



# BUFFALO

## PADDLE · BIKE · RUN

July 29<sup>th</sup> packet pickup

And

July 30<sup>th</sup> race

Participant instructions





July 29<sup>th</sup>, 2017

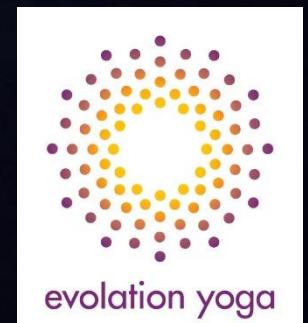
Packet pickup, kayak drop-off, expo and course preview

Proceeds go to :



On Saturday, July 29<sup>th</sup> 2017 **Silo City, 92 Childs St, Buffalo, NY**, will be open to all race participants. Hours are: 12PM-5PM. Parking is available on site. During these hours you will be required to drop off your kayak and pick up your race packet which includes your race bib, kayak number and bike top bar number. All of these numbers will correspond in order to keep proper security procedures regarding the safety of all bikes and kayaks. There is no overnight bike storage. Kayaks will be kept overnight with live 24 hour security under lock and key. Dropping off kayaks the night before will allow for a smooth transition on race day. If you rented a kayak it will be there already for you with a PFD and paddle.

The Expo will include vendors with all sorts of goodies to add to the already full goodie bags. Every racer will receive a goodie bag with a race shirt, and many any other various goodies. Expo vendors will be on site where you can sample products such as kayaks, exercise equipment, feel-rite samples and many other goodies. A big thank you to all of our sponsors participating.





# July 30th, 2017

## Race day instructions



On Sunday, July 30th, 2017 we look forward to seeing you at Silo City. Start times will vary depending on your skill level, team and watercraft. Parking is not available on site on race day. We suggest parking on nearby streets or at the lot on 95 Perry St and riding your bike to the event. Be sure to remember your race numbers as they will be your ticket to the event. Start times will be emailed on Monday, July 24<sup>th</sup> and will range from 7AM-12PM. Participants will be going out in waves of 30 racers. The first leg of the event is the paddle where you will start by being helped into your vessel and lined up for a whistle start. Please be sure to wear your PFD or you will not be able to participate. Once you finish the paddle you will have to portage your vessel 100 ft to the transition area where your bike will be waiting (your bib number must match your bike to leave the area and helmets are required) you will then leave Silo City for the 17 mile ride around the outer harbor and South Park. You will then return to the same transition area where you will drop off your bike and complete the run around the Silo City property. Water, and bananas will be provided throughout Silo City property. Please come prepared with a water bottle on your bike as there is only 1 water station throughout the bike portion of the race. After completing the run you can stay and enjoy food trucks (TBD) snacks from Feel Rite Fresh Markets will be provided. Also, the public is encouraged to join us for the event so please bring your friends and family. After the race kayak rentals will be available for \$10 per half hour to anyone that would like to go paddle with their friends and family.



# BEGINNER PADDLE MAP

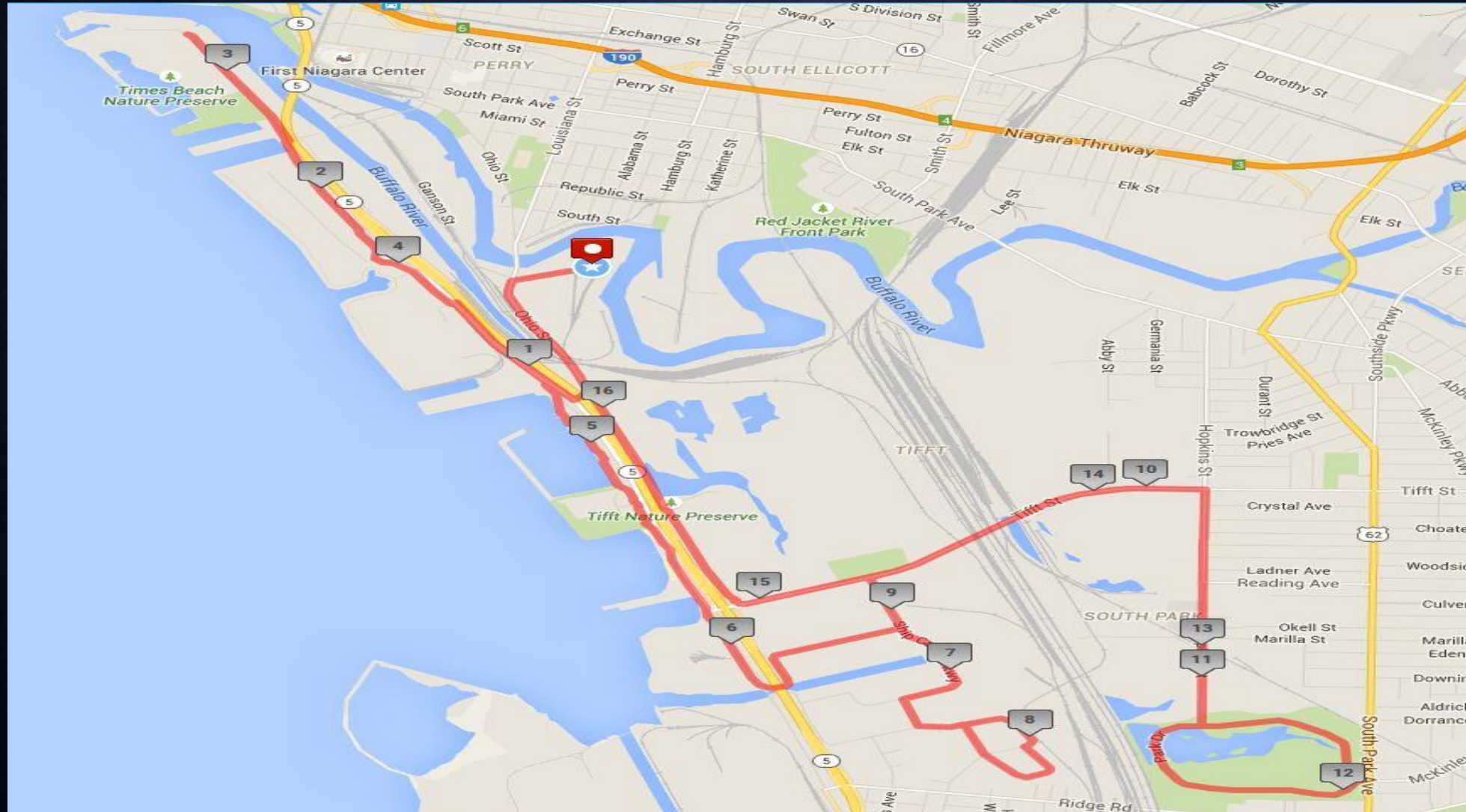




# ADVANCED PADDLE MAP



# BIKE MAP



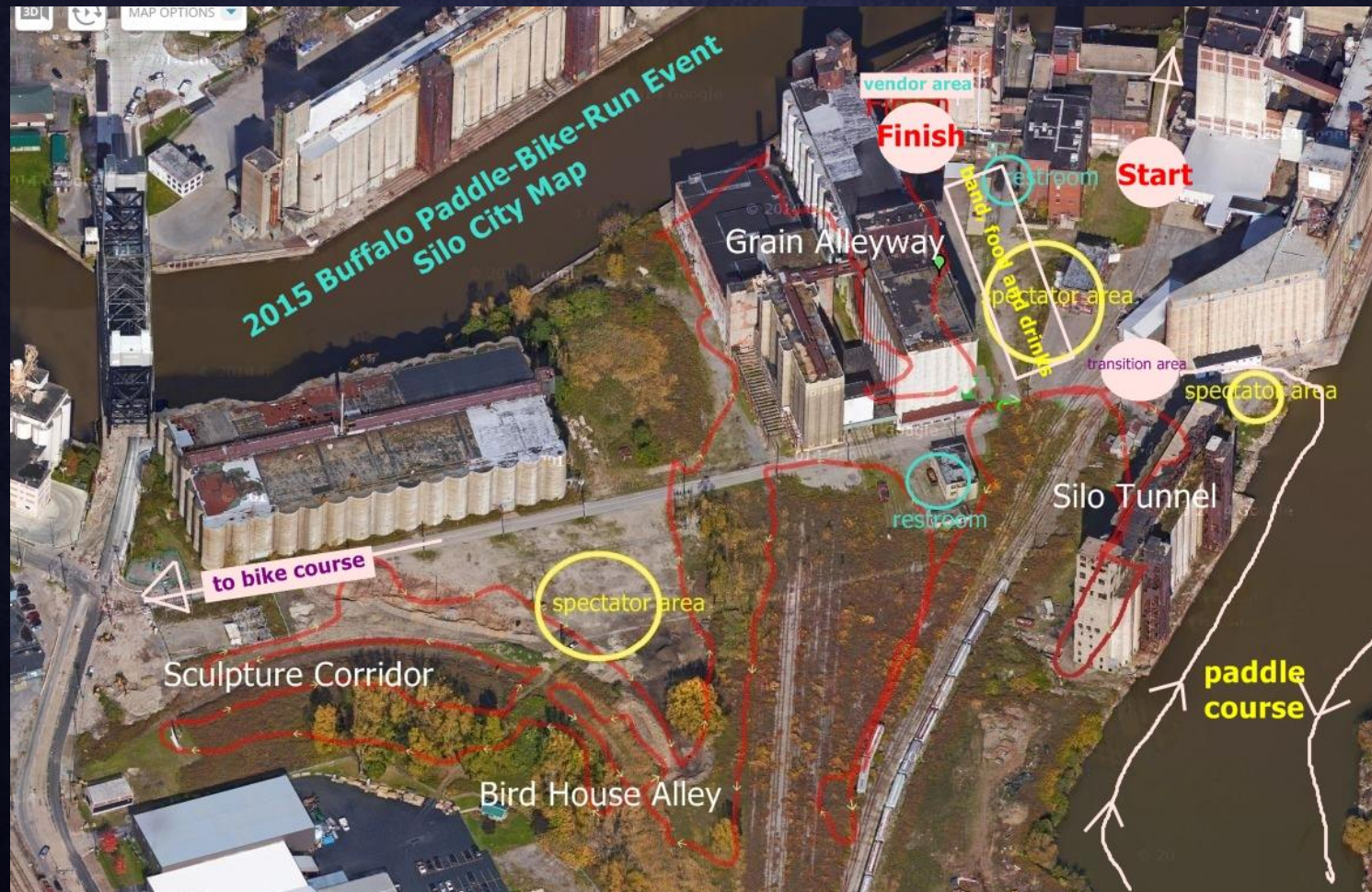


# RUN MAP





# MAP OF SILO CITY, SPECTATOR AREAS, RESTROOMS AND FESTIVITIES







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Buffalo Paddle-Bike-Run

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We appreciate that you've decided to join us for the first ever Buffalo Paddle-Bike-Run. Please call or email if you have any further questions.

Please visit our website for more detailed information

<http://www.bflopaddlebikerun.com>