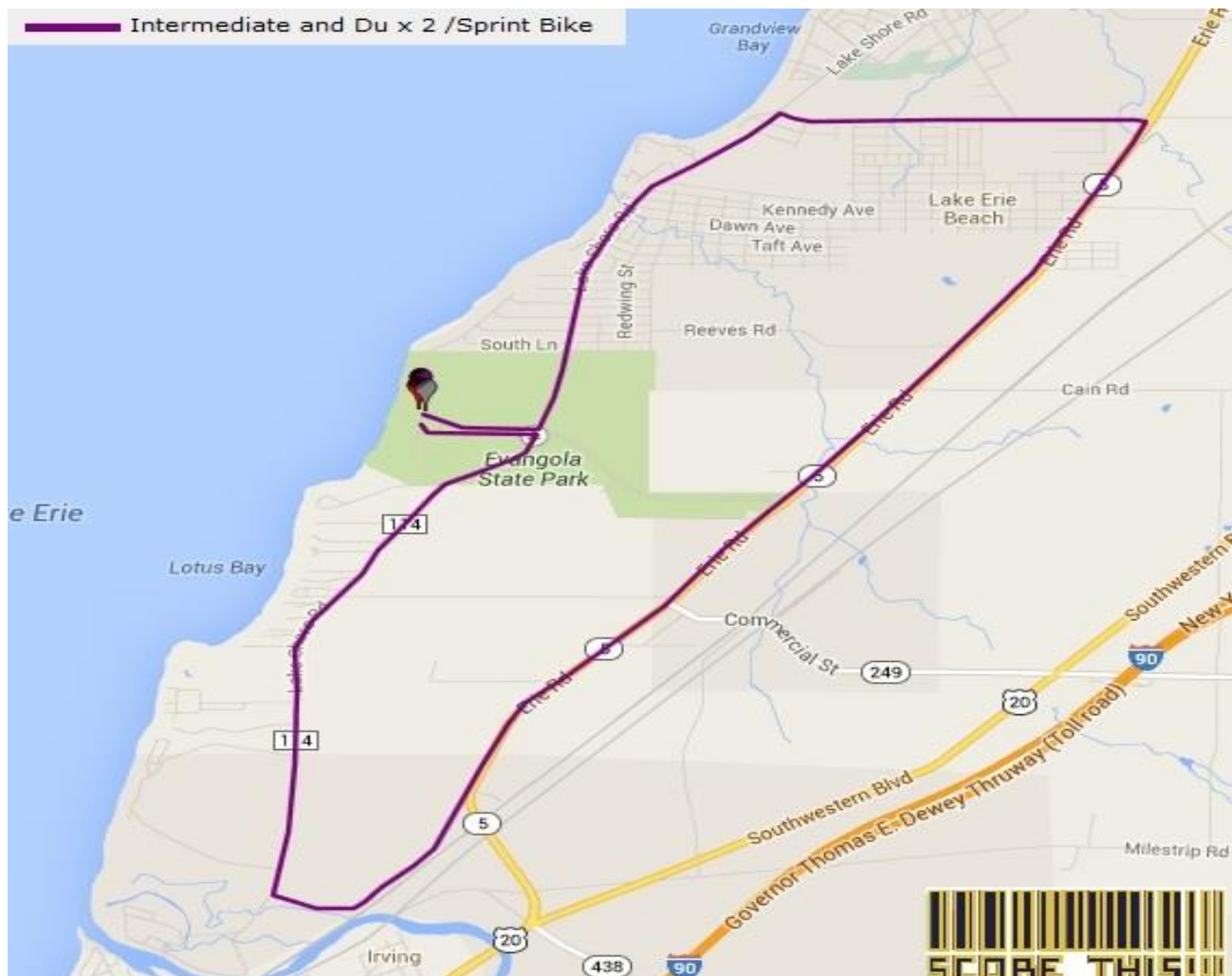
Two Loops

Interactive maps and directions are available at atriinthebuff.com

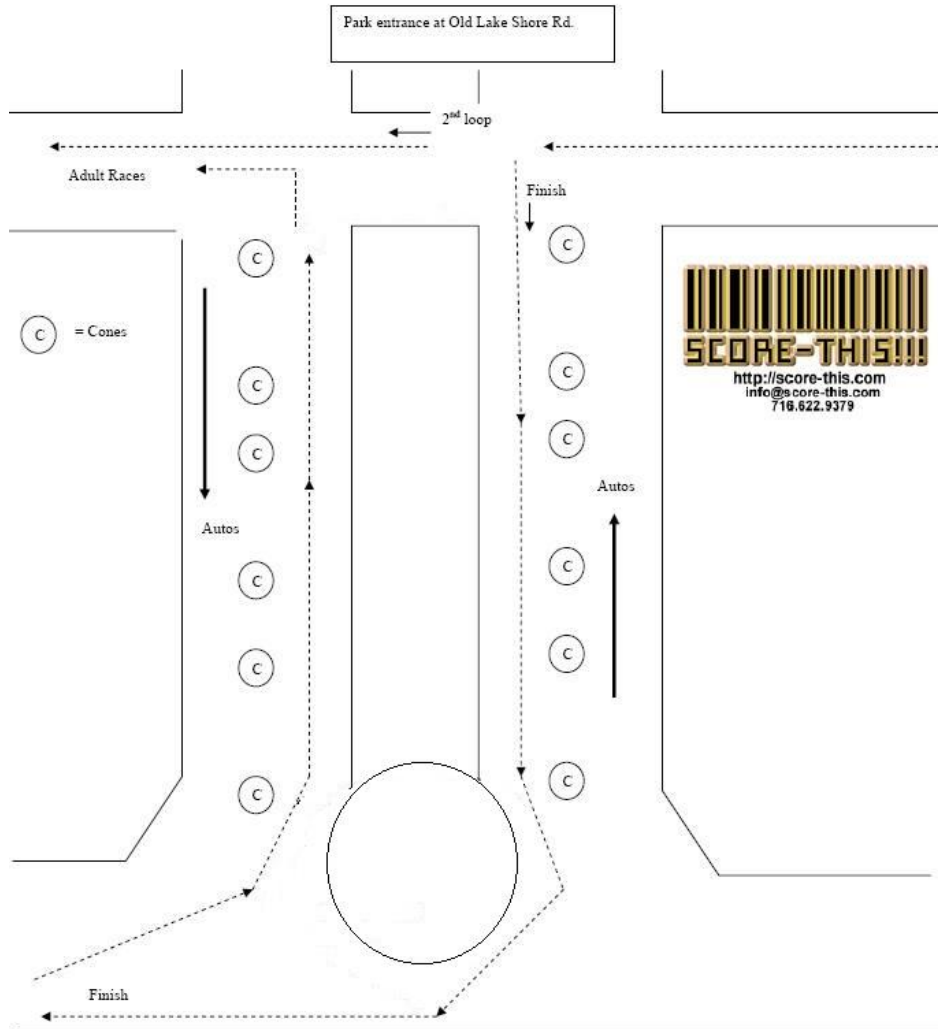
Duathlon, Sprint, Intermediate, Aquabike and Try-a-Tri Bike Course Map

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.

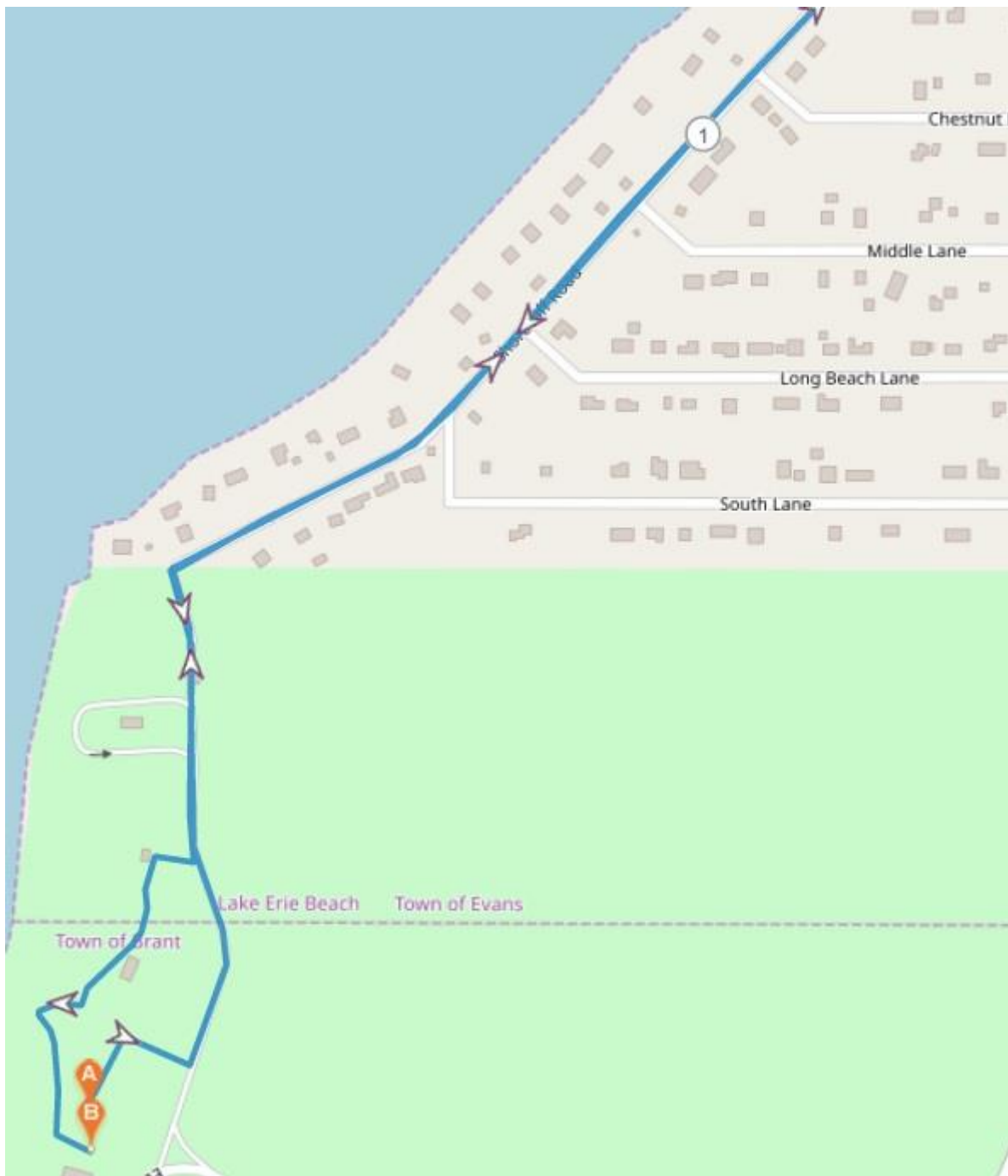


Try a Tri – 1.8 miles

Two Loops

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, garlic green beans, salt potatoes, fresh fruit, and water

Awards Table:

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)

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.](#)

SERIES SPONSORS



Buffalo Barriers

buffalobarriers.com

Temporary Event Barricade Services



TRUST IN SBR

<https://www.sbrsportsinc.com/>

SBR Products are for ALL PEOPLE who embrace motion in life.



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.

Mike Moreland's Lawn and Landscaping

morelandslanscaping.com

At Mike Moreland's Lawn & Landscaping, we have a well-known reputation for keeping satisfaction for keeping customers satisfaction and quality number one. Having been a strong presence in the Rochester area for over 26 years, our customers know that we deliver on our promise. We offer full-service property management to your home and/or business. Whether it's mowing your lawn or a whole new design and install, we will build a great relationship with you. Our fully-insured professionals are ready and willing to help make your outdoor dreams become reality.



XTERRA wetsuits

<https://www.xterrawetsuits.com/pages/ctc>

R-SCORE give you 60% off triathlon wetsuits and accessories as well as 55% off select inflatable paddleboards



Aurora Machine

auroramachine.com or 585-436-8730.

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Rudy Project (Eyewear and Helmet Sponsor)

rudyprojectusa.com



Multisport Coaching and Training

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TriVault is your source for multisport training and coaching. Experience the TriVault difference today!



John W Danforth (Equipment/Safety Sponsor)

jwdanforth.com/ or 716.832.1940/585.924.7030

Comfort Solutions. Mechanical Solutions. Total Solutions.
Construction. Commercial. Residential.



EnduranceFactor (VO2/Lactate Threshold Sponsor)

endurancefactor.com or 716.499.2300

All of the coaches at EnduranceFactor specialize in customized, detailed training programs based on the individual athlete's needs. We are licensed professionals experienced in the fine art of balancing "real life" with athletic goals.



WE Massage (Post Race Massage Sponsor)

716.689.2493

At "WE Massage together we can make a difference." Feeling achy after your last race, call Warren Elvers a licensed Massage Therapist to make your tired and sore muscles feel as good as new. He can help athletes race to their fullest potential by using various techniques to get you back on track after an injury or better yet for injury prevention. After the race walk over to his table and chat with him to see how he can help you.

The 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 be worn at all times while on your bike. This means before, during, and after the event.
Penalty: Disqualification
- 2. Chin Straps:** Chin straps must be buckled at all times 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:** 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 obey all applicable traffic laws at all times.

Penalty: Referee's discretion

7. Unsportsmanlike-Like 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, walkmans, ipods, 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 required to wear race numbers at all times during the run. Numbers must face the front and be clearly visible at all times. 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 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.

Score This!!! Athlete Checklist

Pre-Race

- Pre-Race Briefing Time and Location
- Directions to Hotel
- Directions to Packet Pickup
- Directions to Transition
- Photo ID
- Valid USAT Card - does not apply if you registered for a one day license
- Bike Tune-up
- Pre-Race Briefing Time and Location
- Learn the Race Course

Swim

- Timing Chip
- Swimsuit
- Wetsuit
- Goggles
- Ear Plugs/ nose Plugs
- Warm Throw Away Clothing
- Swim Cap

Bike

- Bike Pump
- Gels/ Energy Bars/ Salt Tablets
- Water Bottle(s)
- Flat Repair Kit
- Sunscreen
- Helmet
- Bike Shoes
- Socks
- GPS Watch or Bike Computer
- Bar end Plugs

Run

- Hydration Belt
- Race Belt or Safety Pins
- Bib Number
- Hat or Visor
- Running Shoes
- Socks
- Sunglasses
- Water Bottle

Extra

- Anti-Chaffing Product
- Contacts or Glasses
- Towel
- Heart Rate Monitor Chest Strap
- Hair Ties
- Chapstick
- Dry Clothing
- Extra Tire
- Extra Swim Cap
- Extra Swimsuit
- Extra Tube
- Band-aids

Personal Reminders
