

Race day is almost here!

Schedule

PACKET PICK UP:

There will be 2 packet pick-up times. Please note 2 different locations.

Bring photo ID and your USAT membership number or if you purchased a single-day membership, please bring your receipt.

If your USAT membership is expired and you need to purchase a single day membership, you may do so at packet pick up.

Cash or check only.

Friday August 19TH

Packet Pickup - 4:00 PM - 7:30 PM

Power House Athletics

45 Railroad Avenue

Albany, NY 12205

Between Fuller Rd and Interstate Ave

Saturday August 20TH

Packet Pickup - 6:00 AM - 7:30AM

Crystal Cove Pavilion

66 Old Route 66

Averill Park, NY 12018

The pavilion is at the end of the gravel road where you enter the parking lot, up the hill from the beach and transition area.

NOTE: NO PETS allowed on Crystal Lake property at the request of the owners.

TRANSITION:

Transition area will be open 6:00AM – 7:30AM

Only athletes will be permitted in the transition area. You must show a race bib or body marking to enter transition.

NOTE: NO PETS allowed on Crystal Lake property at the request of the owners.

Transition area will close at 7:30. And all athletes will be asked to move outside of the transition area toward the swim start.

SWIM:

Waves will be assigned later this week

- 8:00 AM - 1st wave
- 8:03 AM - 2nd wave

- 8:06 AM - 3rd wave
- 8:09 AM - 4th wave
- 8:12 AM - 5th wave

BIKE:

There will be volunteers on the race course and the course is marked, but please be a responsible triathlete and KNOW THE COURSE.

Safety above all else! Triathlon is a fun sport IF you remain uninjured.

USAT rules apply; you may review them here:

<http://www.cdtriclub.org/Race-rules.html>

USAT officials will be watching and will issue time penalties or DQs

There will be a bike course cut-off at 10:45 AM.

Any athlete not departing transition by 10:45 to begin the run will NOT be allowed to continue.

RUN:

Due to scheduling of road closures, we must enforce a race cut off time. The race course closes at 11:30 AM.

The course maps can be viewed at the following link:

<http://www.cdtriclub.org/Race-maps.html>

The Race Directors reserve the right to impose time restrictions.

AWARDS:

Awards will begin promptly at 11:00 AM.

Awards will be given for the following:

- Top 3 overall Male and Female
- Top 3 Males and Females in the following age groups:
10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49,
50-54, 55-59, 60-64, 65-69, 70-74, 75-79 and 80>

Thank you to all our race sponsors. Please frequent our sponsors and say thank you!

The Lakeview Inn – Averill Park

Hannaford – West Sand Lake

Whole Foods – Albany

Price Chopper – Columbia Turnpike, East Greenbush

518 Prints – Averill Park