

**TRUEPATH
RACING**



FINGER LAKES TRIATHLON



CAYUGA

2026 ATHLETE GUIDE

THANK YOU

Thank you for choosing to race the Finger Lakes Triathlon Cayuga.

Within this guide you will find everything you need to know about the upcoming race weekend. Please read through it carefully and become familiar with parking logistics, your wave starts, and much more!



Presented by: Wolfpack Multisport

General Information

PACKET PICKUP

Saturday, June 20, 2026

Finger Lakes Running Company

700 Cascadilla St., Suite 101

Ithaca, New York, 14850

2:00 pm – 6:00 pm

Sunday, June 21, 2026

Taughannock Falls State Park Bath House

6:00 am – 7:45 am

Additional Info

- All athletes must pick up their race packets themselves.
- Relay Teams: All members of the relay team must be present to pick up their packets.
- All athletes need to show a photo ID. REMEMBER, NO ID! NO RACE! NO EXCEPTIONS!
- Minors must have a parent or legal guardian present at registration.
- Make sure you place your number on your bike and wear your bib on the front of you for the run. This helps us identify you as a participant and ensures you receive all your race photos.

GENERAL RACE INFORMATION

IMPORTANT NOTE FOR RACE DAY

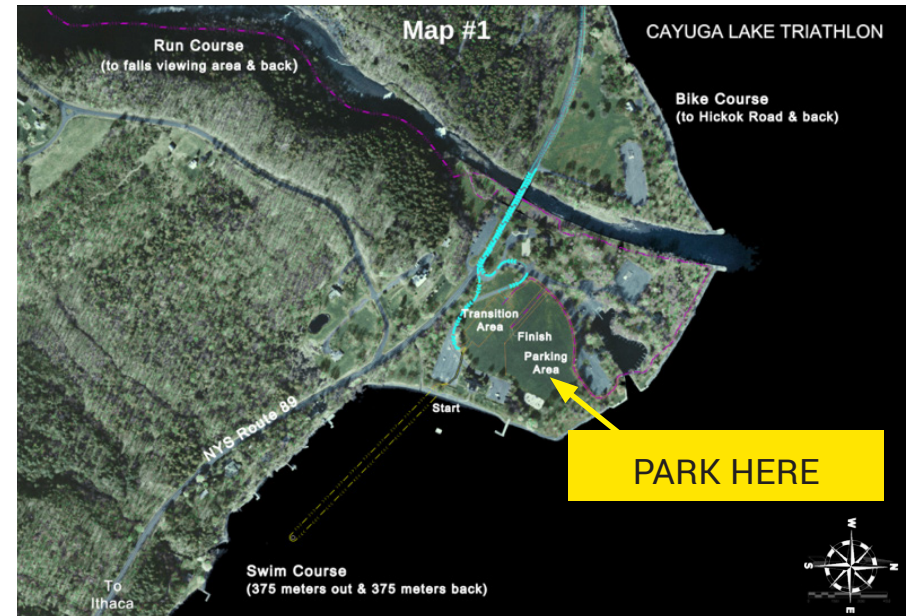
Police will be diverting traffic away from State Route 89 and it will be very difficult to drive into Taughannock State Park once the adult race starts.

COURSE CUTOFF TIMES

Athletes are expected to be able to complete the intermediate and sprint distance races before the 1PM cutoff. Under no circumstances will a competitor in either race be allowed to start a run loop after 12:30 PM with a timing chip. If participants desire to continue on the course after their timing chip has been pulled, they do so at their own risk with the understanding that there will be no race support on the course, and that transition area security will end at this time. Equipment left in transition after this time is done so at the risk of each competitor.

USAT RULES

The USA Triathlon Multisport Competition Rules (Multisport Competition Rules) are designed to set forth a standard set of parameters within which athletes can participate in events governed by USA Triathlon and compete in a positive atmosphere of equal opportunity. These rules shall be interpreted and construed in a manner consistent with their purpose.



TRANSITION

This is an Athlete Only transition area.

We like a bag and clutter free transition area. At 7:45 a.m. 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.

What does a bag and clutter free transition area mean? You may use bags, buckets, or wagons to transport your gear into transition, but they cannot stay there during the race. Once you are set up, please store all large containers and non-racing gear in your vehicle or with a loved one so everyone has enough room.

Why does transition close at 7:45am when my race doesn't start until later? This means at 7:45am all athletes need to have everything they need to race for the start of the swim regardless of when your event (intermediate versus sprint versus relay) starts. (goggles, swim cap, wetsuit, etc.) You will not be able to enter or re-enter the transition until you are racing. The transition will be staged and ready to go. **Timing mats will be activated and movement near transition will impact your timing.**



RACE DAY TIMELINE

Sunday, June 21, 2026 (subject to change)

- 5:30 a.m. Parking opens for athletes
- 6:00 a.m. Packet Pickup opens, Transition opens, and Body Marking begins
- 7:30 a.m. Mandatory pre-race meeting in the transition area
- 7:45 a.m. Packet Pick up closes for Adults and Youth; Chip Pickup closes; Transition area closes (will open back up for Youth); Body marking ends
- 8:00 a.m. Intermediate Race starts - see schedule below
- 9:00 a.m. Sprint Race starts
- 10:00 a.m. Youth Race – Mandatory Pre-Race Meeting at the Swim Start
- 10:30 a.m. Youth Race Starts
- Noon Awards Available (Approx. time)
- 1:00 p.m. ALL COURSES CLOSED

POST-RACE DETAILS

Awards

- Overall Sprint (Male and Female)
- Overall Intermediate (Male and Female)
- Overall Master Sprint (Male and Female)
- Overall Master Intermediate (Male and Female)
- Top three (Male and Female) in the following age categories (19 and under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+)
- Youth Overall (Male and Female)
- Youth top three in Age Group (Male and Female) 5, 6, 7, 8, 9, 10, 11-12, 13-14, 15-17

Food

Supplied by Wegmans, Silo and Purity Ice Cream.

Race Photography

FREE Photographs will be posted on RunSignUp and a select few will be showcased on Facebook-please feel free to tag yourself. Make sure to wear your bib in the front, so you will be able to find your photos!

ATHLETE CHECKLIST

Please keep in mind that not everything on the list below is necessary to participate in a multisport event.

Pre-Race

- Directions to event
- Photo ID
- USAT ID Card
- Pre-race bike tune-up

Swim

- Ankle timing chip on race morning
- Wetsuit
- Goggles
- Swim cap
- Ear/Nose plugs
- Towel
- Allergy medicine
- Nausea medicine

Bike

- Pump
- Gels/energy bars
- Water bottle(s)
- Tools and flat kit
- Sunscreen/sun sleeves
- Helmet
- Bike shoes
- Socks
- GPS
- Watch
- Bar end plugs
- Sunglasses

Run

- Hydration Belt/pack and/or water bottle
- Race Belt or Safety Pins
- Bib Number
- Hat/Visor
- Running shoes
- Socks
- Sunglasses
- Sunscreen/sun sleeves

EVENT SPONSORS



Youth Duathlon

Details

Sunday, June 21, 2026

YOUTH TRIATHLON COURSE

Registration details such as chip pickup and race packets are the same as the adult races.

THERE WILL BE NO CHIP PICKUP AFTER 7:45 AM ON RACE DAY. We understand that the Youth race does not start until mid-morning.

Police will be diverting traffic away from State Route 89 and it will very difficult to drive into Taughannock State Park once the adult race has started.

Swim Course Youth Wave Start: 10:30am (Subject to change)

- Transition area will close at 7:45 am for adult race and will reopen at 9:00 am for youth.

Youth				
Wave	Color	Time	Distance	Group
7	Lt Blue	10:30 AM	200 yds	11-17
8	Neon Green	10:35 AM	100 yds	10 and under



Sprint Distance

Details

Sunday, June 21, 2026

SPRINT SWIM COURSE

Sprint – 750 Meters

The **Triathlon and Aquabike** 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 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.

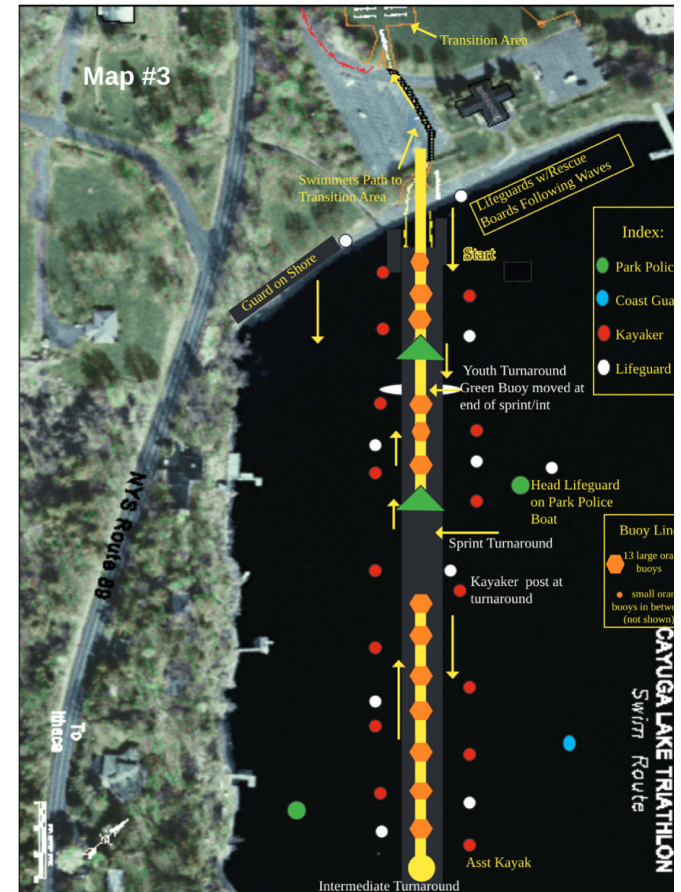
- If you wear eyeglasses there will be an eyeglass table located at the swim exit.
- There will not be any wetsuit-strippers to help you remove your wetsuit in transition so please plan accordingly.

Wave Starts

Sprint Race Day Schedule: 9:00 am start

(Subject to change)

- Transition area will close at 7:45 am. Make sure you have everything you need to start your race as you will not be allowed to enter transition after 7:45 am.



Sprint			
Wave	Color	Time	Group
3	Lt Blue	9:00 AM	Male Sprint 44 and Younger
4	Lt Blue	9:05 AM	Male 45 and Over/ All Aquabike
5	Lt Blue	9:10 AM	Female Sprint 44 and Younger
6	Lt Blue	9:15 AM	Female Sprint 45 and Over

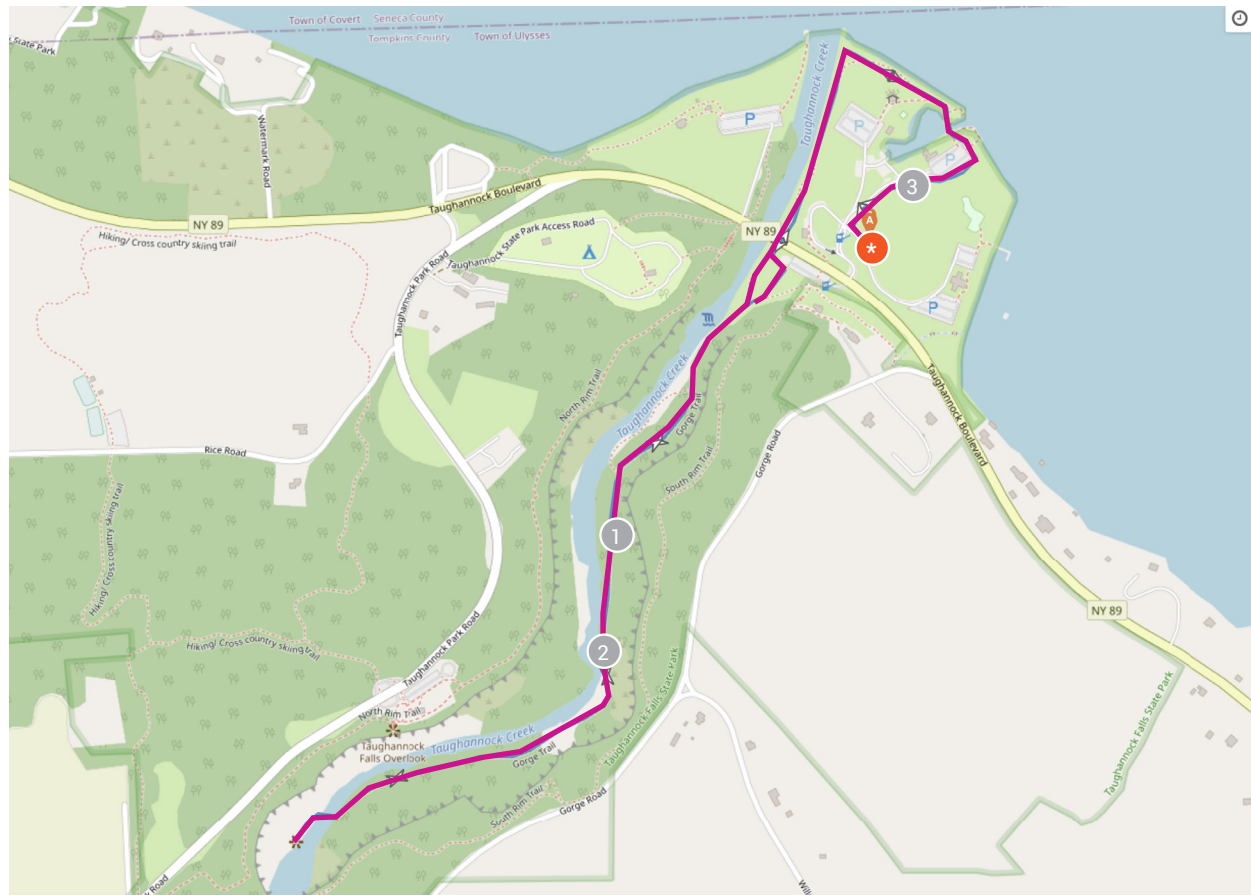
SPRINT RUN COURSE

Enjoy this scenic **Triathlon** run up the Gorges Trail to the Falls and back. There will be three aid stations on the course. They are stocked with water and Gatorade.

Sprint Run Course (Distance: 3.1 miles- One Loop)

Interactive map:

<https://www.plotaroute.com/route/2104653?units=miles>



Intermediate Distance Details

Sunday, June 21, 2026

INTERMEDIATE SWIM COURSE

Intermediate – 1500 Meters - 1 loop

The **Triathlon and Aquabike** 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 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.

- If you wear eyeglasses there will be an eyeglass table located at the swim exit.
- There will not be any wetsuit-strippers to help you remove your wetsuit in transition so please plan accordingly.

Wave Starts

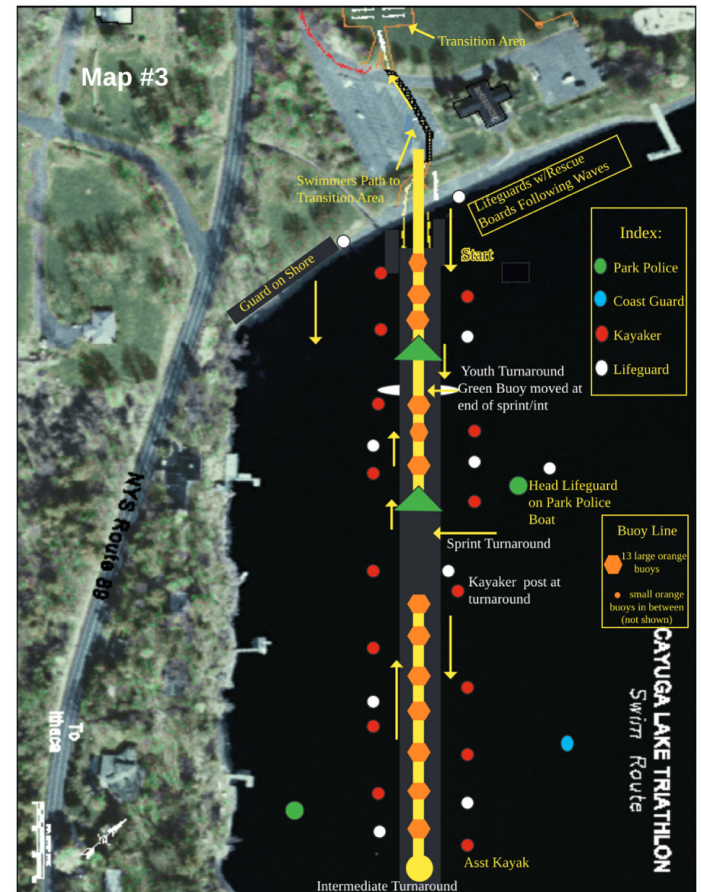
Intermediate Race Day

Schedule: 8:00 am start

(Subject to change)

- Transition area will close at 7:45 am.

Intermediate			
Wave	Color	Time	Group
1	Neon Green	8:00	Males All
2	Neon Green	8:05	Females All



INTERMEDIATE RUN COURSE

Enjoy this scenic **Triathlon** run up the Gorges Trail to the Falls and back. There will be three aid stations on the course. They are stocked with water and Gatorade.

Intermediate Run Course (Distance: 6.2 miles - Two loops)

Interactive map:

<https://www.plotaroute.com/route/2104653?units=miles>

