



A Tri in the Buff Athlete Guide

Hello Athletes!

Welcome to another year of A Tri in the Buff at Evangola State Park!

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.

According to the weather predictors, we are in for a beautiful day with a forecasted temp of 77 degrees and sunny skies!

Lake Erie waters have been given a clean bill of health and have a water temp of 75 degrees. Seeing as this is WNY, this is all subject to change so be sure to listen to all morning announcements in case of changes.

This is a USAT sanctioned event. Make sure to visit the "Commonly Violated Rules" section to become familiar with the most commonly violated one.

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 a Sprint or Aquabike Race
- NEW Run Courses
- Body marking will be a thing. Get Marked!
- BBQ lunch will be provided post-race
- NO HEADPHONES. No Excuses

We are excited to be sponsored by XTERRA Wetsuits this year! They have provided Goggles, Transition Bags, Personal Swim Buoy, and 1 WETSUIT to give away at A Tri in the Buff.

Must be there to claim prize

PACKET PICKUP

No Pre-Race Packet Pickup in 2026. Please show up to registration early to avoid the lines!

Race Day Packet Pickup:

Saturday July 11, 2026 - 6:00am - 7:45am

ALL ATHLETES WILL BE REQUIRED TO PICK UP A TIMING CHIP ON RACE MORNING.

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.
- Minors must have a parent or legal guardian present at registration.

Race Day

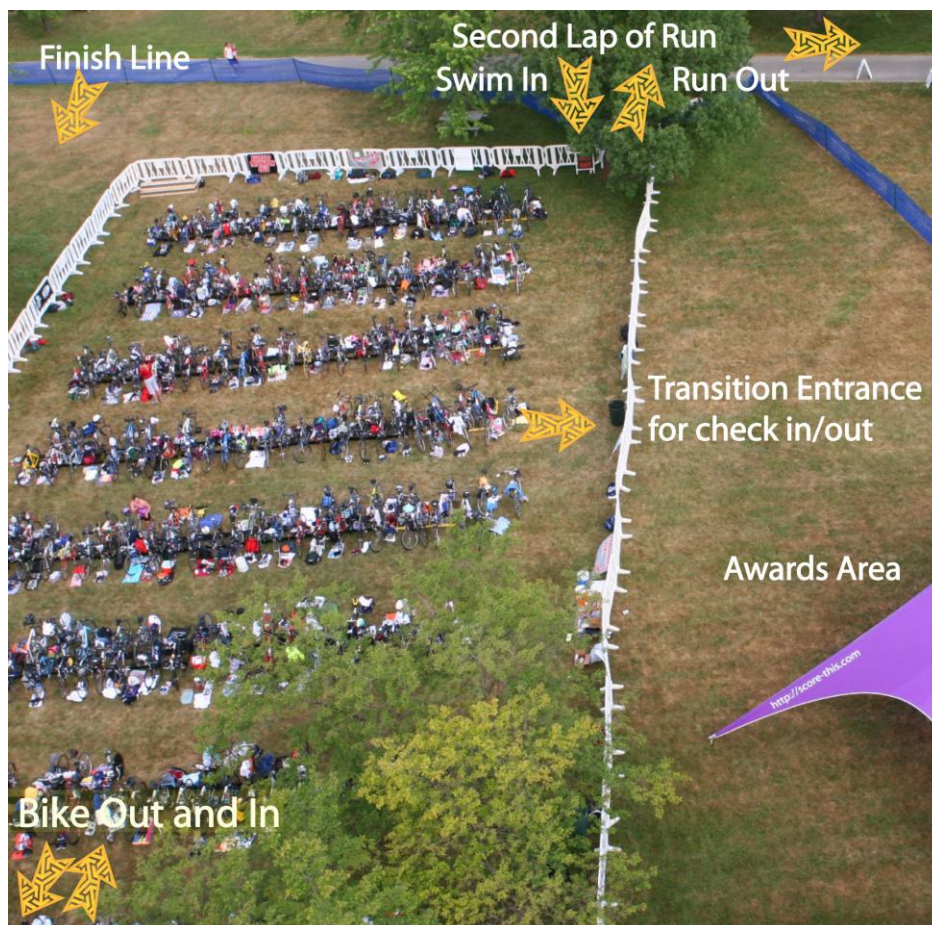


Race Day Timeline

- 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.

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

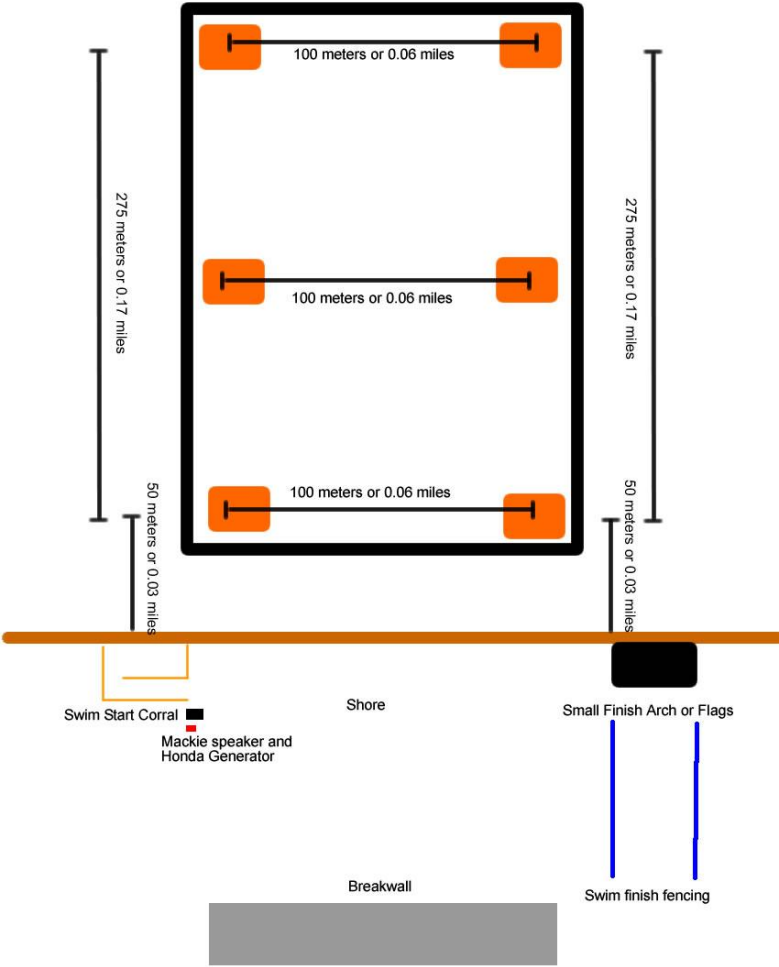
Duathlon Distance Race Day Schedule:

- **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 – 12.5 Miles

One Loop

Intermediate, Aquabike and Duathlon – 25 Miles

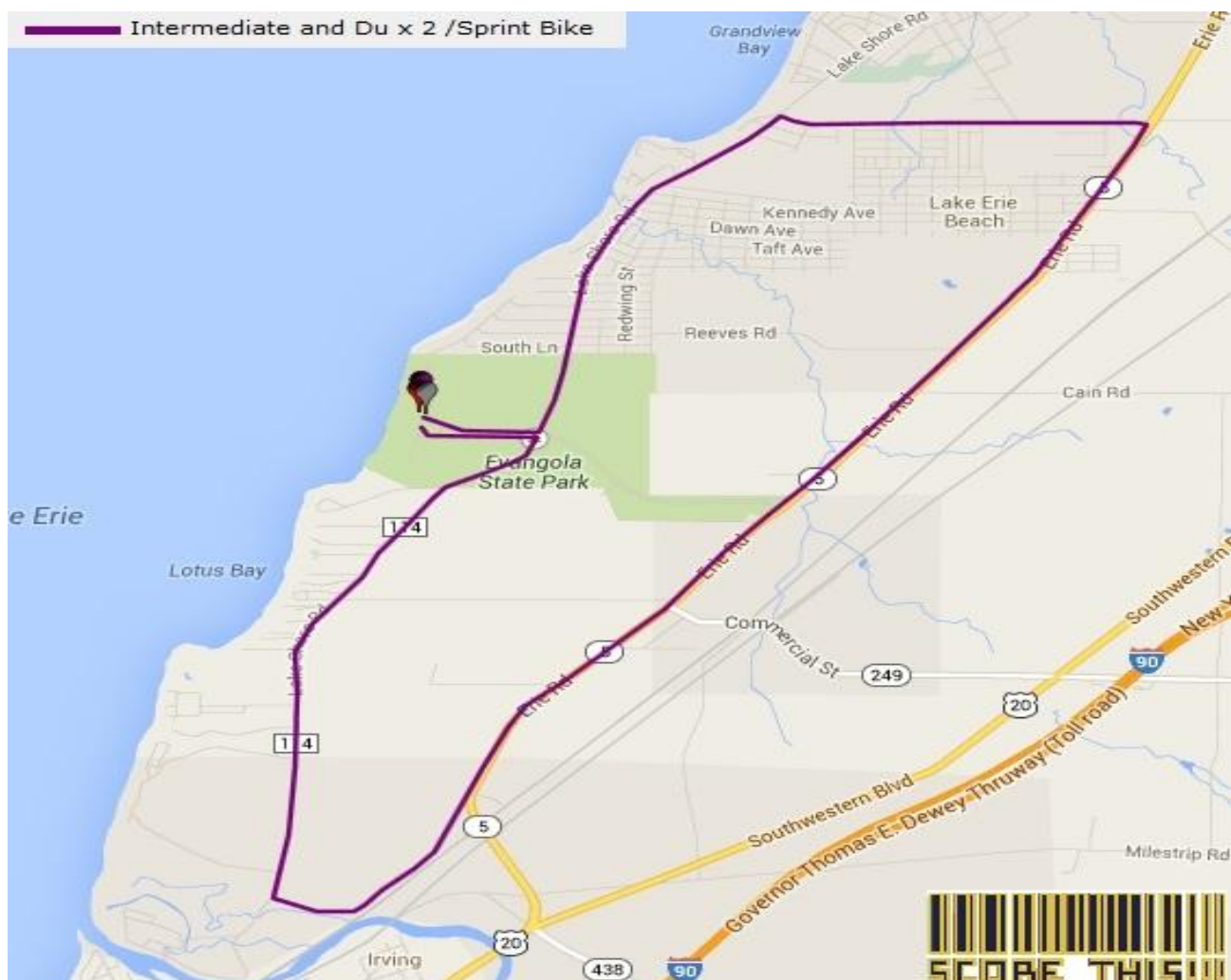
Two Loops

Interactive maps and directions are available at atriinthebuff.com

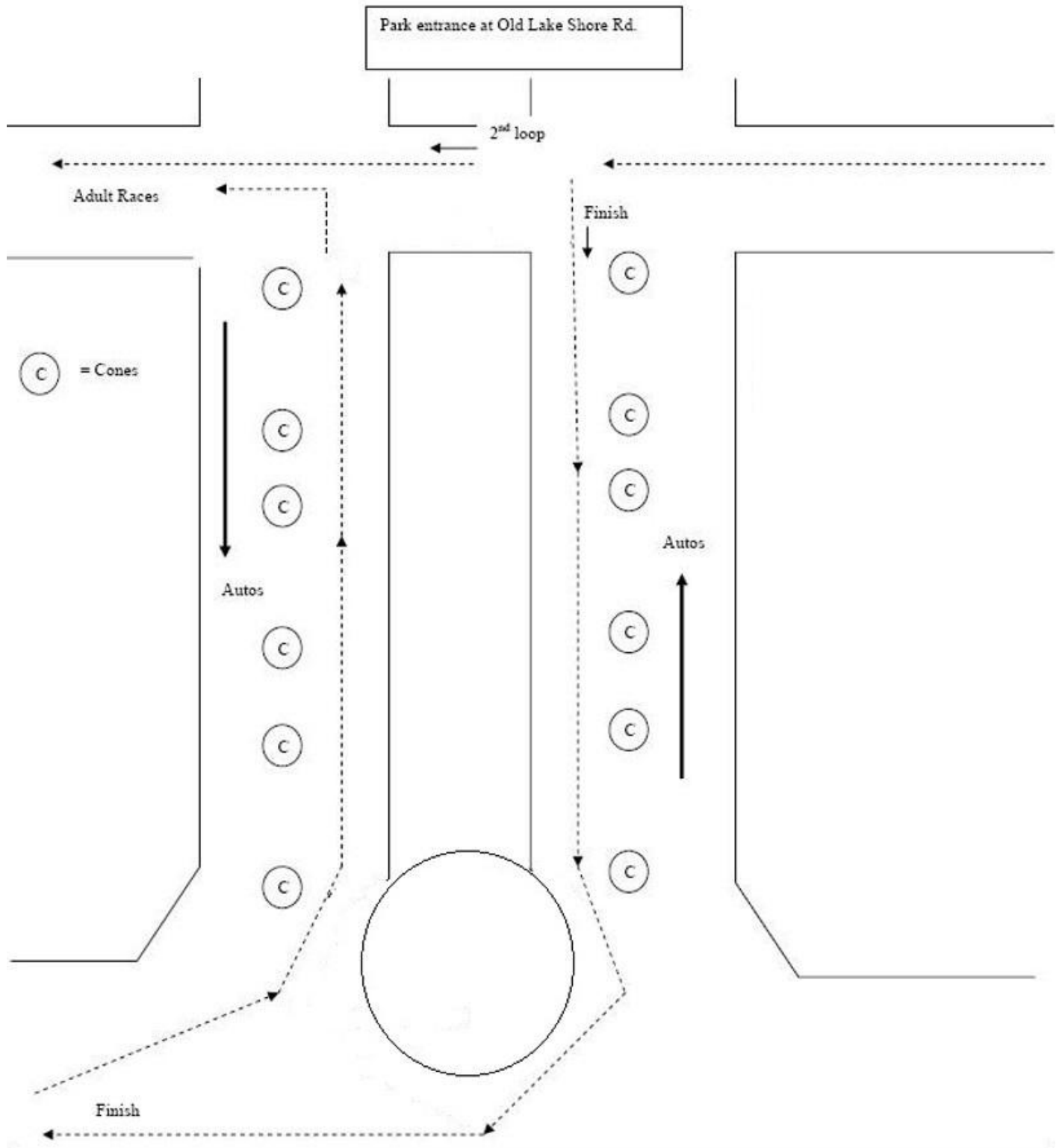
Duathlon, Sprint, Intermediate, Aquabike and Try-a-Tri Bike Course Map

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



NEW 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

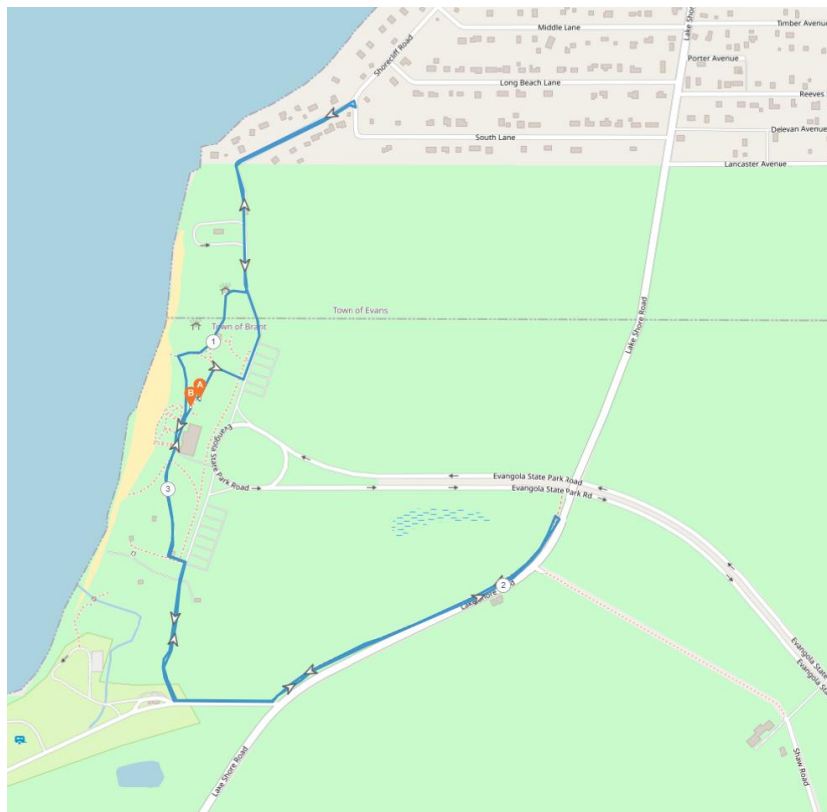
Interactive maps and directions are available at atriinthebuff.com

Sprint, Duathlon, Intermediate Run Courses

The New Course is a lot like the old one without the “Lolly Pop Loop” on the grass. We hope that by condensing the course a little bit, folks will feel motivated by seeing their fellow athletes more often as well as stay a bit cooler on the tree lined paths. Plus...less grass!

The run starts out along the shoreline for and out and back. Runners soon find themselves on a path headed into Evangola State Park, following Lake Shore to the covered bridge before turning around and coming back to Finish. Intermediate and Duathletes will run past Finish to complete 2 total loops

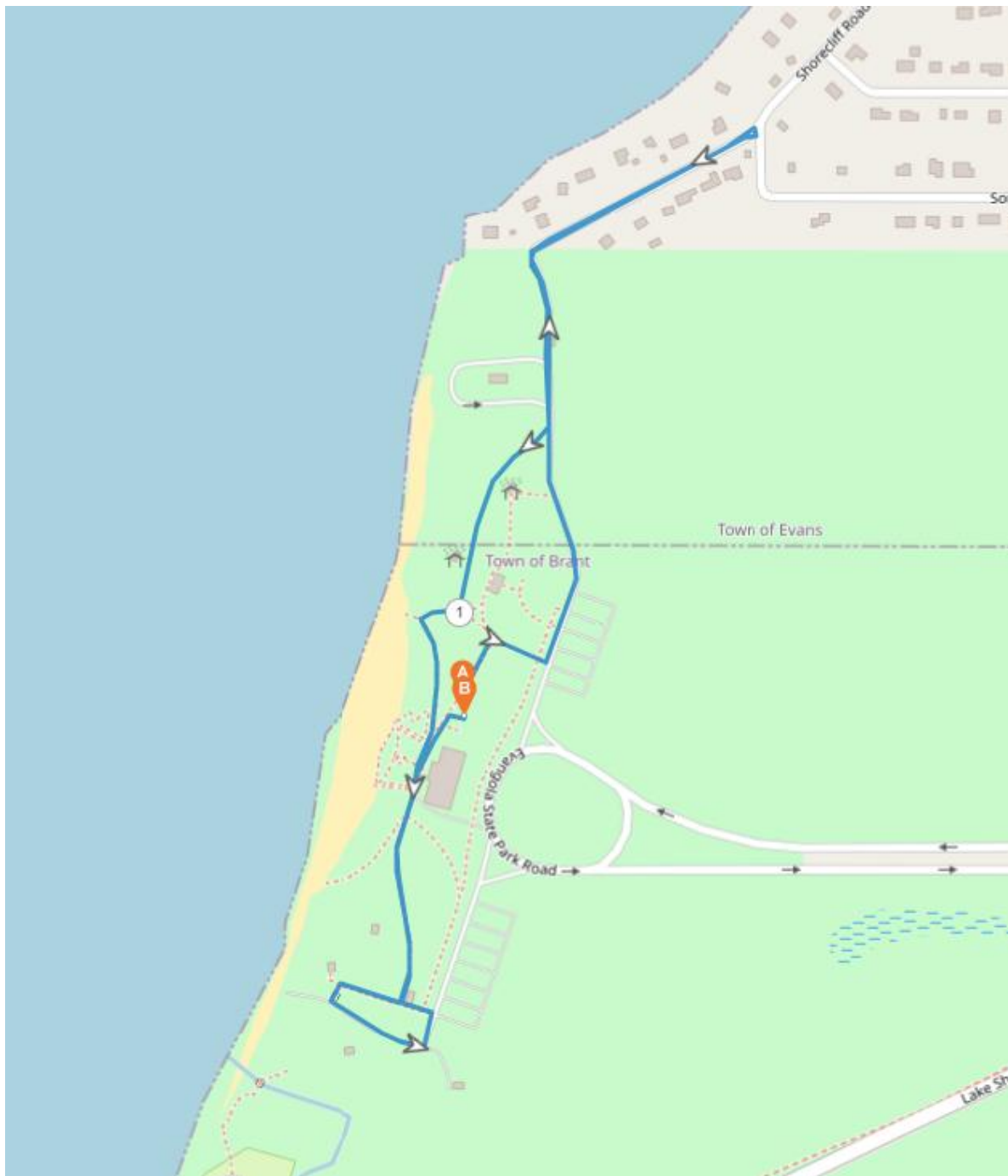
There will be 2 aid stations on the course that you will pass multiple times. They are stocked with water and endurance drink.



Try a Tri – 1.67 miles

This is an out and back, then out and back!

All athletes Exit Transition and turn Right. Follow the path into the neighborhood, past the Beach and into the park (NEW)! Tri A Tri athletes will separate from the longer course runners, complete a small loop, merging back on to the longer course and straight into the Finish Line



POST RACE PARTY

Food:

Catered by R&R BBQ

Pulled pork, mac & cheese, salt potatoes.

Fresh fruit and water provided at the Finish Line

Award Ceremony:

Located at the pavilion near the Finish Line.

Sprint & Intermediate

- ****Change**** 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 & over, Clydesdale and Athena

****Change*** Duathlon

- Top 3 Overall (M & F)

Aquabike

- Top 3 Overall (M & F)

Relays

- Top Team per event
 - Intermediate Relay
 - Sprint Relay
 - Duathlon Relay

Try A Tri

- No individual awards
- Special Gift for all finishers

Folks, the storage unit is full of unclaimed and over purchased awards so we decided to change things up a bit.

The amount of awards given away per race will be based upon the number of participants in each event. As an example, the Duathlon had more awards categories than it had athletes!

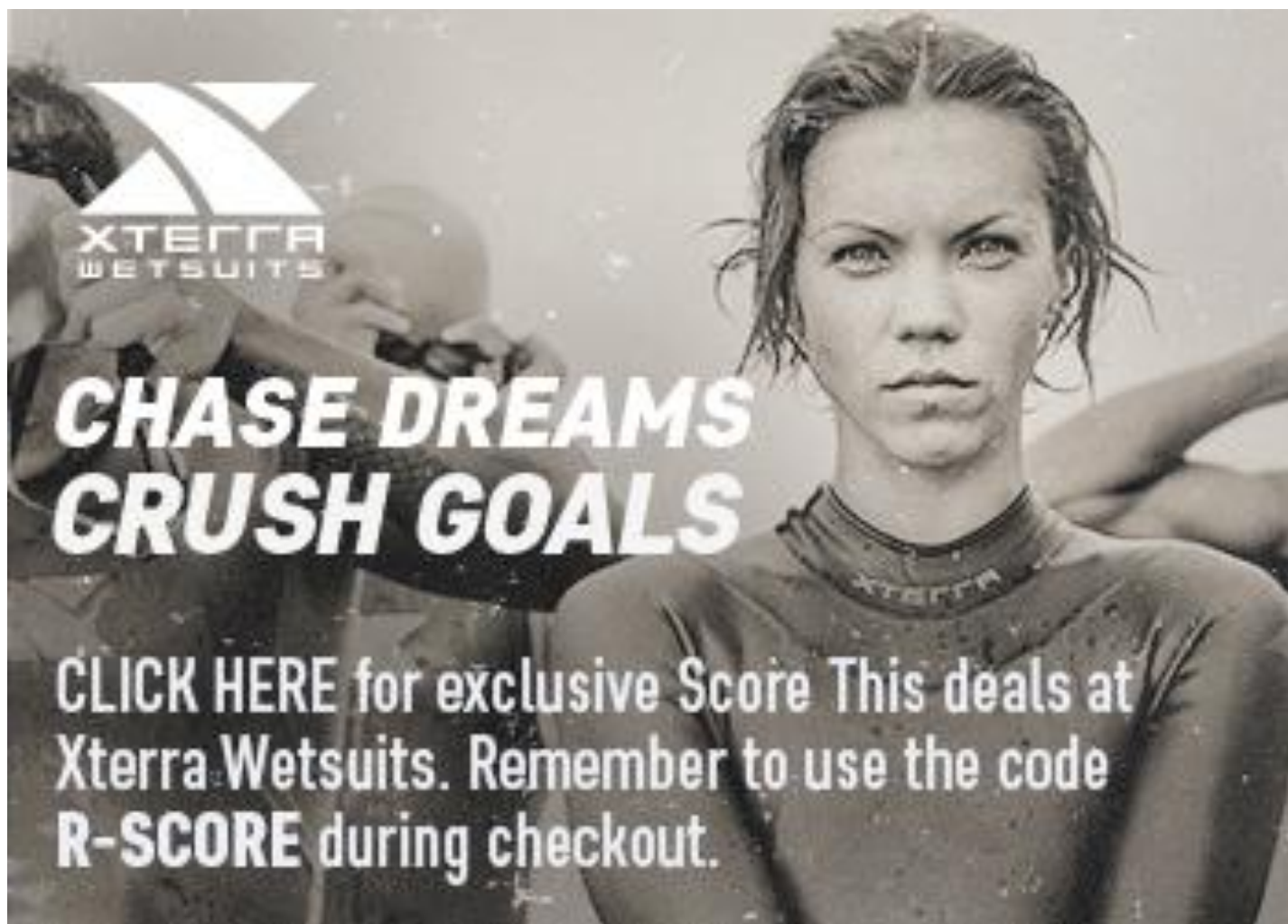
By lowering the amount of awards given per event, we are able to bring you better quality awards and finish line gifts.

Be sure to visit our official wetsuit sponsor is XTERRA Wetsuits!

They design high-performance triathlon wetsuits that help athletes of all levels swim faster, longer, and more efficiently in open water. Since 2001, XTERRA has delivered race-proven wetsuits that balance buoyancy, flexibility, and comfort at an exceptional value. Trusted by age-group and elite triathletes worldwide, XTERRA wetsuits have been worn to world-record swims and everyday personal bests. Whether you're racing your first triathlon or chasing the podium, XTERRA delivers speed, confidence, and performance when it matters most.

Use code **R-SCORE** at checkout for special *Score This* pricing on your next XTERRA wetsuit—and explore their accessories to make training even more fun.

Please just click here: <https://www.xterrawetsuits.com/pages/ctc>



XTERRA
WETSUITS

**CHASE DREAMS
CRUSH GOALS**

CLICK HERE for exclusive *Score This* deals at Xterra Wetsuits. Remember to use the code **R-SCORE** during checkout.

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

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