Season 5!

BIG FISH Triathlon

Big Fish & Little Fish Distance
2017 Athlete Guide!
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Welcome to Season 5 of the Big Fish Triathlon on beautiful Chautauqua Lake! We have a larger field this year since we partnered with Edinboro and the Dam Tri in Meadville to create a Triple Crown Challenge for those wanting to take part in all 3 events. 2017 features new and improved bike and run courses. All of this would not be possible without the support of our 200 volunteers, committee members and sponsors. Thanks to all who have played a part in planning the event and those who will help out on race day. Part of the proceeds of the event benefit the diabetic camp at our host facility YMCA Camp Onyahsa. We look forward to seeing you on race day and please take a moment to thank a volunteer or race o-fish-al that has made your event a special one.

Bob Berke and Kurt Gustafson-Race Directors
## Schedule of Events

### Thursday, June 8th 2017

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:59 pm</td>
<td>Online Registration Ends</td>
<td>Online</td>
</tr>
</tbody>
</table>

### Friday, June 9th 2017

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:00-6:00 pm</td>
<td>Packet Pick Up</td>
<td>Dewittville Firehall</td>
</tr>
</tbody>
</table>

**NO ON SITE REGISTRATION!!!**

### Saturday, June 10th 2017

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00 am</td>
<td>Day-of Packet Pick up</td>
<td>Pavilion behind Dewittville Firehall</td>
</tr>
<tr>
<td></td>
<td>Body Marking and Timing Chip pick up</td>
<td>Pavilion behind Dewittville Firehall</td>
</tr>
<tr>
<td>6:00 am</td>
<td>Transition Opens</td>
<td>Camp Onyahsa</td>
</tr>
<tr>
<td>6:30 am</td>
<td>Warm up Swim opens</td>
<td>Camp Onyahsa swim beach</td>
</tr>
<tr>
<td>7:25 am</td>
<td>Warm up Swim end. All must exit water</td>
<td>Camp Onyahsa swim beach</td>
</tr>
<tr>
<td>7:30 am</td>
<td>Transition Closes</td>
<td>Camp Onyahsa</td>
</tr>
<tr>
<td>7:45 am</td>
<td>Mandatory pre-race meeting*</td>
<td>Flag pole by Main Lodge Camp Onyahsa</td>
</tr>
<tr>
<td>8:00 am</td>
<td>Start of the Race!</td>
<td>Camp Onyahsa</td>
</tr>
</tbody>
</table>

*Mandatory pre-race meeting- All Athletes must attend the pre-race meeting for safety instructions. We take this very seriously, and ask for your respect to listen for your safety and others. National Anthem and Prayer to follow.*
Pre Race Information

Packet Pickup and Late Registrations

Friday, June 9th
3:00-6:00 pm
Location- Dewittville Firehall
Physical address- 5459 E Lake Rd, Dewittville, NY 14728

Your race packet includes your bib number, helmet and bike sticker, and swim cap. You will also receive your t-shirt and an amazing swag bag with all sorts of goodies.

You will need to pick up your timing chip and get body marked the day of the race.

Very important!

Athletes must show identification to pick up packet.

Racers under 18 will also require parent signatures with race day waiver.

Proof of USAT membership for USAT members required.

All relay teammates must check in together!

USAT RULES
NO PHOTO I.D. ~ NO RACE ~ NO EXCEPTIONS!
**Race Day Information**

**Day-of Packet Pick up**

Time- 6:00 am  
Location- Behind Dewittville Firehall under the Pavilion  

**NO RACE DAY REGISTRATIONS ALLOWED!**

**Timing Chip pick-up and Body Marking**

Time- 6:00 am  
Location- Behind Dewittville Firehall under the Pavilion  

Note- If you picked up your packet on Friday, you may go directly to Chip Timing and Body Marking

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**Parking Instructions**

Location- Dewittville Firehall  
Physical address- 5459 E Lake Rd, Dewittville, NY 14728  

**ALL PARKING IS BEHIND THE FIREHALL.**

This includes all athletes and spectators.  
There is NO Parking at Camp Onyahsa.

To get to Transition and Race Start  
ALL athletes and family/friends MUST exit to the rear area of parking lot, and follow the marked trail to Transition and/or Race start.

NO walking along Rt 430.  
NO Bike drops on road.  
Please walk your bike from Parking to Transition via the path. (see map on next page.)
Race Day Information

Transition

There will be volunteers to direct athletes on how to enter camp. Please note, this is a secured area and only athletes can enter transition.

All athletes must show race number in order to rack bike in transition area.

All bikes require handlebar plugs; this is USAT rule and there are no exceptions.

There will be designated areas for Little Fish (Sprint), Big Fish (Olympic) and Relays.

Bike racks are available on a first-come basis. Remember where your rack and bike are located as you enter or return to transition. Please be courteous of other athletes equipment and space. Do NOT take up an entire rack.

Transition area close at 7:30 am. Athletes will NOT be allowed to re-enter. Athletes will proceed to the Swim Area for mandatory race instructions by the Race Director and Swim Director.
Swim Course Summary

Swim Course Overview
Little Fish- 400 meters
Big Fish- 1500 meters

Swim start time- 8 am.
In water start.
Little Fish (sprint distance) will start FIRST.

Large Start and Finish Flags will identify swim area.

This year, 7ft. buoys will identify turns and mark the course for both long course (orange buoys) and sprint course (lime green) swimmers.

There will be Wave times to be assigned and recognized by swim cap colors.

*THERE WILL BE APPROX. 10 MIN. BETWEEN LITTLE AND BIG FISH SWIMMERS.
To be determined by the Head Swim Official.

The first group of racers will be counted and enter the water, after 1st group enters the water the 2nd group is counted and corralled.

When the race starts, the Swim Official will allow the next group to enter the water, and the next group will be counted and corralled. (and so on depending on number of waves)

Swim is in a CLOCKWISE DIRECTION, keeping buoys always on your right.

Make sure you have the right color swim cap, as this designates wave and your time!

A separate color cap is available if you are feeling a little "novice" and want a little extra attention out there. Request a NOVICE cap at registration or at swim start!
Swim Course Rules and Instructions

Warm up Swim
Racers may warm-up in water prior to event starting at 6:30 am and exiting by 7:25 am. Check-in with lifeguard required. **ATHLETES MUST EXIT WATER WHEN REQUESTED BY OFFICIALS!**

Swim Directives

*All athletes must attend the mandatory race instruction meeting, near the flagpole and main lodge in camp. Please be respectful to the directors and other athletes. Warm up swim is completed by 7:25 am. No one enters the water after that time, until you are corralled for the start and counted.

**RACERS RISK DQ IF SAFETY RULES ARE NOT FOLLOWED.**

**FAILURE TO LISTEN TO WATER SAFETY DIRECTION MAY RESULT IN DISQUALIFICATION.**

Hand raised and waving is international signal of distress. Please use this if you need any type of assistance! Kayaks are there for your safety and support, athletes may hang on the kayak for rest without any forward movement. There is no penalty for resting. If you feel you cannot continue the swim, a kayaker will signal a motorized craft to take you to shore.

**IF FOR ANY REASON YOU DO NOT FINISH THE SWIM, YOU MUST CHECK IN AND TELL THE SWIM OFFICIAL (COACH). WE NEED TO KNOW THAT ALL SWIMMERS HAVE EXITED. FAILURE TO NOTIFY WILL BE A BAN ON THIS USAT EVENT, AND MAY RESULT IN A BAN OF ALL USAT EVENTS THIS SEASON.**

You may continue to race even if you do not complete the swim, and only **AFTER** reporting to the **HEAD SWIM OFFICIAL**! It is the athletes responsibility to let the Swim Official know whether you plan to continue or withdraw from the race. You will not be eligible for awards.

Swim Exit
Athletes will exit the swim and run on the dedicated path through camp to the Transition Area.

Swim to Bike Transition
Make sure your discarded swim items remain within your personal space in the main transition area. Items haphazardly removed may impede the progress of other racers. Volunteers will remove items obstructing pathways.
After securing your cycling helmet, walk/run your bike to the bike exit end of the transition area. Upon exiting the transition area, you may mount your bike **AFTER PASSING THE MOUNT LINE**. Volunteers will be there to indicate the location of the mount line.

Relays-Swim to Bike Transition
The swimmer will run/walk into the transition area and find the team cyclist by the bike. The swimmer and cyclist will transfer the Chip band from the ankle of the swimmer to the ankle of the cyclist. The Chip is the 'baton'. The cyclist may then unpack the bike and proceed to bike exit.
**Bike Course Summary**

Please familiarize your course using the bike maps. This is the 2017 course. Much FLATTER!

**LITTLE FISH- 1 LOOP- 12.3 miles**
*On finishing course, maintain caution, and watch for safety cones to indicate Little Fish cyclists, and 2nd loop finishers.*

**BIG FISH- 2 LOOPS- 24.6 miles**
*On 430 decent, please maintain caution, as there will be safety cones indicating Big Fish cyclists to cross Rt 430 for second loop.

Dismount bike BEFORE dismount line.

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**Turn by Turns**

Turn left from Camp onto NY-430 W
Turn RIGHT onto Meadows Rd.
Turn LEFT onto County Touring Rte 54
Turn RIGHT onto County Touring Rte 29/Plank Rd
Turn LEFT onto Honeysette Rd
Turn RIGHT onto E Chautauqua St/NYS Bicycle Rte 17
Turn LEFT onto Lakeview Ave
Turn LEFT onto Sea Lion Dr/Whallon Rd
Turn RIGHT onto NY-430 to return to Camp.

Big Fish Second Loop- You will cross 430 BEFORE Camp, and take Springbrook Rd/314. Then turn LEFT onto Meadows Rd, for your second loop.

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Cross 430, onto Springbrook Rd,
Turn LEFT onto Meadows rd. Continue Course.
Bike Course Rules and Instructions

IMPORTANT!

• Athletes are required to have Helmet straps secured BEFORE bikes are removed from the rack, and remain latched until after bike is returned to the rack.

• **Helmets are required at all times while on the bike course, and until your bike is racked back in transition.**

• Ride to the right side of the roadway at all times so faster athletes can pass on the left.

• USAT and Big Fish rules forbid drafting.

• There will be marshals on the course, on motorcycle and bicycles, identified by safety vests.

• Jamestown Cycle Shop will be providing a SAG vehicle on the bike course to assist athletes that have mechanical problems. They will also pick up any athlete who cannot continue due to fatigue or serious mechanical problems to the bike. Please be patient while waiting for this vehicle to maneuver through cyclists still racing the course.

• **Note**- This is a *TRIATHLON* event, so although support is provided, you are expected to carry a spare tube and air, and change your own flat. Should an athlete need medical assistance please report to the nearest safety personnel, fellow participant, or volunteer along the route so assistance can be called to your location.

• **Note**- There are **no aid stations on the bike course** so prepare accordingly for nutrition and hydration!

ALL CYCLISTS BE VIGILANT AND CROSS WITH SAFETY PERSONNEL!

**Bike to Run Transition**
Upon returning to the transition areas, dismount your bike before the dismount line. Volunteers will indicate the location of the dismount line. Be alert. Run/walk your bike to your bike rack. **Helmet must be secure until after you rack your bike.** Rack your bike by the saddle. Prepare for the run and proceed to the run exit end of transition.

**Relay Bike to Run Transition**
The team cyclist will walk/run the bike to the team bike rack, rack the bike then transfer the Chip band from the ankle of the cyclist to the ankle of the runner. The runner may then proceed to the run out end of the transition area.
Run Course Summary

The run course is a scenic loop that take racers up Tyler Rd, and onto a trail that cuts over to Thum Rd and back down to the finish. Beautiful views of the lake!

Please note- good portion of route is NOT paved.

Run Course

Little Fish- 3.1 miles. One loop.
Big Fish- 5.7 miles. Two loops. Due to safety adjustments, course is shorter than 6.1 miles.

Aid Stations on the Run Course

There will be an aid station as you exit the transition area and one aid station on the run course. Stay hydrated!

KEEP bib number clearly visible from the front!

ABSOLUTELY NO HEADPHONES, SMART PHONES, IPODS DURING RACING. NONE.

We will penalize you based on the USAT Time penalties.
More Fish Tails

TIME REQUIREMENTS

Swim Exit Cut Off

Little Fish swimmers must be out of the water ½ hour after start.

Big Fish swimmers must be out of the water 1 hour after last wave.

If you are still in the water, you will be asked to hold onto a kayak until a motorized craft picks you up and transports you to shore.

AT ANY TIME during the race, if you need assistance raise your hand and a kayaker will assist you. You may hold on and rest WITHOUT forward motion and WITHOUT penalty.

Any athlete who exits swim unexpectedly, IT IS REQUIRED AND ESSENTIAL that you report to the Swim Director.

Note: You may still proceed in the bike and run portion of the race even if you have needed assistance exiting the water, after reporting to swim director. You will NOT qualify for Awards.

WE WANT YOU TO HAVE A SAFE RACE DAY AND CROSS THE FINISH LINE!

Bike Transition Cut Off

Little Fish athletes must be out of bike transition by 10:30 am.

Big Fish athletes must be out of the bike transition and on the run course by 12:00 pm., or may not continue the race.

We must have cut offs due to safety personnel on the course, and the ability to continually monitor for safety.

Bikes cannot be removed from the transition area until all athlete runners have exited transition OR AS DIRECTED BY the race BIKE DIRECTOR! Again, this is a secured area and only athletes with their race numbers to show ownership can remove their bikes. This is strictly enforced for the safety of YOUR bike!
More Fish Tails

Post Race

Medical~ A medical area will be established should you need medical attention following the race.

Massage~ We will have a Licensed Massage Therapist, Don Erickson, to provide complimentary post race massage for athletes.

Food~ We will have fabulous food to help you celebrate your accomplishment and re-fuel post race. Location will be in the Main Lodge.

Sponsors~ Please take time to notice our Sponsor List located in the Lodge. Area Businesses have been extremely generous, and only with their help could we provide an awesome athletic experience. Please take note, and thank these businesses with your business!

Gear and Bike Retrieval

Access to the Transition area will be controlled. Only athletes will be allowed in transition to retrieve their bike. You must show your race number, and it must match the number on your bike to exit area. You may not retrieve your bike from transition until all athletes have completed the bike course, OR at the discretion of the Transition Director. Any items left behind will be donated to a local charity.

NO walking along Rt 430. The path is the only way to and from the parking area.

There will be designated lanes for spectators and finishers set along the path during the race. Please stay in these lanes and not on the race course.
**Awards**

**Little Fish Awards**
To begin approx. 11 am.

**Big Fish Awards**
To begin approx. 1 pm.

These times are subject to change, athletes will be notified at the event as to any changes.

**Race Results and Awards for Big Fish and Little Fish**
Overall, Age-Group, and Team Relay awards will be pottery from Bemus Point Pottery.

Awards for the Big and Little Fish solo finishers as follows:

*Overall Top Male and Female, open
*Overall Top Male and Female, Master (over 40)
*Top 3 Males and Females in 5-year age divisions starting 16-19, ending 70+

Awards for Big Fish and Little Fish Team Relay finishers:
*Top All Male; All Female, Mixed teams

**Timing is provided by Runner's High.**
Results will be available race day and post-race at their website, www.runhigh.com

We will also post results on bigfishtriathlon.com when they are available.
Other Notes

Please respect and adhere to all directions given by safety personnel and volunteers.

**BRIGHT YELLOW SHIRTS** designate our Big Fish Triathlon Directors and Committee Organizers.

*See one of us if you are experience problems!*

**ORANGE SHIRTS** designate our Fish Crew Volunteers. They are there with information and to Cheer and Support you. *Thank them!* We want them to come back every year just like YOU!!

IT IS YOUR RESPONSIBILITY TO KNOW THE COURSE, AND ALWAYS BE AWARE OF TRAFFIC AND SAFETY CONCERNS. WE HAVE OVER 200 VOLUNTEERS TO SUPPORT AND KEEP YOU SAFE, YET ULTIMATELY THE RESPONSIBILITY LIES WITH EACH ATHLETE.

This is a Triathlon. You are NOT allowed to accept help from others / family on the Race Course. The only help you may receive is by our Race team or SAG vehicle provided by Jamestown Cycle Shop.

*We look forward to seeing you at the Race Finish!!*
*Kurt Gustafson and Bob Berke - Race Directors*
Violations

PLEASE TAKE NOTE TO AVOID DISQUALIFICATION.

Here are a few of the big violations highlighted.

1. **NO LITTER.** ONLY at water stations on the run. If you take it out on the course, bring it back!

2. **ABSOLUTELY NO HEADPHONES, SMART PHONES, IPODS DURING RACING.** NONE.

3. **NO FAMILY MEMBERS TO FOLLOW YOU ON RACING COURSES.** This presents significant danger to other athletes, traffic flow, etc...

4. **NO PERSONAL BIKE RACKS OR TRAINERS IN TRANSITION.**

This is a list of the most common Rule Violations from USAT. For a complete list go to: https://www.teamusa.org/USA-Triathlon/About/Multisport/Competitive-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

Source: USA-Triathlon

### Variable Time Penalties

<table>
<thead>
<tr>
<th>Distance Category</th>
<th>First offense</th>
<th>Second Offense</th>
<th>Third Offense</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sprint</td>
<td>2 minutes</td>
<td>4 minutes</td>
<td>Disqualification</td>
</tr>
<tr>
<td>Intermediate</td>
<td>2 minutes</td>
<td>4 minutes</td>
<td>Disqualification</td>
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</tbody>
</table>
Thank you and Sponsors

We take safety very seriously and want to thank Chautauqua County Emergency Services, Fire Police, Chautauqua County Sheriff Office, Water Emergency Team, and the Fire Departments of Dewittville, Hartfield, Mayville, Bemus Point, Ashville and ALL our volunteers!!

Please be attentive and respond to all directives of our Safety Personnel, or risk disqualification.

This event would not happen without their support. We appreciate their time and effort, please thank them when you get a chance!

**Sponsors**

**Muskellunge:**

**Walleye:**
Kwikfill/United Refining
Independent Health
Westfield Mem Hospital Med Staff

**Bass:**
NW Savings Bank
Wegmans
UPMC

**Perch:**
Direct Allergy

**Other:**
Arthur R. Gren Co. Distributor (Beverage Truck)
Hopes Windows (Swim caps)
Jamestown Awning (in-kind reduction/donation)
SnowRidge Motel (swag)
WillCare (Race Bibs)