

**WOLFPACK**  
MULTISPORT



# ATHLETE GUIDE



## THANK YOU

Thank you for choosing to race the Silver Serpent Multisport Festival!

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  
Benefiting: Autism Nature Trial (ANT)

# General Information

## PACKET PICKUP

Friday, May 31, 2024

Silver Lake Brewing Project

14 Borden Ave, Perry, NY 14530

6:00 pm – 8:00 pm

Saturday, June 1, 2024

Charcoal Corral

7037 Chapman Ave, Perry, NY 14530

6:30 am – 9:45 am

Saturday, June 1, 2024

Silver Lake Brewing Project

14 Borden Ave, Perry, NY 14530

3:00 pm – 6:00 pm

Sunday, June 2, 2024

Charcoal Corral

7037 Chapman Ave, Perry, NY 14530

5:45 am – 7:30 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.

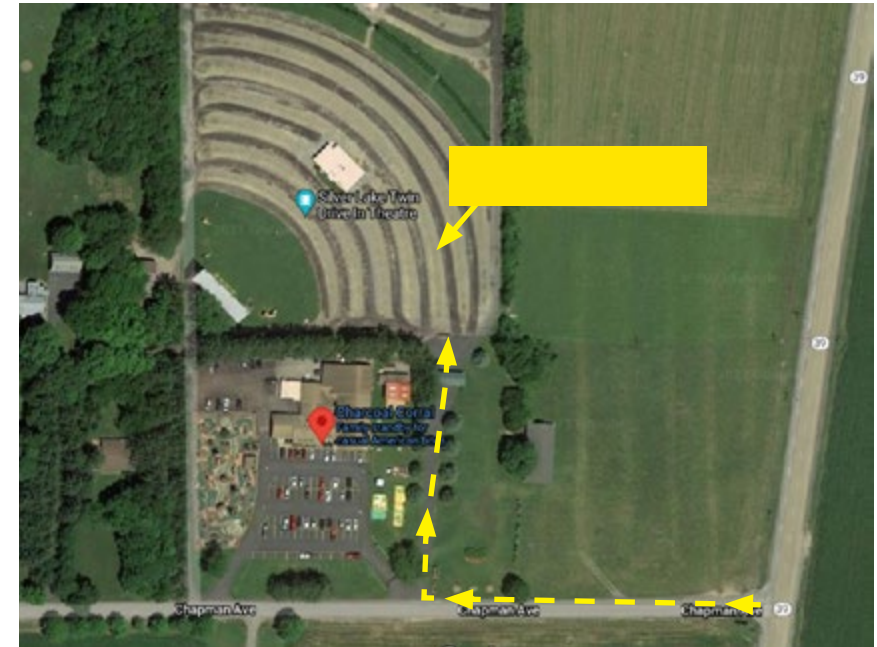
## GENERAL RACE INFORMATION

### Race Day Parking

Charcoal Corral 7037 Chapman Ave, Perry, NY 14530 Parking will be at the Drive In **ONLY**, which is located behind the building. **DO NOT PARK IN FRONT OF THE BUILDING OR THE LOT ACROSS THE STREET**. Parking in front of Charcoal Corral is strictly for restaurant guests as the restaurant will be open for regular business during the event.

### Bathrooms

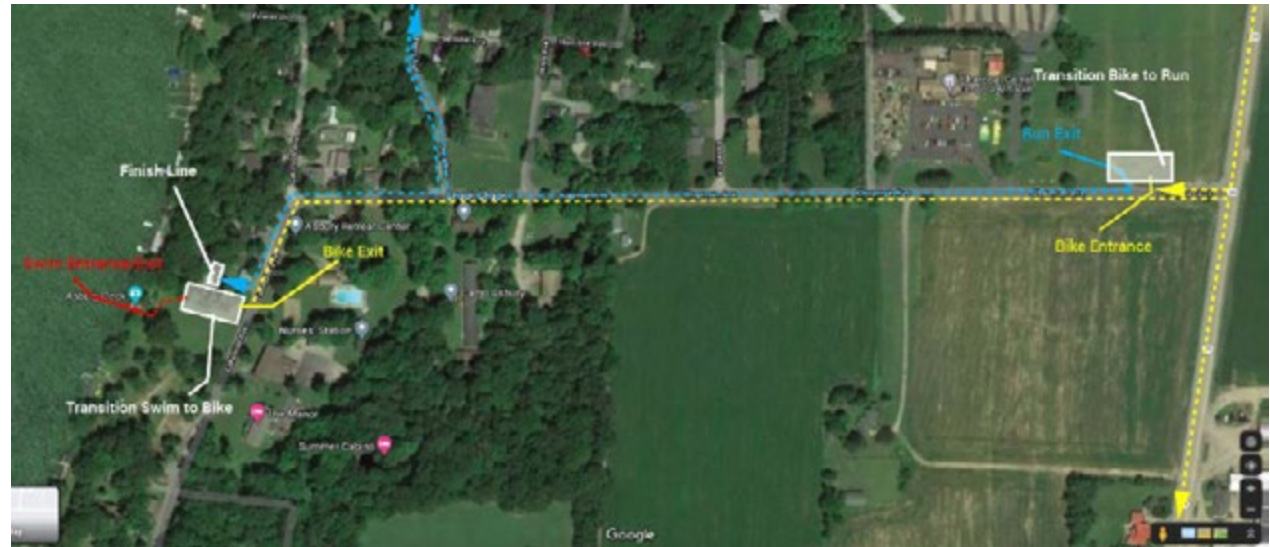
We will have many outdoor restrooms for event participants and spectators that will be located at the side of the transition area at Asbury Retreat Center. Bathrooms at Charcoal Corral will be open as well.





## TRANSITIONS

Transition 1 (swim to bike) is located at **Asbury Retreat Center** at 16 Lakeside Ave, Silver Lake, NY 14549. Transition 2 (bike to run) is located to the right of **Charcoal Corral** at 7037 Chapman Ave, Perry, NY 14530. As always, these are Athlete Only areas. We do have a dedicated entrance and exit that you are required to use when you rack the bike pre-race and remove it post-race. To locate these access point, look for Entrance and Exit signs at each transition. **DUATHLETES PLEASE BRING TWO PAIRS OF SHOES!**



**What does a bag and clutter free transition area mean?** 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 plan to give these things to a loved one or place them in your vehicle.

**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.

**Note - Please do not leave valuables in your bags. You take the chance of them getting stolen.** 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.

## RACE DAY 1 TIMELINE

Saturday, June 1, 2024 (subject to change)

- 7:00 AM Registration opens; Volunteers check-in opens
- 7:50 AM National Anthem
- 8:00 AM RACE STARTS: 5k/10k
- 9:30 AM 5k/10k AWARDS: Presented at finish line
- 9:00 AM Youth Transition Opens
- 9:45 AM Youth Transition Closes
- 10:00 AM RACE STARTS: Youth Duathlon
- 11:00 AM YOUTH AWARDS: Presented at finish line

## RACE DAY 2 TIMELINE

Sunday, June 2, 2024 (subject to change)

- 5:45 AM Registration opens; Volunteers check-in opens;
- 5:45 AM Transition Opens
- 7:45 AM Transition Closes
- 7:50 AM National Anthem
- 8:00 AM RACE START: ALL DUATHLON, INTERMEDIATE DISTANCE - TRIATHLON
- 8:30 AM RACE START: SPRINT DISTANCE - TRIATHLON
- NOON AWARDS: Presented at finish line



## POST-RACE DETAILS

Food, arcade, and bounce houses (weather permitting) will be available at Charcoal Corral.

### Awards

- 5k / 10k top three (Male and Female) in the following age categories (19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+)
- Overall Sprint (Male and Female) including Aquabike
- Overall Intermediate (Male and Female) including Aquabike
- Overall Master Sprint (Male and Female)
- Overall Master Intermediate (Male and Female)
- Top three (Male and Female) in the following age categories including Aquabike (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+)

### Food

This year's post-race meal will be provided by the Charcoal Corral located at 7037 Chapman Ave, Perry, NY 14530.

### Race Photography

Photographs will be posted on [wolfpackmultisport.com](http://wolfpackmultisport.com) and a select few will be showcased on Facebook--please feel free to tag yourself.

## 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
- Wetsuit
- Goggles
- Swim cap
- Ear/Nose plugs
- Towel
- Allergy medicine
- Nausea medicine

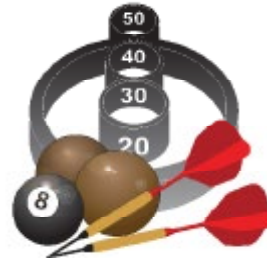
### Bike

- 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



# 5k / 10k

## Details

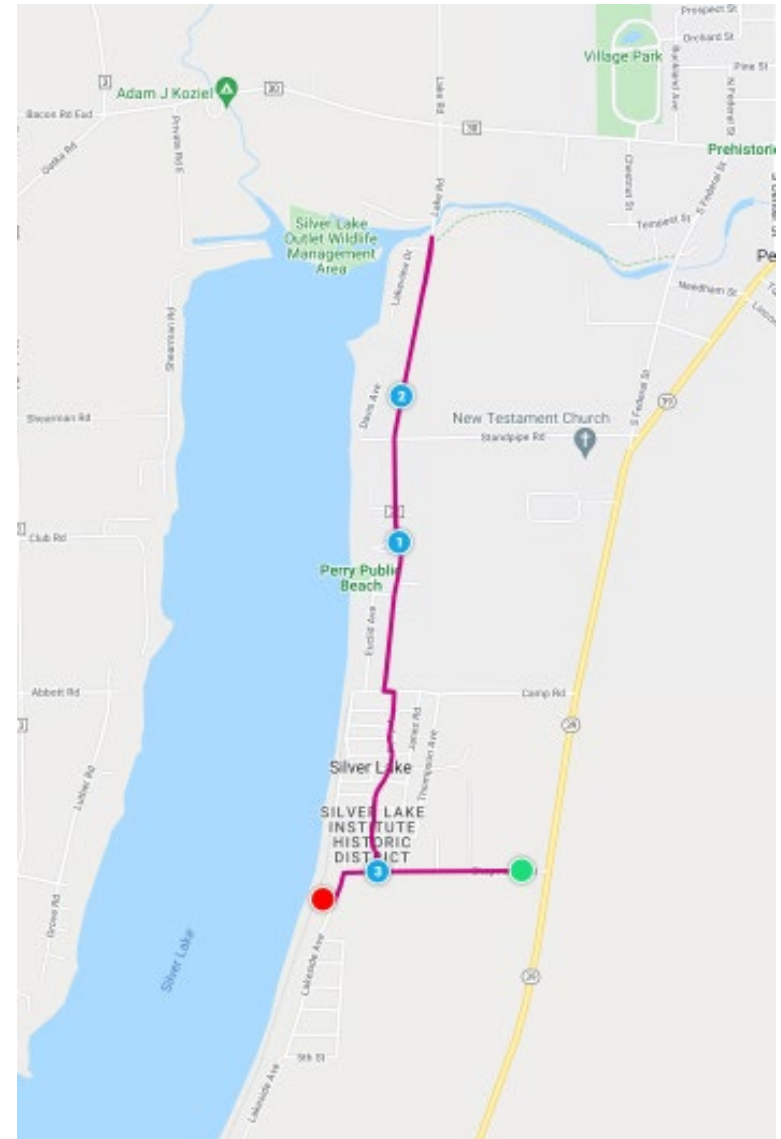
Saturday, June 1, 2024

## 5K COURSE

This is a very scenic course as you run along Silver Lake. Keep an eye out for the Silver Serpent! There will be two aid stations on the course.

### Course Directions

- Turn Right onto Perry Ave
- Turn Left onto Camp Road
- Turn Right onto Walker Road
- Turn Around just past the Sportsman's Club
- Turn Left onto Camp Road
- Turn Right onto Perry Ave
- Turn Right onto Chapman Ave
- Turn Left onto Lakeside Ave to Finish Line

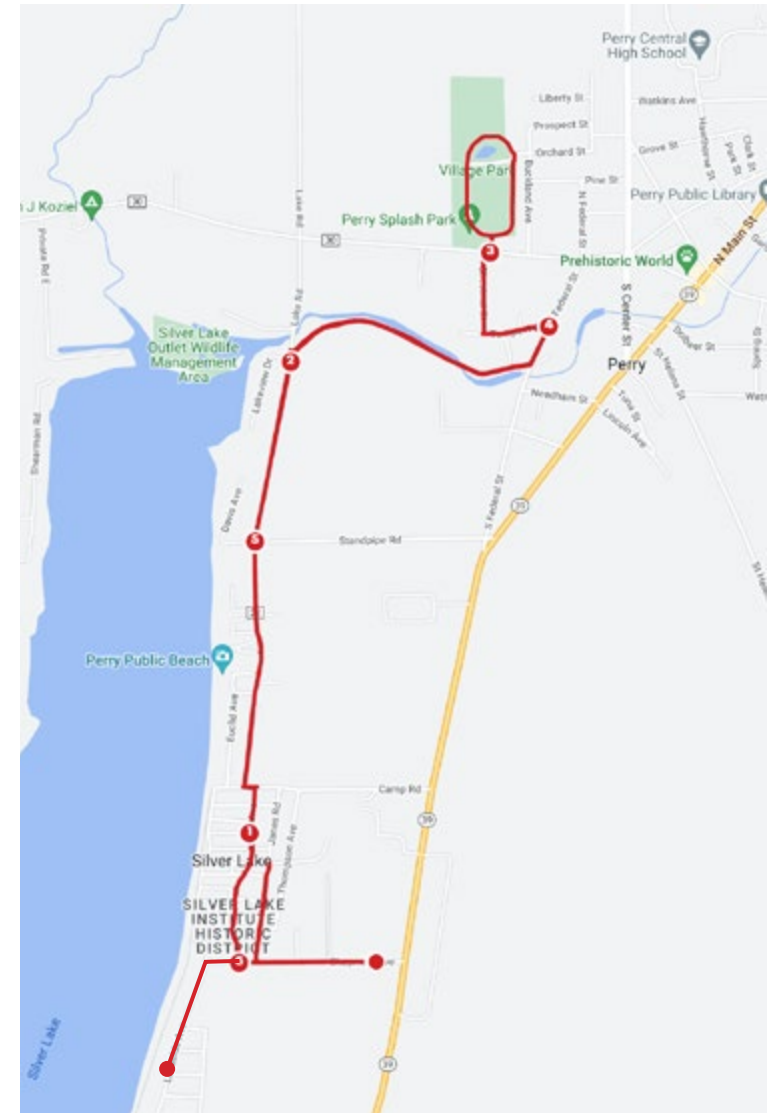


## 10K COURSE

This is a very scenic course as you run along Silver Lake. Keep an eye out for the Silver Serpent! There will be four aid stations on the course.

### Course Directions

- Start at Charcoal Corral
- Turn Right onto Chapman Ave
- Turn Right onto Jame Rd until turnaround
- Turn Right onto Chapman Ave
- Turn Right onto Perry Ave
- Turn Left onto Camp Road
- Turn Right onto Walker Road
- Turn knot the Silver Lake Outlet Trail
- Turn Left onto S. Federal St.
- Turn Left onto Tempest St.
- Turn Right onto Chestnut St.
- Turn Right onto Lake St
- Turn Left into the Perry Village Park
- Continue around Village Park Track
- Turn Left onto Lake St
- Turn Left onto Chestnut St
- Turn Left onto Tempest St.
- Turn Right onto S. Federal
- Turn Right onto Silver Lake Outlet Trail
- Turn Left onto Lake Road
- Turn Left onto Camp Road
- Turn Right onto Perry Ave
- Turn Right onto Chapman Ave
- Turn Left onto Lakeside Ave to Finish Line





# Youth Duathlon

## Details

Saturday, June 1, 2024

## YOUTH DUATHLON COURSE

**Youth 7-8: 1 K Run, 3 K Bike (1 loop), 500 Meter Run**

**Youth 9-10: 1.5 K Run, 5 K Bike (2 loops), 750 Meter Run**

**Youth 11-12: 2 K Run, 7 K Bike (3 loops), 1 K Run**

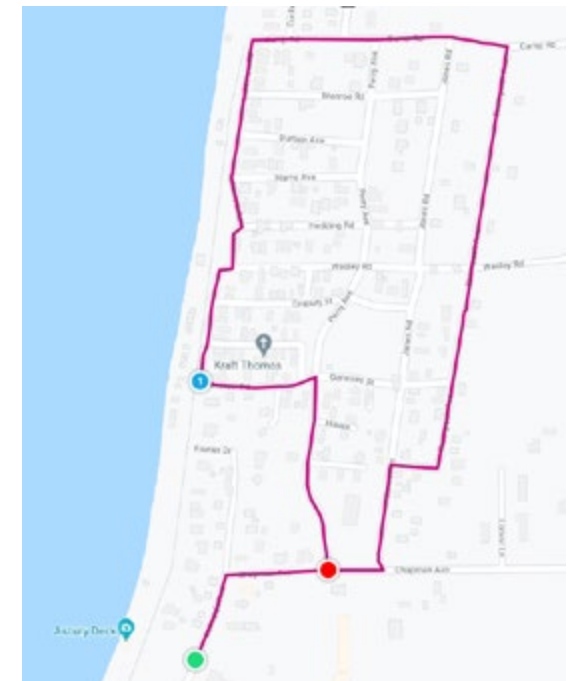
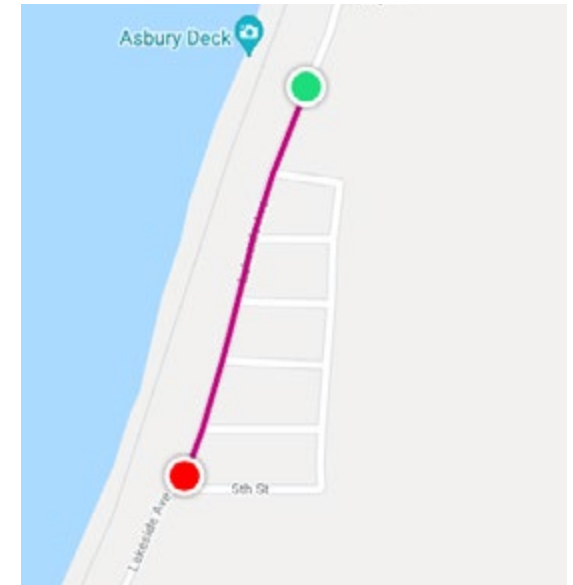
**Youth 13-15: 3 K Run, 10 K Bike (5 loops), 1.5 K Run**

### Run Course

The run will take place along Lakeside Avenue. There are two turnaround points based on age group distances.

### Bike Course (1 loop)

- Leave transition and turn left onto Lakeside Ave.
- Turn right on Chapman Ave.
- Turn left on Perry Ave.
- Turn left Lakeview Road
- Turn right on Camp Road
- Turn right on Thomas Ave.
- Turn right on Hamline Ave.
- Turn left on Janes Ave
- Turn right on Chapman Ave.
- Turn right on Perry Ave if continuing to additional loops
- Turn left on Lakeside Ave to return to transition for second run



# Duathlon

## Details

Sunday, June 2, 2024

**NOTE TWO TRANSITIONS: PLEASE BRING TWO PAIRS OF SHOES!**

## DUATHLON INTERMEDIATE BIKE COURSE

This course takes you out Lakeland Drive turning onto Route 39 to Route 7 and connecting back to Route 39 and features rolling hills and farmland. Note: There are two aid stations on the bike course.

### Intermediate Bike Course (Distance: 26.7 miles)

- Mount the bike on Lakeside Ave
- Turn right on Chapman Road
- Turn right on State Route 39
- Turn right on East Lake Road
- Turn right on West Lake Road
- Turn right on Oatka Road
- Turn left on Leciestor St
- Left on North Main St/State Route 39
- Continue straight onto Pine Tavern Road/State Route 39
- Turn right on Perry Road- 5 way Stop Sign
- Turn right on Upper Mt. Morris Road
- Turn right on Highbanks Road
- Straight on Highbanks Road turning into Cropsey Road
- Stay straight on Cropsey turning into Crapsey Road
- Turn left on County Line Road
- Turn right on Water Street Road
- Straight on Water Street
- Turn right on Gardeau St
- Turn left on North Main St/ State Route 39
- Straight on South Main St
- Turn right on Chapman Ave.

## DUATHLON INTERMEDIATE RUN COURSES

### Start time: 8:00 am

This is a very scenic course as you run along Silver Lake. Keep an eye out for the Silver Serpent! There will be aid stations on the course, one located at mile 1 and the other at mile 3.

### First Run Course (Distance: 3.1 miles)

- Start on Lakeside Ave
- Turn right on Chapman Ave.
- Turn left on Perry Ave.
- Turn left Lakeview Road
- Turn right on Camp Road
- Turn left on Euclid Ave.
- Turn left on Walker Road
- Straight on Lake Road
- Straight on Silver Lake Road to sprint turnaround
- Straight on Lake Road
- Straight on Walker Road
- Turn right on Euclid Ave
- Turn right on Camp Road
- Turn left on Lakeview Road
- Turn right on Perry Ave.
- Turn right on Chapman Road
- Turn left on Lakeside Ave to transition

### Second Run Course - 2 laps (Distance: 6.2 miles)

- Start on Lakeside Ave
- Turn right on Chapman Ave.
- Turn left on Perry Ave.
- Turn left Lakeview Road
- Turn right on Camp Road
- Turn left on Euclid Ave.
- Turn left on Walker Road
- Straight on Lake Road
- Straight on Silver Lake Road to sprint turnaround
- Straight on Lake Road
- Straight on Walker Road
- Turn right on Euclid Ave
- Turn right on Camp Road
- Turn left on Lakeview Road
- Turn right on Perry Ave.
- Turn right on Chapman Road
- Turn left on Lakeside Ave to transition and loop back for second lap

## DUATHLON SPRINT BIKE COURSE

This course takes you out Lakeland Drive turning onto Route 39 to Route 7 and connecting back to Route 39 and features rolling hills and farmland.

### **Sprint Bike Course** (Distance: 11.53 miles)

- Mount the bike on Lakeside Ave
- Turn right on Chapman Road
- Turn right on State Route 39
- Turn right on East Lake Road
- Turn right on West Lake Road
- Turn right on Oatka Road
- Turn left on Lecieste St
- Left on North Main St/State Route 39
- Continue straight onto Pine Tavern Road/State Route 39
- Turn right onto Hope St
- Turn right on Water St
- Turn right on Gardeau St
- Turn left on North Main St/ State Route 39
- Straight on South Main St
- Turn right on Chapman Ave.



## DUATHLON SPRINT RUN COURSES

### Start time: 8:00 am

This is a very scenic course as you run along Silver Lake. Keep an eye out for the Silver Serpent! There will be an aid station on the course, located at mile 1 for the out and back.

### First Run Course (Distance: 3.1 miles)

- Start on Lakeside Ave
- Turn right on Chapman Ave.
- Turn left on Perry Ave.
- Turn left Lakeview Road
- Turn right on Camp Road
- Turn left on Euclid Ave.
- Turn left on Walker Road
- Straight on Lake Road
- Straight on Silver Lake Road to sprint turnaround
- Straight on Lake Road
- Straight on Walker Road
- Turn right on Euclid Ave
- Turn right on Camp Road
- Turn left on Lakeview Road
- Turn right on Perry Ave.
- Turn right on Chapman Road
- Turn left on Lakeside Ave to transition

### Second Run Course (Distance: 3.1 miles)

- Turn right on Chapman Ave.
- Turn right on Perry Ave.
- Turn left Lakeview Road
- Turn right on Camp Road
- Turn left on Euclid Ave.
- Turn left on Walker Road
- Straight on Lake Road
- Straight on Silver Lake Road to sprint turnaround
- Straight on Lake Road
- Straight on Walker Road
- Turn right on Euclid Ave
- Turn right on Camp Road
- Turn left on Lakeview Road
- Turn right on Perry Ave.
- Turn right on Chapman Road
- Turn left on Lakeside Ave to finish line

# Triathlon

## Details

Sunday, June 2, 2024

## TRIATHLON SWIM COURSE

**Intermediate – 1500 Meters - 1 loop**

**Sprint – 750 Meters – 1 loop**

The swim starts at Asbury Camp & Retreat Center and features a water start. Upon swim exit you will run on a grassy path to the Transition area. This is a 0.25-mile slanted run. Any clothing left on the beach will be donated to a shelter once the race is over so please make sure that you inquire about your favorite flip flops before you leave the race site!! The path will be on the grass to transition the entire way.

- 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 Triathlon Race Day

**Schedule: 8:00 am start**

(Subject to change based on number of athletes per age group)

- Transition area will close at 7:45 am.

Intermediate			
Wave	Color	Time	Group
1	Orange	8:00	Males 44 & Under
2	Yellow	8:05	Males 45 & Over
3	Pink	8:10	Females All

#### Sprint Triathlon Race Day Schedule: 8:30am start

(Subject to change based on number of athletes per age group)

- 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
5	Silver	8:30	Males All
6	Lt Blue	8:35	Females All

## TRIATHLON INTERMEDIATE BIKE COURSE

This course takes you out Lakeland Drive turning onto Route 39 to Route 7 and connecting back to Route 39 and features rolling hills and farmland. Note: There are two aid stations on the bike course.

### Intermediate Bike Course (Distance: 26.7 miles)

- Mount the bike on Lakeside Ave
- Turn right on Chapman Road
- Turn right on State Route 39
- Turn right on East Lake Road
- Turn right on West Lake Road
- Turn right on Oatka Road
- Turn left on Leciestor St
- Left on North Main St/State Route 39
- Continue straight onto Pine Tavern Road/State Route 39
- Turn right on Perry Road
- Turn right on Upper Mt. Morris Road
- Turn right on Highbanks Road
- Straight on Highbanks Road turning into Cropsey Road
- Stay straight on Cropsey turning into Crapsey Road
- Turn left on County Line Road
- Turn right on Water Street Road
- Straight on Water Street
- Turn right on Gardeau St
- Turn left on North Main St/ State Route 39
- Straight on South Main St
- Turn right on Chapman Ave.

## TRIATHLON INTERMEDIATE RUN COURSE

This is a very scenic course as you run along Silver Lake. Keep an eye out for the Silver Serpent! There will be two aid stations on the course, one located at mile 1 and the other at mile 3 for sprint and mile 5 for intermediate. There will be plenty of water volunteers to keep you hydrated.

### Intermediate Run Course - 2 laps (Distance: 6.2 miles)

- Start on Lakeside Ave
- Turn right on Chapman Ave.
- Turn left on Perry Ave.
- Turn left Lakeview Road
- Turn right on Camp Road
- Turn left on Euclid Ave.
- Turn left on Walker Road
- Straight on Lake Road
- Straight on Silver Lake Road to sprint turnaround
- Straight on Lake Road
- Straight on Walker Road
- Turn right on Euclid Ave
- Turn right on Camp Road
- Turn left on Lakeview Road
- Turn right on Perry Ave.
- Turn right on Chapman Road

## TRIATHLON SPRINT BIKE COURSE

This course takes you out Lakeland Drive turning onto Route 39 to Route 7 and connecting back to Route 39 and features rolling hills and farmland.

### **Sprint Bike Course** (Distance: 11.53 miles)

- Mount the bike on Lakeside Ave
- Turn right on Chapman Road
- Turn right on State Route 39
- Turn right on East Lake Road
- Turn right on West Lake Road
- Turn right on Oatka Road
- Turn left on Leciester St
- Left on North Main St/State Route 39
- Continue straight onto Pine Tavern Road/State Route 39
- Turn right onto Hope St
- Turn right on Water St
- Turn right on Gardeau St
- Turn left on North Main St/ State Route 39
- Straight on South Main St
- Turn right on Chapman Ave.



## TRIATHLON SPRINT RUN COURSE

This is a very scenic course as you run along Silver Lake. Keep an eye out for the Silver Serpent! The Map below provides specific details about traffic and road closures. There will be two aid stations on the course, one located at mile 1 and the other at mile 3 for sprint and mile 5 for intermediate. There will be plenty of water volunteers to keep you hydrated.

### **Sprint Run Course** (Distance: 3.1 miles)

- Turn right on Chapman Ave.
- Turn right on Perry Ave.
- Turn left Lakeview Road
- Turn right on Camp Road
- Turn left on Euclid Ave.
- Turn left on Walker Road
- Straight on Lake Road
- Straight on Silver Lake Road to sprint turnaround
- Straight on Lake Road
- Straight on Walker Road
- Turn right on Euclid Ave
- Turn right on Camp Road
- Turn left on Lakeview Road
- Turn right on Perry Ave.
- Turn right on Chapman Road
- Turn left on Lakeside Ave to finish line

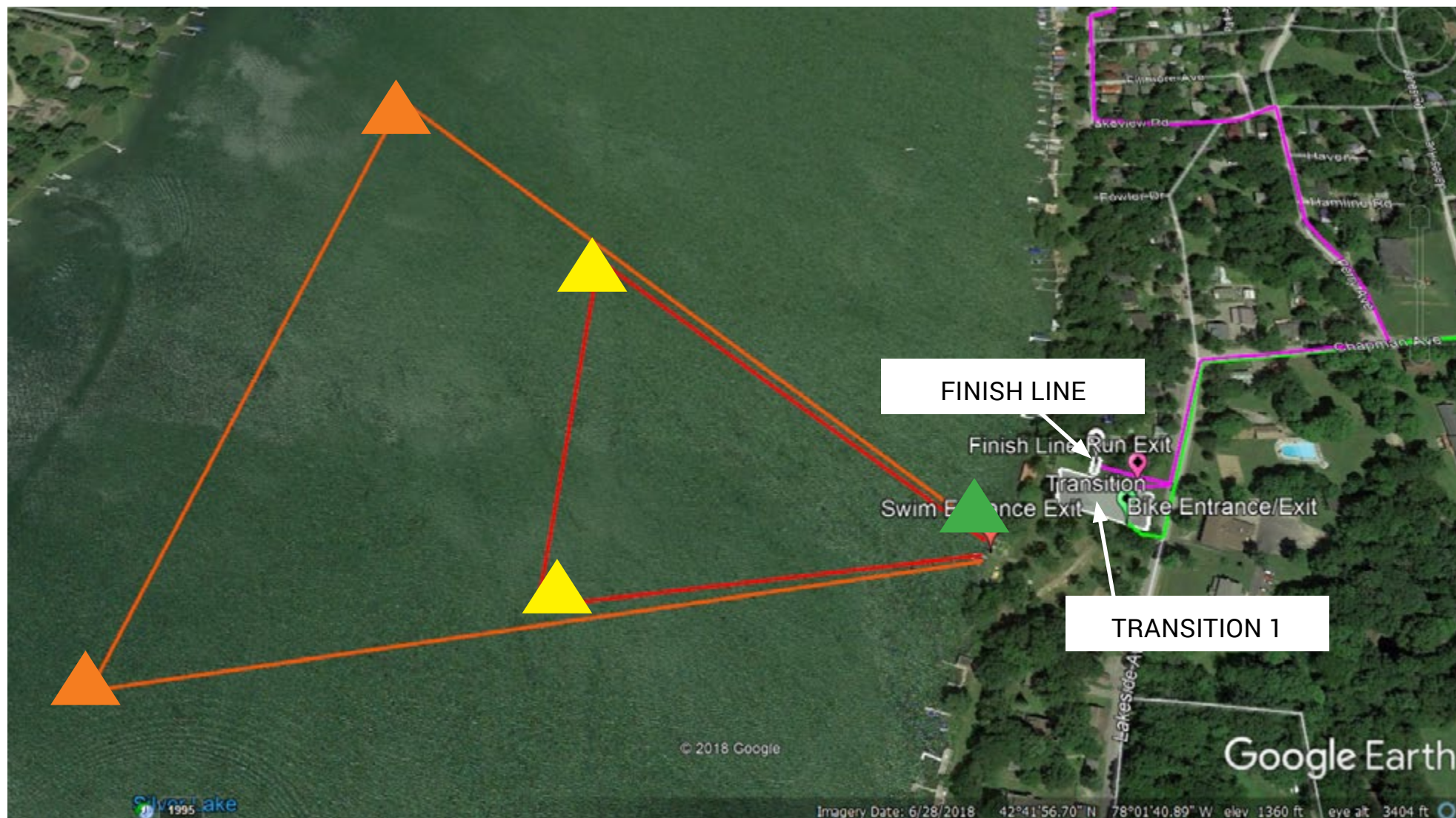
# Maps

## Aerial view

## SWIM COURSE AERIAL

Intermediate – 1500 Meters - 1 loop

Sprint – 750 Meters – 1 loop





## BIKE COURSE AERIAL

- Sprint Course: 11.53 miles (sprint turns right at Hope St and right at Water St to meet with intermediate course)
- Intermediate Course: 26.7 miles





## RUN COURSE AERIAL

- Sprint Course: 3.1 miles (turnaround marked by signage)
- Intermediate Course: 6.2 miles (turnaround marked by signage)

