



**Welcome to the 41st Annual Tupper Lake Tinman Triathlon. We are so excited to have everyone back in Tupper Lake! Thank you for choosing to race with us. Whether this is your first time with us or your 41st time with us, we hope you have a memorable experience. You all have put so much time and effort into your training and we are confident that will show in your results. Whatever your goal for today's race, we are here to help you achieve it!**

**For four decades now, the people of Tupper Lake, and the Tri-Lakes area have volunteered to come out to support you on this journey. We will be right there with you to help you on your way. Thanks also to the many groups that are on the front lines of the race. To the Tupper Lake PD, NY State Police, Adirondack Amateur Radio Club, Tupper Lake Emergency Services, & Saranac Lake Dive Team, thank you for all of your time and effort to make this race a success.**

**Finally to the athletes, a sincere thank you. Without you continuing to choose to race with us, we would not still be here after 41 years. You are all an inspiration to us. Through the constant training, the injuries, and anything else life throws at you, you have carved a space out in your life for us. Thank you, and have a great race day!**

**Wendy Peroza  
2023 Tinman Race Director**





## 2023 Schedule of Events

### **Friday, June 23**

**1:00 p.m. - 8:00 p.m.:** Athlete packet pick-up and body marking (optional) at The Tupper Lake Civic Center (31 Santa Clara Ave, Tupper Lake)

**After packet pick-up:** Carbo Load Dinner at participating local restaurants. Athlete voucher (\$12 in value) along with a map and description of businesses is in the athlete's bag.

### **Saturday June 24**

#### **Pre-Race:**

**6:00 a.m. - 7:45 a.m. -** Bag pickup, body marking, timing chip, bike inspection, Transition area set up, and swim warm ups at the Tupper Lake Municipal Park.

**7:45 a.m. -** End swim warm ups and all athletes out of the water for pre-race announcements.

#### **Start of Race:**

##### **\*\*\*ROLLING SWIM START\*\*\***

All athletes will self-seed based on your estimated swim time. Corrals will be marked with time blocks for organization. Athletes' time will start when they have crossed the timing mat.

\*\*Please do not cross the timing mat until instructed to do so.

\*Approximate start to entry times:

**8:00 a.m. -** Sprint athletes begin entering water (*Yellow Caps*)

**8:05 a.m. -** Olympic athletes begin entering water (*Green Caps*)

**8:12 a.m. -** Tinman, Team, & Aquabike athletes begin entering the water (*Red, White & Blue Caps*)





***During Race & Post-Race:***

**Awards:** \*\*All times subject to the completion rate of the age group and USAT penalty assessments. **Winners must be present to collect awards.**

**10:30 a.m.** - Sprint Awards

**11:30 a.m.** - Olympic Awards

**1 p.m.** - Aquabike Awards

**3 p.m.** - Tinman and Team Awards

**11 a.m. - 4 p.m.:** P-2's Craft Beer Tent at the Tupper Lake Municipal Park.

**12 p.m. - 5 p.m.:** Post Race BBQ at the Tupper Lake Municipal Park provided by Porkbusters BBQ. Athletes receive a wrist band in their packets and non-athletes can purchase a meal for \$15. A vegetarian meal option is available.

**Menu:**

- Smoked Chicken
- Pulled Pork Baked Beans
- Pasta Primavera (vegetarian option)
- Coleslaw
- Apples
- Honey Cornbread

**\*\*There are no cut-off times for the Tupper Lake Tinman, but the Race Director can decide whether or not to allow an athlete to continue at any point due to safety concerns. We'd like runners to be aware that after 4 p.m. some aid stations will transition into self-service stations.**





## AWARDS

\*\* Best in Race plaques to the Overall Male and Female Tinman Triathlon Winner \*\*

Plaques for 1st, 2nd, & 3rd places male and female as follows

AGE GROUPS				TOP FINISHERS	
Tinman	Sprint	Olympic	Teams	Aquabike	
19 & Under	20-24	19 & Under	19 & Under	1st	1st Male
25-29	30-34	20-29	20-29	2nd	2nd Male
35-39	40-44	30-39	30-39	3rd	3rd Male
45-49	50-54	40-49	40-49		1st Female
55-59	60-64	50-59	50-59		2nd Female
65-59	70-74	60-69	60-69		3rd Female
75-79	80-84	70-79	70-79		





## AID STATIONS & DISTANCES

### Bike Course

#### Nourishment Available:

700 ml Smartwater bottles & Powerade  
Bananas  
Gu Gel at the Cranberry Lake Turnaround Only

#### Aid Station Distances

- #1: 6.3 miles @ Piercefield (Sprint turn around)
- #2: 17.3 miles @ Sevey's Corner
- #3: 28.0 miles @ Cranberry Lake Turnaround
- #4: 33.8 miles @ Grasse River (22 miles from finish)
- #5: 43.0 miles @ Thirsty Moose (Olympic Turnaround, 13 miles from finish)

### Run Course

\*\* Each station provides cups of water & Powerade, Coke, bananas & oranges

#### Aid Station Distances

- #1: 1.25 miles @ Sarvis' + Gu Energy Chew
- #2: 2.1 miles @ Sunmount + Gu Energy Chew
- #3: 3.2 miles @ Dugal Rd turnaround
- #4: 4.3 miles @ Sunmount + Gu Energy Chew
- #5: 5.1 miles @ Sarvis' + Gu Energy Chew
- #6: 6.15 miles @ Civic Center/EMS Building + Gu Energy Chew
- #7: 7.2 miles @ Train Station + Gu Energy Chew
- #8: 9.1 miles @ N. Little Wolf turnaround
- #9: 10.25 miles @ S. Little Wolf
- #10: 11.2 miles @ Train Station + Gu Energy Chew
- #11: 12.1 miles @ Civic Center/EMS Building + Gu Energy Chew
- #12: 13.1 miles @ **FINISH LINE** All of the above!





## RACE MORNING ROUTINE

1. Walk your bike and transition supplies down the pavement toward the Bike Corral/Transition area.
2. Body Marking Station. If you completed this on Friday, move on to #3.
3. Timing Chip Station- have your ankle ready.
4. Bike Check- Be sure your bar plugs are in place. *Placid Planet* bike tent available for any morning needs.
5. Transition officials will let you in to rack your bike and prep your transition area. **Competitors Only** in the transition area!
6. Porta-potties located both in and out of the transition area.
7. Exit transition to swim start. Swim warm up available until 7:45 AM.
8. 7:45 AM - Morning announcements and USAT official announcements.
9. As your group is called, enter the swim corral. When instructed, cross the timing mat to begin the swim.
10. HAVE A GREAT RACE!

