



Lake
George
Area

Lake George, NY T r i a t h l o n 2024 ATHLETE GUIDE



AUGUST 31-SEPTEMBER 1, 2024



319 Main Street, Saugerties, NY 12477
845.247.7275 | Alpha.Win

ATHLETE GUIDE | Lake George, NY - Aug 31-Sept 1, 2024

Message from **ALPHA WIN**



Dear Athletes,

We are thrilled to host another exciting event in the breathtaking Lake George Area, the annual Lake George Triathlon. This event is one of a kind, with a swim in one of America's cleanest lakes, a scenic bike ride with rolling hills, and a run right through the heart of the Village of Lake George.

Our mission? To get you to the finish line! By completing an Alpha Win triathlon, you will have tested your limits and accomplished a phenomenal feat many people only dream of accomplishing. We aim to deliver the best race in order to help you to achieve your goal.

This event is a testament to the incredible support we've received from our partners and volunteers. We extend our heartfelt thanks to Lake George Area, Warren County Sheriff's office, the Village of Lake George, the Town of Lake George, New York State Department of Environmental Conservation, New York State Department of Transportation, and Trek Bikes Saratoga Springs for your invaluable contributions. We couldn't do it without you.

Alpha Win has now expanded to offer 12 races across the country and will host an estimated 10,000 athletes this year. We are fueled by our passion for this sport and our commitment to providing a fun, safe, and inspiring race for all.

It's not just about the race, it's about the experience. We hope you, your family, and your friends will have a blast. We can't wait to see you all at the Lake George Triathlon!

Your friend in all things swim, bike, run,
Alpha Win



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845.247.7275 | Alpha.Win

ATHLETE GUIDE I Lake George, NY - Aug 31-Sept 1, 2024



48 HOUR SALE FOR NEXT YEAR!
HUGE SAVINGS
WHEN YOU REGISTER
FOR LAKE GEORGE TRIATHLON 2025

Alpha Long Course

ONLY \$239

Alpha Olympic

ONLY \$115

Alpha Sprint

ONLY \$77

Sale Runs Sunday & Monday, September 1-2, 2024

Register at [Alpha.Win](https://alpha.win)



319 Main Street, Saugerties, NY 12477
845.247.7275 | [Alpha.Win](https://alpha.win)

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Getting to know

Alpha Win Triathlon Series

WHO ARE WE?

Alpha Win, formerly known as HITS Endurance, was created in 2011 to give athletes the chance to race in beautiful destinations. Alpha offers multiple race distances that appeal to a full range of skills and fitness levels, from the first-time racer to the professional triathlete. From the Family Mile run to an Alpha Long Course, anyone can feel like an Alpha Athlete.

Tommy Struzziere

Tommy Struzziere is the President and CEO of Alpha Win. He took the company over from his father, Tom Struzziere, in 2020.

Tommy's journey in endurance sports began at a remarkably young age. His early achievements, such as being named an All-American age group triathlete at 12, are a testament to his natural talent and dedication. Despite facing multiple large-scale injuries, he continued to pursue his passion, eventually running Division 1 track and Cross Country at Syracuse University.

Tommy's unwavering dedication to Alpha Win is evident as he continues to train and work tirelessly to grow the company.

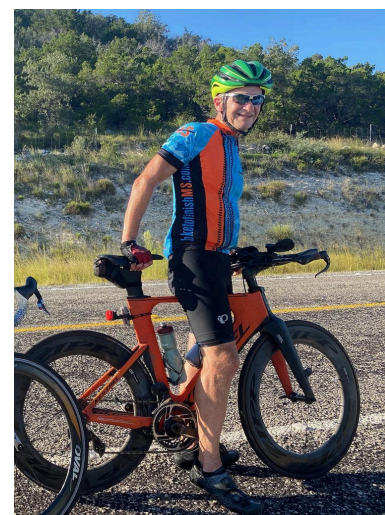
Tom Struzziere

Tom Struzziere is the founder of HITS, Inc., the largest equine show-jumping production company in the world. He has run world-class events since 1977.

Tom's foray into triathlon occurred after receiving training sessions for his 50th birthday. He wanted to set a positive and powerful example to his three children that fitness and good health are essential ingredients for living life to the fullest. Overcoming personal obstacles through the challenges of the swim, bike, and run only made it more of a passion and, eventually, a business interest. Tom recently completed his seventh full-distance race. Jane, Tom's wife, is also a triathlete, having competed in several Alpha Win Sprint and Alpha Long Course distance races.

Where will we go next?

Alpha Win is confident you will enjoy every aspect of your race experience, from the course to the location, to the staff and smile that will greet you at the finish line. With over 40 years of experience producing major athletic participation events, the knowledge backing the Alpha team ensures high-quality endurance events with a focus on its participants. Let Alpha Win be your next race.



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ATHLETE GUIDE I Lake George, NY - Aug 31-Sept 1, 2024

Schedule of Events

Thursday, August 29, 2024 – Sunrise Cafe, 8 Sagamore Road, Bolton Landing, NY

- 9 am - 5 pm: Packet pickup at the Sunrise Cafe in Bolton Landing for all distances*

Friday, August 30, 2024 – Barnsider Smokehouse BBQ, 2112 US-9, Lake George, NY 12845

- 2 – 6 pm: Packet and Timing Chip Pick-Up at Barnsider Smokehouse BBQ for all distances*
- 3 – 4 pm: Athlete Meeting for all distance athletes

*It is HIGHLY RECOMMENDED that athletes pick up their packets on Thursday or Friday.

Must have photo ID to pick up.

Saturday, August 31, 2024 – Million Dollar Beach, Beach Rd, Lake George, NY

- 5 – 6:30 am: Additional Packet and Timing Chip Pick-Up for Long Course athletes
- 5 – 6:30 am: Bike and Gear Drop-Off for Long Course distance athletes
- 6 am – 4 pm: Alpha Win Fitness Expo
- 6:40 am: Transition area closed for all athletes
- 6:50 am: Long Course Distance athlete pre-race meeting on the beach
- **7 am: Long Course male wave start**
- **7:03 am: Long Course female wave start**
- 12:00 – 2:00 pm: Long Course distance athletes and volunteer lunch
- 2 pm: Long Course distance Awards**
- 2 – 6 pm: Packet and Timing Chip Pick-Up for Sprint and Olympic distance athletes at Lake George Battleground State Campground

- 6:15 pm: Dinner and festivities on the Lake George Steamboat (Must sign up online)

****PLEASE NOTE:** Athletes **MUST** be present at their Awards Ceremony to receive an award. Unclaimed awards may be shipped if request is made within two weeks after the event. Athlete is responsible for a \$10 shipping and handling fee.

• Race Site

Lake George Battleground State Campground
34 Fort George Rd
Lake George, NY 12845, USA



Schedule of Events

Sunday, September 1, 2024 – Million Dollar Beach, Beach Rd, Lake George, NY

- 4:30– 6:00 am: Additional Packet and Timing Chip Pick-Up for Sprint and Olympic athletes
- 4:30– 6:00 am: Bike and Gear Drop-Off for Sprint and Olympic athletes
- 6 am – 2 pm: Alpha Win Fitness Expo
- 6:10 am: Transition area closed to all Sprint Athletes
- 6:20 am: Sprint athlete pre-race meeting on the beach
- 6:30 am: Transition area closed to all Olympic athletes
- **6:30 am: Sprint Male wave start**
- **6:33 am: Sprint Female wave start**
- **6:38 am: Sprint Duathlon wave start**
- 7:00 am: Olympic athlete Prerace Meeting on the beach
- **7:10 am: NECTC Olympic Male wave start**
- **7:13 am: NECTC Olympic Female wave start**
- **7:16 am: Olympic Male wave start**
- **7:19 am: Olympic Female wave start**
- 9:00 am: Sprint distance Awards Ceremony**
- 11:00 am – 1:00 pm: Sprint and Olympic distance athletes and Volunteers lunch
- 12:00 pm: Olympic distance Awards Ceremony**

****PLEASE NOTE:** Athletes **MUST** be present at their Awards Ceremony to receive an award. Unclaimed awards may be shipped if request is made within two weeks after the event. Athlete is responsible for a \$10 shipping and handling fee.

• **Race Site**

Lake George Battleground State Campground
34 Fort George Rd
Lake George, NY 12845, USA



Sponsors & Affiliates



Lake George Triathlon 2024 Sponsors



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GLENNS FALLS HOSPITAL



Northwestern Mutual
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WE'VE PARTNERED WITH THE BEST KEPT SECRET IN ENDURANCE SPORT



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Ketones Are

Nature's Superfuel

What if you could bottle "runner's high"?
Or tap into that feeling of "flow state" every day?

A dose of Ketone-IQ®, experience a noticeable boost in performance, endurance, and focus. Unlock the power of natural ketones—no fasting or keto diet required!"



SCAN FOR

20% OFF Keytone MAGIC



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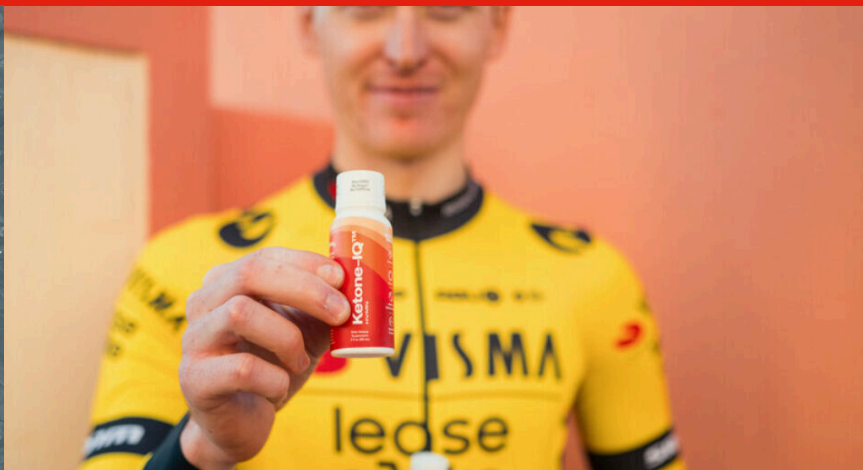
No Sugar

No Caffeine

NON GMO

3RD PARTY
**WADA+
USADA**
TESTED

 **\$6 Million
US Military**
Research Backed



LET'S GET SOCIAL!

**USE HASHTAGS #RACEALPHA
#ADISTANCEFOREVERYONE**



**LIKE US ON FACEBOOK!
@AlphaWinRacing**



**FOLLOW US ON INSTAGRAM!
@AlphaWinRacing**



**FOLLOW US ON TIKTOK!
@AlphaWinRacing**





USE DISCOUNT CODE: R-ALPHAWIN





VISIT THE
Lake George Area
 IN NEW YORK'S ADIRONDACKS

Lake George, NY Swim Course

750 meters/1,500 meters/1.2 miles

ALPHA LONG COURSE SWIM:

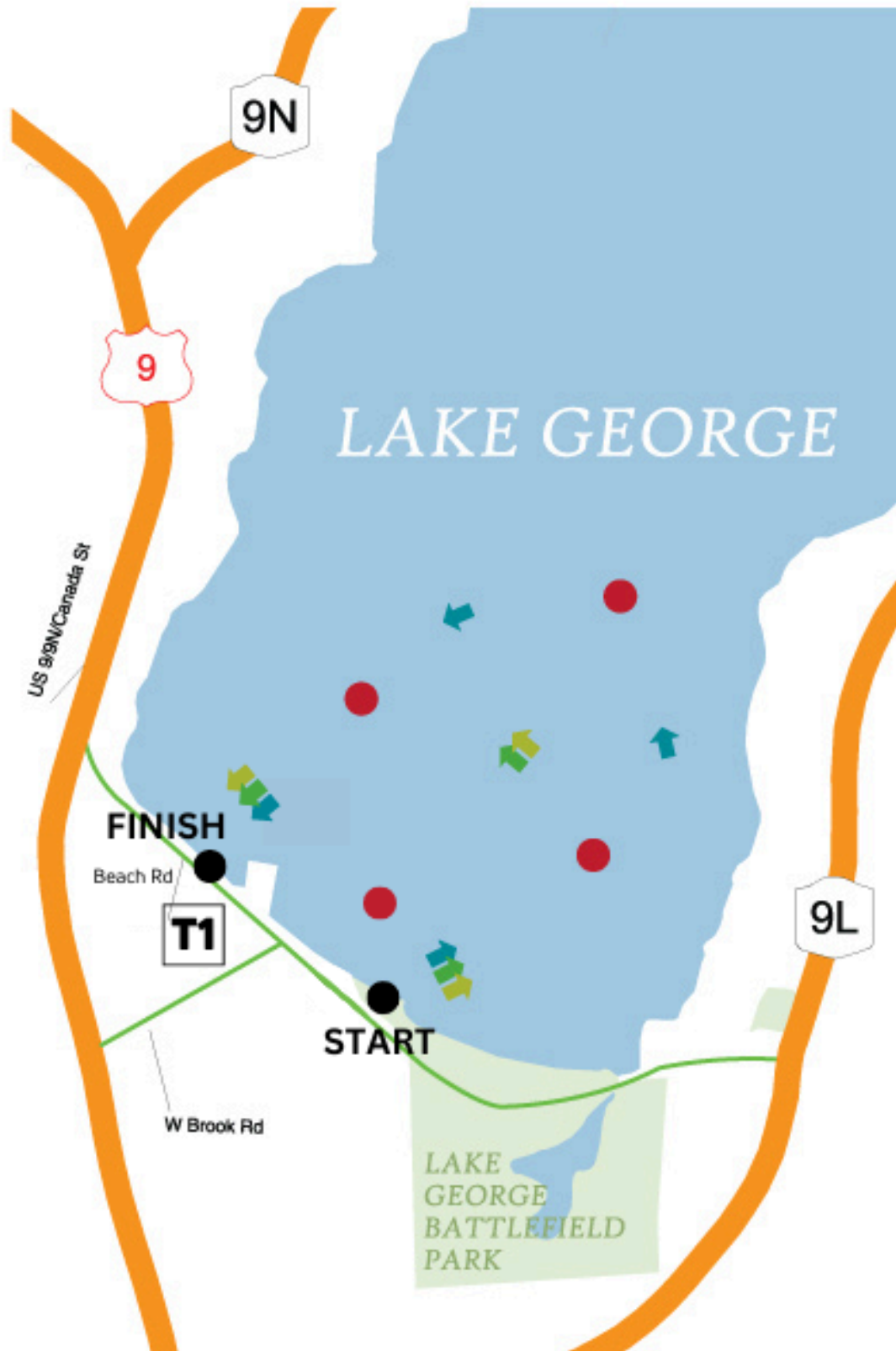
- Swim 1.2 miles (two loop)
- 1) – Beach Start at Million Dollar Beach
- 2) – Swim two loops in counter-clockwise direction
- 3) – Exit water to T1 at Dog Beach

ALPHA SPRINT SWIM

- Swim: 750 meters (one loop)
- 1) – Beach Start at Million Dollar Beach
- 2) – Swim one loop in counter-clockwise direction
- 3) – Exit water to T1 at Dog Beach

ALPHA OLYMPIC SWIM:

- Swim: 1,500 meters (two loops)
- 1) – Beach Start at Million Dollar Beach
- 2) – Swim two loops in counter-clockwise direction
- 3) – Exit water to T1 at Dog Beach



Course Key	
Sprint =	Trail =
Olympic =	Aid Station =
Long =	Medical =
Mile Marker =	Porta-Potty =



VISIT THE
Lake George Area
 IN NEW YORK'S ADIRONDACKS

**Lake George, NY
 Bike Course**

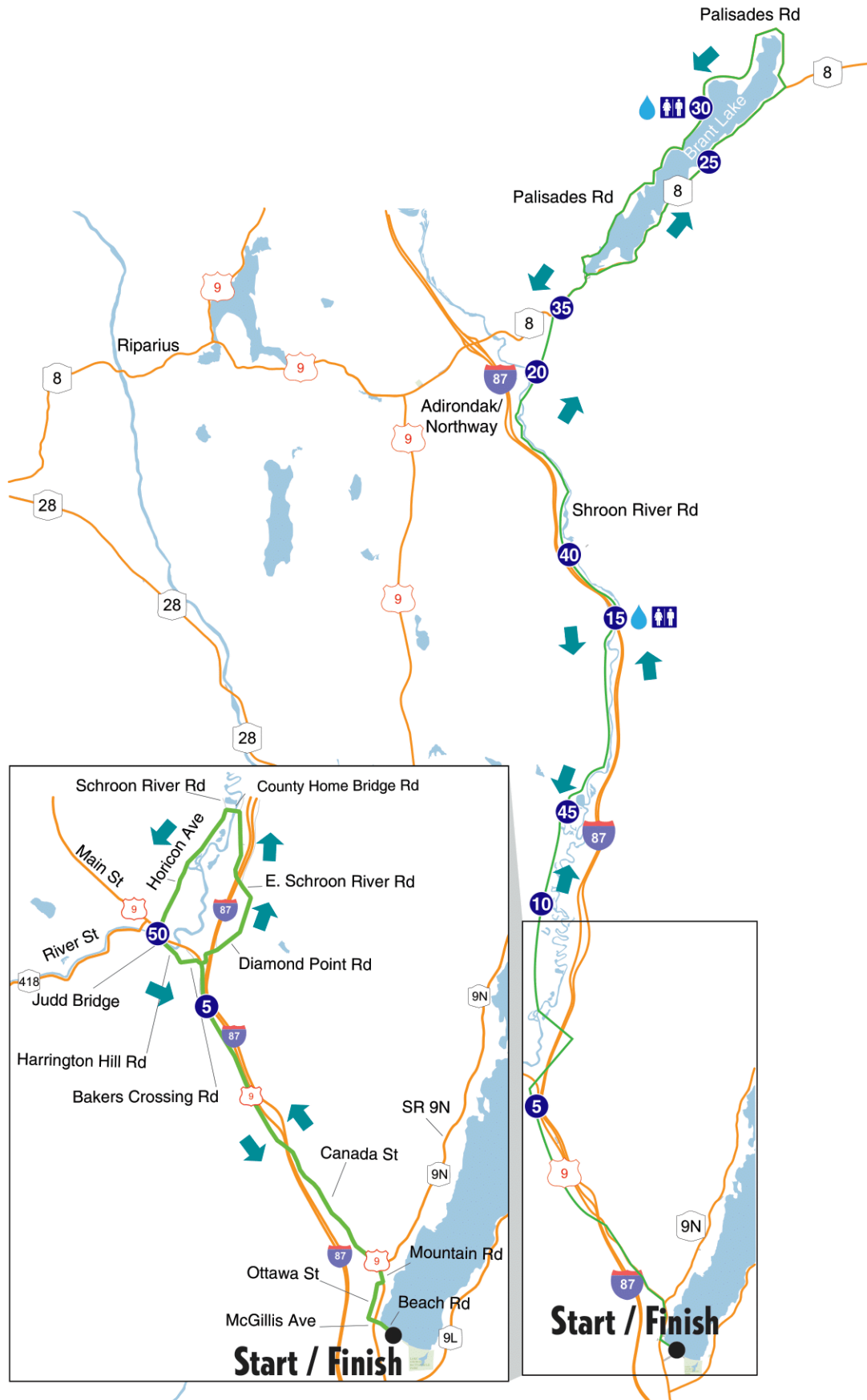
12.4 miles/24.8 miles/56 miles

ALPHA LONG COURSE BIKE:

- Bike: 56 miles (one out-n-back)
- 1) – Exit T1, L on Beach Rd
- 2) – R on Canada St
- 3) – L on US 9
- 4) – R on Diamond Pt Rd
- 5) – L on E Schroon River Rd
- 6) – L on County Home Bridge Rd
- 7) – R on Schroon River Rd
- 8) – R on Horicon Ave
- 9) – R on SR 8
- 10) – Continue past first intersection with Palisades Rd
- 11) – L on second intersection with Palisades Rd
- 12) – R on SR 8
- 13) – L on Horicon Ave
- 14) – L on Schroon River Rd, become Horicon Ave
- 15) – L on Main St / US 9
- 16) – R on Judd Bridge / Perry Dr
- 17) – L on Harrington Hills Rd
- 18) – L on Bakers Crossing
- 19) – R on US 9
- 20) – R on Mountain Dr
- 21) – L on Ottawa St
- 22) – L on McGillis Ave
- 23) – Cross Route 9 to Beach Rd to T2

ALPHA SPRINT BIKE:
 MAP WITH TURN-BY-TURN ON PAGE 2

ALPHA OLYMPIC BIKE:
 MAP WITH TURN-BY-TURN ON PAGE 2



Course Key	
Sprint =	Trail =
Olympic =	Aid Station =
Long =	Medical =
Mile Marker =	Porta-Potty =

Course Key

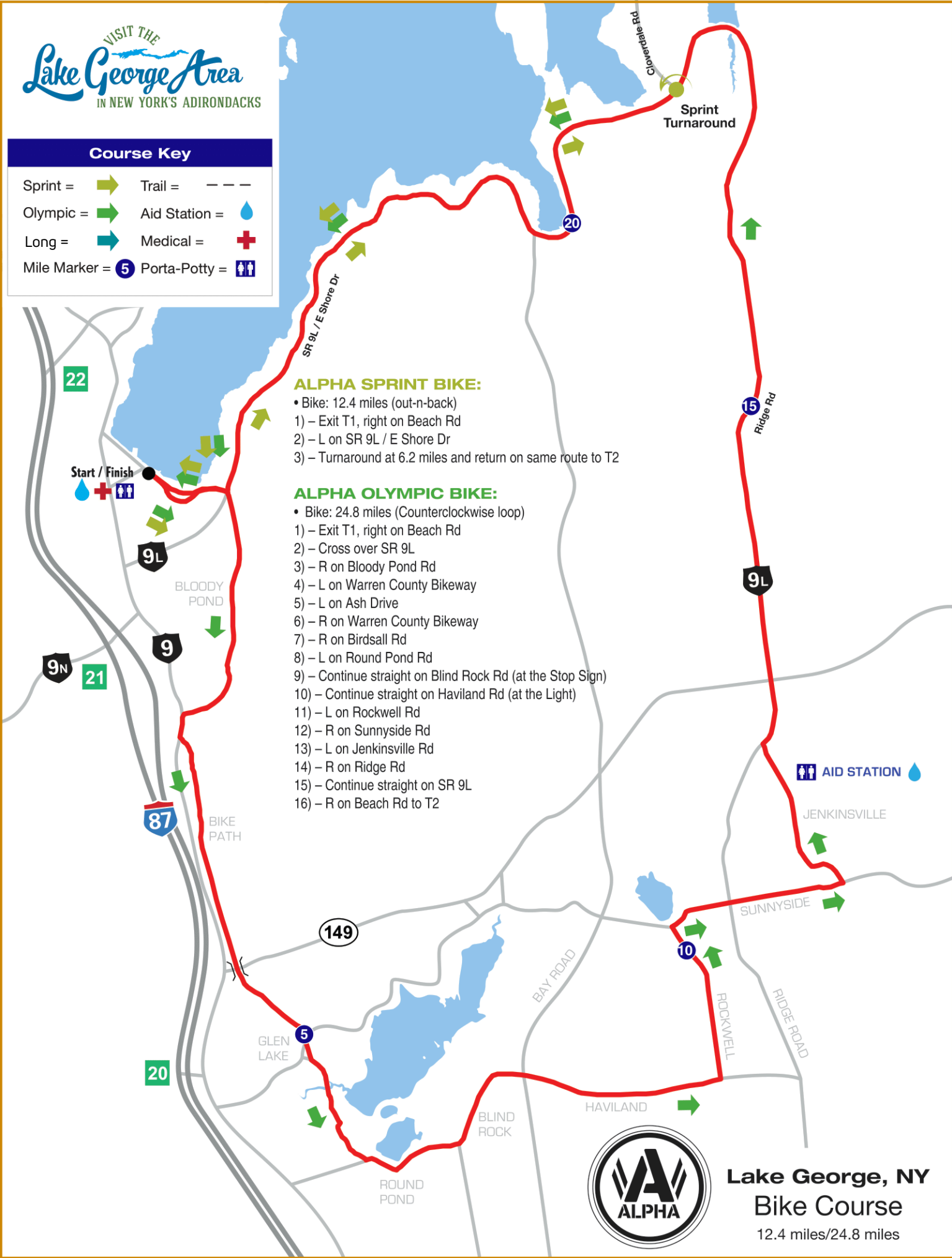
Sprint =	Trail =
Olympic =	Aid Station =
Long =	Medical =
Mile Marker =	Porta-Potty =

ALPHA SPRINT BIKE:

- Bike: 12.4 miles (out-n-back)
- 1) – Exit T1, right on Beach Rd
- 2) – L on SR 9L / E Shore Dr
- 3) – Turnaround at 6.2 miles and return on same route to T2

ALPHA OLYMPIC BIKE:

- Bike: 24.8 miles (Counterclockwise loop)
- 1) – Exit T1, right on Beach Rd
- 2) – Cross over SR 9L
- 3) – R on Bloody Pond Rd
- 4) – L on Warren County Bikeway
- 5) – L on Ash Drive
- 6) – R on Warren County Bikeway
- 7) – R on Birdsall Rd
- 8) – L on Round Pond Rd
- 9) – Continue straight on Blind Rock Rd (at the Stop Sign)
- 10) – Continue straight on Haviland Rd (at the Light)
- 11) – L on Rockwell Rd
- 12) – R on Sunnyside Rd
- 13) – L on Jenkinsville Rd
- 14) – R on Ridge Rd
- 15) – Continue straight on SR 9L
- 16) – R on Beach Rd to T2



Lake George, NY
Bike Course
12.4 miles/24.8 miles



**Lake George, NY
Run Course**
13.1 miles

ALPHA LONG COURSE RUN:

• Run: 13.1 miles (two out-n-backs)

- 1) - Exit T2, L on Beach Rd
- 2) - L on Fort George Rd
- 3) - L on Warren County Bikeway
- 4) - Turnaround and return on same route to Fort George Rd to turnaround and begin second out-n-back
- 5) - Cross over Fort George Rd to Finish

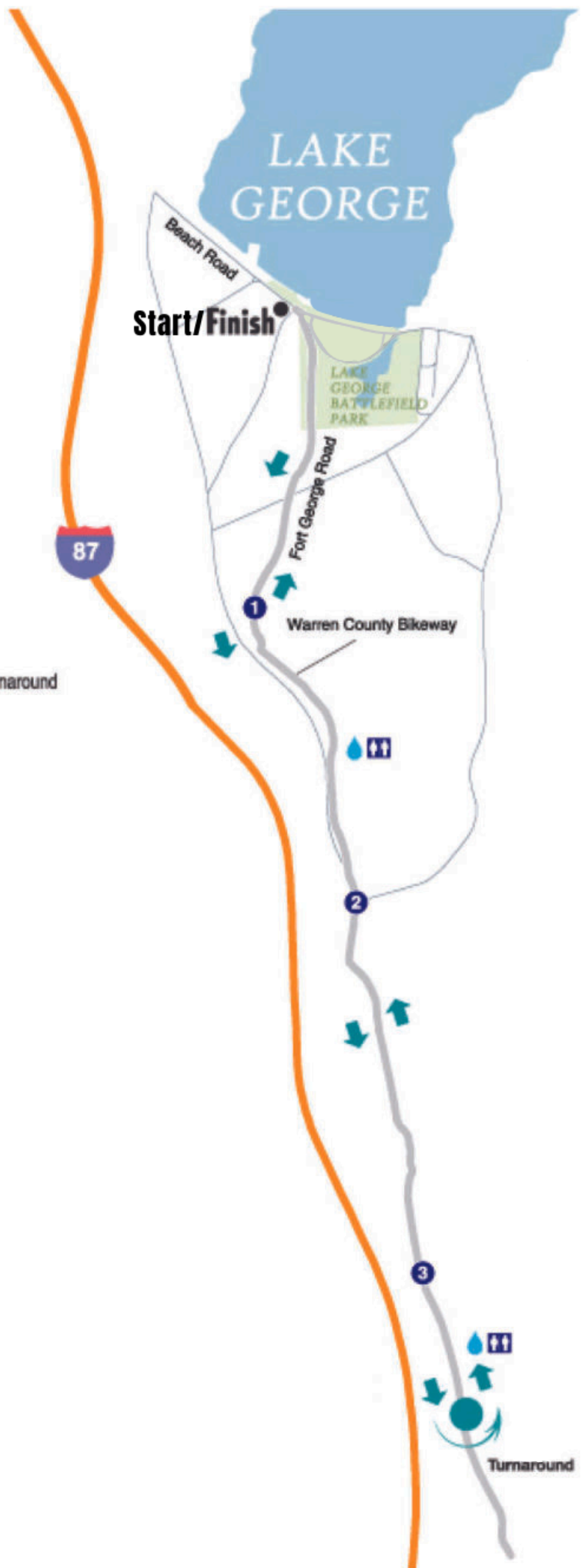
ALPHA SPRINT RUN:

MAP WITH TURN-BY-TURN ON PAGE 2

ALPHA OLYMPIC RUN:

MAP WITH TURN-BY-TURN ON PAGE 2

Course Key			
Long =		Aid Station =	
Porta-Potty		Medical =	





VISIT THE
Lake George Area
 IN NEW YORK'S ADIRONDACKS



Lake George, NY
Run Course
 3.1 miles/ 6.2 miles

ALPHA SPRINT RUN:

- Run: 3.1 miles (one loop)
- 1) - Exit Transition
- 2) - L on Beach Rd
- 3) - Cross over 9N onto McGillis Ave
- 4) - R on Helen St
- 5) - R on Amherst St
- 6) - L on Ottawa St
- 7) - L on Mountain Dr
- 8) - R on Joques Farm Rd
- 9) - R on Old Post Rd
- 10) - Turnaround at Mountain Dr
- 11) - L on Joques Farm Rd
- 12) - L on Mountain Dr
- 13) - R on 9N into village
- 14) - L on Beach Rd
- 15) - R into Finish

ALPHA OLYMPIC RUN:

- Run: 6.2 miles (two loops)
- 1) - Exit Transition
- 2) - L on Beach Rd
- 3) - Cross over 9N onto McGillis Ave
- 4) - R on Helen St
- 5) - R on Amherst St
- 6) - L on Ottawa St
- 7) - L on Mountain Dr
- 8) - R on Joques Farm Rd
- 9) - R on Old Post Rd
- 10) - Turnaround at Mountain Dr
- 11) - L on Joques Farm Rd
- 12) - L on Mountain Dr
- 13) - R on 9N into village
- 14) - L on Beach Rd
- 15) - R into Finish

Course Key			
Sprint =	→	Aid Station =	💧
Olympic =	→	Medical =	+
		Porta-Potty =	♂ ♀

Race

Information

PARKING INFORMATION

Parking for race day will be at Million Dollar Beach parking lot. There is a \$10 charge per car. For faster entry, purchase a parking pass online when you register for the event, or purchase a parking pass at Packet Pick-up on Thursday or Friday. If you do not purchase a parking pass in advance, you will need to have \$10 in cash ready to purchase a pass at the booth on race morning.

IMPORTANT ADDRESSES:

• **Race Site**

Lake George Battleground State Campground
34 Fort George Rd
Lake George, NY 12845, USA

• **Official Bike Shop** – Trek Bikes Saratoga Springs

71 Church St
Saratoga Springs, NY 12866

WETSUIT POLICY

Alpha Win will follow USA Triathlon Competition Rules regarding wet suits for age group participants. 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 wear a wetsuit within this temperature range shall not be eligible for prizes or awards. They must be removed from age group and overall competition and cannot be sent to USAT for rankings. Alpha Win will record times for these participants but will not post the names and times in final race results. Participants may not wear wet suits at water temperatures equal to or greater than 84 degrees Fahrenheit.

ROADS

No roads will be closed on the bike course; all roads are open to traffic. While on the bike course, you must stay to the right on the shoulder at all times. At every intersection, you must sit up, slow down, look for traffic, and obey the traffic control or as directed by law enforcement.



Race

Information

TIMING CHIPS

Athletes will receive a timing chip at check-in and will be responsible for wearing the chip at all times while racing. Fasten it to your ankle, facing outward, under your wetsuit with the Velcro strap provided before the swim and

leave it on until after you finish the run. If you lose your timing chip at any time during the race, please notify a timing official and you can receive a new one at transition. Volunteers will help you remove the chip at the finish line. If you do not start the race, you are responsible for returning the chip to timing. If you drop out or are pulled from the race at any time, turn in your chip to a race official. Failure to do so may disqualify you from participating in future Alpha Win events. It is essential that we know where you are on the course at all times for your safety and our peace of mind. If you are transported to any medical station, the medical staff will take responsibility for your chip. By picking up your race number and timing chip, you are guaranteeing that you will return the chip to timing, or you will be billed \$25 for its replacement.

NO CHIP = NO TIME.

Race Timing & Cut-Offs - Individual cut-offs for each distance and segment of the races are as follows:

Swim Cut-off:	Alpha Sprint	7:00/7:03 am	(Maximum time 30 minutes)
	Alpha Olympic	8:16/8:19 am	(Maximum time 1 hour)
	Alpha Long Course	8:10/8:13 am	(Maximum time 1 hour 10 minutes)

Bike Cut-off:	Alpha Sprint	8:30/8:33 am	(Maximum time 2 hours)
	Alpha Olympic	10:46/10:49 am	(Maximum time 3 hours, 30 minutes)
	Alpha Long Course	12:10/12:13 pm	(Maximum time 5 hours, 10 minutes)

Run Cut-off:	Alpha Sprint	9:30/9:33 am	(Maximum time 3 hours)
	Alpha Olympic	12:16/12:19 pm	(Maximum time 5 hours)
	Alpha Long Course	3:30/3:33 pm	(Maximum time 8 hours, 30 minutes)

AID STATIONS

There will be aid stations approximately every 10 - 20 miles on the bike courses for the Long Course Distance. There will be aid stations approximately every 1 - 1.5 miles on the run courses of the Sprint, Olympic, and Long Course Distances.

Each bike aid station for the Alpha Long Course will offer: Water, Sunscreen, Vaseline, Zym Hydration, and Huma Gels.

Each run aid station for the Alpha Long Course will offer: Water, Pretzels, Ice, Sponges, Gummy Bears, Vaseline, Defizzed Cola, Sunscreen, Snickers, Orange Slices, Cookies, Banana Halves, Zym Hydration, and Huma Gels.



BICYCLE & GEAR RECOVERY

Mandatory bike and gear recovery for Alpha Sprint and Olympic distance athletes is before 12:30 pm on race day. Mandatory Bike & Gear recovery for Long Course distance athletes is before 3:30 pm on race day. In the event of an emergency, your emergency contact person will be contacted and allowed to claim your bike and gear from transition. Any bikes or gear left in the transition area after the transition area closes will be considered lost and found. You must have your athlete wristband on in order to claim your bike and gear.

DOG POLICY - ALPHA WIN TRIATHLON SERIES ADHERES TO A STRICT NO DOGS POLICY.

LOST & FOUND

If you lose any equipment during the race weekend, please see the Alpha Win staff at the on-site administration tent to claim it. Alpha Win is not responsible for equipment left behind at the race site.

COLD WEATHER POLICY

Some events are held in areas of the country and at times of the year when weather conditions are cold, resulting in low water temperatures and/or low air temperatures. The best way for athletes to be prepared for this is to check the local weather forecast on the day prior to and on the morning of the race and to have the proper attire available to be able to race safely in cold conditions, including jackets, gloves, tights and shoe coverings.

Alpha has also implemented the following policy:

1. If the water temperature is below 59 degrees Fahrenheit, the race director will consider shortening the swim distance; if the water temperature is below 54 degrees Fahrenheit, the swim will be cancelled.
2. If the air temperature is below 41 degrees Fahrenheit regardless of water temperature, the swim will be cancelled or the race may be delayed until air temperatures rise above 41 degrees Fahrenheit

EVENT SANCTION & RULES - All Alpha Win events are sanctioned by USA Triathlon (USAT) and will enforce all USAT rules and conduct guidelines. Doping and drafting are strictly prohibited at all distances at every Alpha Win event. Race Marshals will be present on course penalizing athletes who do not abide by the rules. Please visit UsaTriathlon.org to view a complete set of the competitive rules.

FINISH LINE POLICY - Per USAT rules, Alpha Win will not allow friends and/or family members of athletes to cross the finish line or enter the finish chute with participating athletes at any distance in order to ensure the safety of all participants, volunteers and spectators. Time and space will be provided at the finish line for celebration. Athletes who choose not to respect this policy will receive an automatic disqualification.

HEADPHONES / EAR BUD POLICY - Per USAT rules, the use of headphones, ear buds, iPods, MP3 players or any other listening device is strictly prohibited during all Alpha Win races. Athletes are welcome to use these devices in transition areas only, but will not be allowed to use them on the swim, bike and/or run courses of any distance. Athletes who choose not to respect this policy will receive an automatic disqualification.

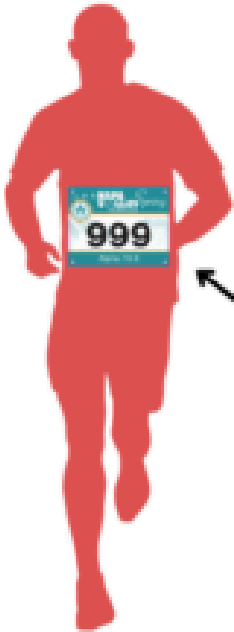


Race Information

Where do my race materials go?



Bike stickers go on your helmet and seat post



Run bibs should be pinned on the front of your outermost layer

Wristbands go on either wrist



Rules

USAT GENERAL RULES OF CONDUCT PENALTIES

3.1 Preparation and Training. No person shall participate in a triathlon or other multi-sport events unless such person:

- a. is trained adequately for that specific event, as might be expected of a prudent person entering a similar competition, and
- b. is in excellent health, based on recent training, physical examinations, if any, and generally accepted standards of good health.

3.2 Age Group Competition.

- a. All age group athletes must participate and compete in the age group division corresponding to the athlete's age on December 31 of the year of the event.
- b. Clydesdale/Athena Categories. The official minimum weight standard for this category is 220 pounds for men, 165 pounds for women, to be monitored by the local race director.

3.3 General Conduct - At or during an event, or while at the event site, all participants must:

- a. Act in compliance with these Competitive Rules;
- b. Conduct themselves in a manner that is not offensive in any way to fellow participants, spectators, officials or volunteers and is considered reasonable and acceptable in the community;
- c. Treat all participants, officials, volunteers and spectators with fairness, respect and courtesy;
- d. Refrain from the use of abusive language or conduct
- e. After violating any of the Competitive Rules, report such violation to the Head Referee or retire from the event.

3.4 Race Conduct - All participants in USA Triathlon sanctioned events must adhere to the rules in this **Section 3.4:**

- a. **ENTIRE COURSE.** Participants must cover the prescribed course in its entirety. It is the participant's responsibility to know the course. Any violation of this section, even if no advantage is gained, shall result in a variable time penalty, unless the Head Referee in his sole discretion determines that (i) the violation was substantial and resulted in an unfair time advantage, or (ii) the violation constituted endangerment under Section 3.4(l). In the event the Head Referee makes such a determination, the penalty shall be disqualification.
- b. **UNSPORTSMANLIKE CONDUCT.** Participants shall refrain from unsportsmanlike conduct, including the improper use of language or conduct directed toward an official. Violations of this Section shall result in disqualification or a variable time penalty depending on the severity of the violation as determined in the sole discretion of the Head Referee.
- c. **OBSTRUCTION.** Participants shall refrain from intentionally or accidentally blocking, charging, obstructing, or interfering with the forward progress of another participant. Any violation of this Section shall result in a variable time penalty.



Rules

Continued

- d. UNAUTHORIZED ASSISTANCE.** No participant shall accept from any person (other than a race official) physical assistance in any form, including food, drink, equipment, support, pacing, a replacement bicycle or bicycle parts, unless an express exception has been granted and approved, in writing, by USA Triathlon. The receipt of information regarding the progress, split times, or location of other competitors on the race course shall not be considered the acceptance of unauthorized assistance. Any violation of this Section shall result in a variable time penalty.
- e. RE-ENTRY.** Upon leaving the course, a participant shall re-enter the course and continue at the same point of departure. Any violation of this Section shall result in a variable time penalty, unless the Head Referee in his sole discretion determines that (i) the violation was substantial and resulted in an unfair time advantage, or (ii) the violation constituted endangerment under Section 3.4(l), in which case the penalty shall be disqualification.
- f. RACE NUMBERS.** Participants shall plainly display their race numbers at all times, and shall maintain the race number in an unaltered, unobstructed and readable state at the start and finish gates, in the transition areas, and on the course. Any violation of this Section shall result in a variable time penalty.
- g. UNFAIR ADVANTAGE.** No participant shall use his body, head, arms, or legs to gain an unfair advantage, or to push, pull, hold, strike, or force through one or more participants. Any violation of this Section shall result in a variable time penalty.
- h. ABANDONED EQUIPMENT.** No participant shall leave any equipment or personal gear on the race course. Any violation of this Section shall result in a variable time penalty.
- i. UNAUTHORIZED ACCESSORIES.** No participant shall, at any time during the event, use or wear a hard cast, headset, radio, personal audio device, or any other item deemed dangerous by the Head Referee. Any violation of this Section shall result in a variable time penalty.
- j. GLASS CONTAINERS.** No participant shall utilize any glass bottles or glass containers at any time during the event. Any violation of this Section shall result in a variable time penalty, unless the Head Referee determines that such conduct constituted endangerment under section 3.4(l), in which case the penalty shall be disqualification.
- k. UNAUTHORIZED EQUIPMENT.** No participant shall use any equipment which the Head Referee determines to be improper, including but not limited to equipment which might provide an unfair advantage or endanger other participants. Unless otherwise provided for in these Rules, any violation of this Section shall result in a variable time penalty.
- l. ENDANGERMENT.** No participant shall commit any dangerous act which could cause injury to any participant. Any violation of this Section shall result in disqualification.
- m. WAVE STARTS.** When the beginning of any event is commenced by starting designated “waves” or groups of participants at different times, all participants shall start in and with the proper wave or group. Any participant who violates this section by starting in an improper and earlier wave or group shall be disqualified. Any participant who starts in an open or elite wave in an event with age group waves shall be ineligible for age group awards and USAT national rankings.
- n. INDECENT EXPOSURE.** Public nudity at any time during the event is prohibited. Any violation of this section shall result in variable time penalty.



3.5 Unregistered Participants.

- a. Any person who participates in any portion of a sanctioned event without first properly registering and paying any required registration fee shall be suspended or barred from membership in USA Triathlon and barred from participation in any sanctioned event for a period of up to one year.
- b. Any person who in any way assists another athlete to violate Section 3.5a by providing or selling a race number to that athlete shall be suspended or barred from membership in USA Triathlon and barred from participation in any sanctioned event for a period of up to one year. Any second violation of this Section shall result in a lifetime suspension or ban from membership in USA Triathlon.

3.6 Penalties and Prohibited Conduct - Penalties, including disqualification and suspension, may be imposed upon race participants and/or members of USA Triathlon who violate any of these Competitive Rules or who solicit, encourage, or assist a violation of these Rules. Except as otherwise provided in these Rules, the specific penalty to be imposed in any given case shall depend on the nature and severity of the violation as determined by the Head Referee or USA Triathlon. The following penalties may be imposed for a violation of these Rules:

- a. Assessment of a time penalty
- b. Disqualification
- c. Written reprimand or censure
- d. Monetary fines
- e. Suspension from membership in USA Triathlon (including retroactive suspension), and
- f. Permanent expulsion from USA Triathlon

3.7 Time Penalties.

a. In General. A time penalty may be imposed for a violation of any Section of these Rules in which a time penalty is expressly authorized. In the event that a participant is assessed a time penalty, the applicable time period shall be added to that participant's aggregate finishing time in calculating official race results. Except as otherwise provided in Section 3.7B of these rules, time penalties shall be cumulative and a participant may be assessed more than one time penalty for violations of the same rule.

b. Variable Time Penalties. A "variable time penalty" as used in these Rules shall mean a time penalty that varies in accordance with the distance category of the event, as defined by the length of the cycling course. The variable time penalty for each of the distance categories shall be the following:

Distance Category	First Offense	Second Offense	Third Offense
Youth Events	1 minute	2 minutes	Disqualification
Short/Intermediate -- Cycle Course less than 50k	2 minutes	4 minutes	Disqualification
Long -- Cycle Course greater than 50-100k	4 minutes	8 minutes	Disqualification
Ultra -- Cycle Course greater than 100k	6 minutes	12 minutes	Disqualification



Rules

Continued

3.7A. Time Penalties for Elites. A “variable time penalty” as used in these Rules shall mean a time penalty that varies in accordance with the distance category of the event. The variable time penalty for each of the distance categories shall be the following:

Distance Category	Time Penalty
Short/Intermediate Cycle Course less than 50k	1 minute
Long Cycle Course 50-100k	2 minutes
Ultra Cycle course greater than 100k	4 minutes

a. First Violation – Time Penalty. A variable time penalty shall be imposed for the first violation of these Rules in which a time penalty is expressly authorized.

b. Second Violation. For a second violation of these Rules the athlete shall be disqualified from the event and shall be required to immediately withdraw from the race and vacate the course. Any athlete who fails to withdraw from a race and continues on the course after being disqualified shall be suspended from membership in USA Triathlon and barred from participation in any USA Triathlon sanctioned event for a period of one year.

3.7B Assessment of Time Penalties/Conduct of Athletes. All variable time penalties imposed under **Section 3.7A shall be assessed in accordance with this Section.** Except as otherwise provided herein, any violation of or failure to comply with this Section 3.7B shall result in disqualification.

a. First Violation – Stop and Go System. Unless a Penalty Area System is being used pursuant to subsection (b), an athlete charged with a first violation of these Rules in which a time penalty is expressly authorized shall safely pull over to the side of the bicycle course and shall come to a complete stop, placing both feet on the ground. An athlete charged with a violation while in transition or on the run course shall come to a complete stop. The race official shall properly mark the athlete’s race numbers and the athlete shall remain stopped under the direction of the race official for a period of time equal to the applicable variable time penalty. When the official indicates that the time penalty has expired, the athlete may continue with the race.

b. First Violation – Penalty Area System. Notwithstanding subsection (a), if a Penalty Area is being used in the event, an athlete charged with a first violation of these Rules in which a time penalty is expressly authorized shall (1) safely decrease speed while maintaining a straight line of movement, (2) come to a complete stop, and (3) place both feet flat on the ground while completely stopped. The race official shall properly mark the athlete’s race numbers and allow the athlete to continue with the race. After completing the bicycle course and properly securing the bicycle, the penalized athlete shall immediately report to the designated penalty box or penalty area, which shall be located within or adjacent to the transition area (the “Penalty Area”). The penalized athlete shall remain in the Penalty Area for a cumulative amount of time equal to the variable time penalty assessed against the athlete. After such time has expired as determined by race officials, the athlete may exit the Penalty Area and continue with the race. Any time served in the Penalty Area shall become incorporated into the athlete’s official time for the event. An athlete charged with a violation while in transition or on the run course shall be directed by the official to serve the penalty either in place or at the Penalty Area.



Rules

Continued

c. Penalty marking. For any first violation, the race official shall apply a visible diagonal mark across the face of each race number worn by the penalized athlete. For any second violation, or for any violation which results in disqualification, the race official will apply a second visible diagonal mark across all the athlete's race numbers resulting in an X shaped mark.

d. Penalty Area Conduct. While in the Penalty Area, no athlete shall dress, undress, change uniforms, or adjust any race equipment. Running shoes may be worn into, but shall not be carried into the Penalty Area. While in the Penalty Area, no athlete shall accept any form of aid or assistance, including food, drink, or equipment, from any other person, including race officials. Any violation of this Section shall result in disqualification.

3.8 Acts Warranting Suspension - In addition to other penalties which may be imposed at the discretion of USA Triathlon, the following acts may be grounds for suspension for a period of time designated by USA Triathlon:

- a.** A flagrant or willful violation of the Competitive Rules;
- b.** Gross or continued unsportsmanlike conduct;
- c.** Physical violence directed toward a race official, participant, volunteer, spectator, or other person;
- d.** Any fraudulent act, such as falsifying name or age, filing a false affidavit or protest, or providing false information to USA Triathlon, the Board of Hearings and Appeals, or race officials;
- e.** Intentionally participating in an event despite failure to register;
- f.** Repetitive or recurring violations of the Competitive Rules;
- g.** Failure to notify a race official after withdrawing from a race;
- h.** Violation of the Medical Control Rules as set forth in Article VIII;
- i.** Refusal to abide by the final determination by USA Triathlon of any matter relating to these Rules or the sport of triathlon;
and
- j.** Any act which disgraces or brings discredit to the sport of triathlon.

3.9 Effect of Suspension. Any person suspended from membership in USA Triathlon shall be ineligible to participate in any USA Triathlon sanctioned event and shall be disqualified from any USA Triathlon sanctioned event during the suspension period and until such time as that person has applied for and received written notice of reinstatement from USA Triathlon.

3.10 Reinstatement. Any person who has been suspended must apply in writing to USA Triathlon for reinstatement after or immediately preceding expiration of the suspension period.

3.11 Notice of Disciplinary Actions. Any person reprimanded, censured, suspended, or expelled from USA Triathlon shall be entitled to receive reasonable notice of such disciplinary action.

3.12 Acts of Agents. The conduct of any agent acting with apparent authority on behalf of a participant shall constitute grounds for penalizing such participant if such agent's conduct violates any of these Rules.



Rules

Continued

CLYDESDALE / ATHENA ATHLETES - Sprint, Olympic, and Long Course distances within the Alpha Win Triathlon Series are open to Athletes wishing to compete in the Clydesdale/Athena Category. There will be two categories with the same start and cutoff times:

- Clydesdale (Men 220lbs+)
- Athena (Women 165lbs+)

MILITARY ATHLETES - All active and retired military personnel receive 15% off registration for all Alpha Win events. There will be two categories (male and female) with the same start and cutoff times.

PHYSICALLY CHALLENGED ATHLETES - All distances within the Alpha Win are open to Physically Challenged Athletes. Categories will be co-ed and scored the same with the same start and cutoff times, as well as the same awards.

DIVISIONS - Divisions for Alpha Win Series will be based on five year age groups for both male and female athletes starting at age 17 and under and continuing until 85+. In addition to the five year age group scoring for the Alpha Win Championship, each of the events within the Alpha Win Series will follow USAT age group breakouts for sanctioned rankings.

USAT ATHLETE EXCESS MEDICAL POLICY - The athlete excess medical coverage protects each participant for the day of the event at USAT sanctioned races, camps and clinics. When athletes purchase a USAT annual license or one day permit, a portion of those fees cover the cost to provide them with excess medical insurance. This coverage only extends to their participation in an USA Triathlon sanctioned event and is only available after the injured party has filed with any primary insurance policies. A deductible does apply for this excess coverage. If an athlete is injured while participating in a USA Triathlon sanctioned event the following steps must be followed:

- Athletes must file with their primary healthcare provider (i.e. United Healthcare, Blue Cross, Blue Shield, Aetna, traveler's insurance, etc.).
- Athlete completes a medical claim form.
- For serious incidents or for athletes requesting coverage, either the race director or USAT can provide them with a medical claim form. The medical claim form along with all explanation of benefit documents should be sent directly from the athlete to the insurance company as indicated on the claim form. Please email Sanction@UsaTriathlon.org for a copy of the form.
- Athletes will pay a deductible. All claimants will pay anywhere from \$250 USD (two-hundred and fifty U.S. dollars) to \$1,000 USD (one thousand U.S. dollars) out of pocket and possibly more for uncovered expenses.

Be advised that coverage may not apply to each and every claim. Additionally, coverage only extends to participants that have purchased an USA Triathlon annual license or one-day permit and were injured through participation in an USA Triathlon sanctioned event. Please email questions to Sanction@UsaTriathlon.org.



RACE WITH US



To register for any of our upcoming races, visit:

[Alpha.Win](https://www.alpha.win)



RACE NEW YORK

Hudson Valley Marathon

May 4, 2025:

[Register](#)

Hudson Valley Triathlon

June 29, 2025:

[Register](#)

Lake George Triathlon

August 31-1, 2024:

[Register](#)

Saugerties Triathlon

September 15, 2024:

[Register](#)

RACE CALIFORNIA

Napa Valley Triathlon

Spring - April 5, 2025:

[Register](#)

Fall - October 26, 2024:

[Register](#)

Lake San Antonio Triathlon

April 26, 2025:

[Register](#)

June Lake Triathlon

August 17, 2024:

[Register](#)



RACE FLORIDA

Sarasota Triathlon

January 12, 2025:

[Register](#)

Ocala Triathlon

March 29, 2025:

[Register](#)



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