



BUFFALO

PADDLE · BIKE · RUN

July 30th packet pickup
And
July 31th race
Participant instructions



July 30th, 2015

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



On Saturday, July 30th 2015 **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 many vendors with all sorts of goodies to add to the already full goodie bags. Every racer will receive a goodie bag with water bottles, 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 31st, 2015 Race day instructions



On Sunday, July 31st, 2015 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 25th 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 are no water stations throughout the bike portion of the race. After completing the run you can stay and enjoy food trucks (including Tuk Tea and Lloyds, beer trucks and live music. Complimentary drinks provided by Ashkers Juice Bar and 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 to join us for drinks, music and fun. 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.

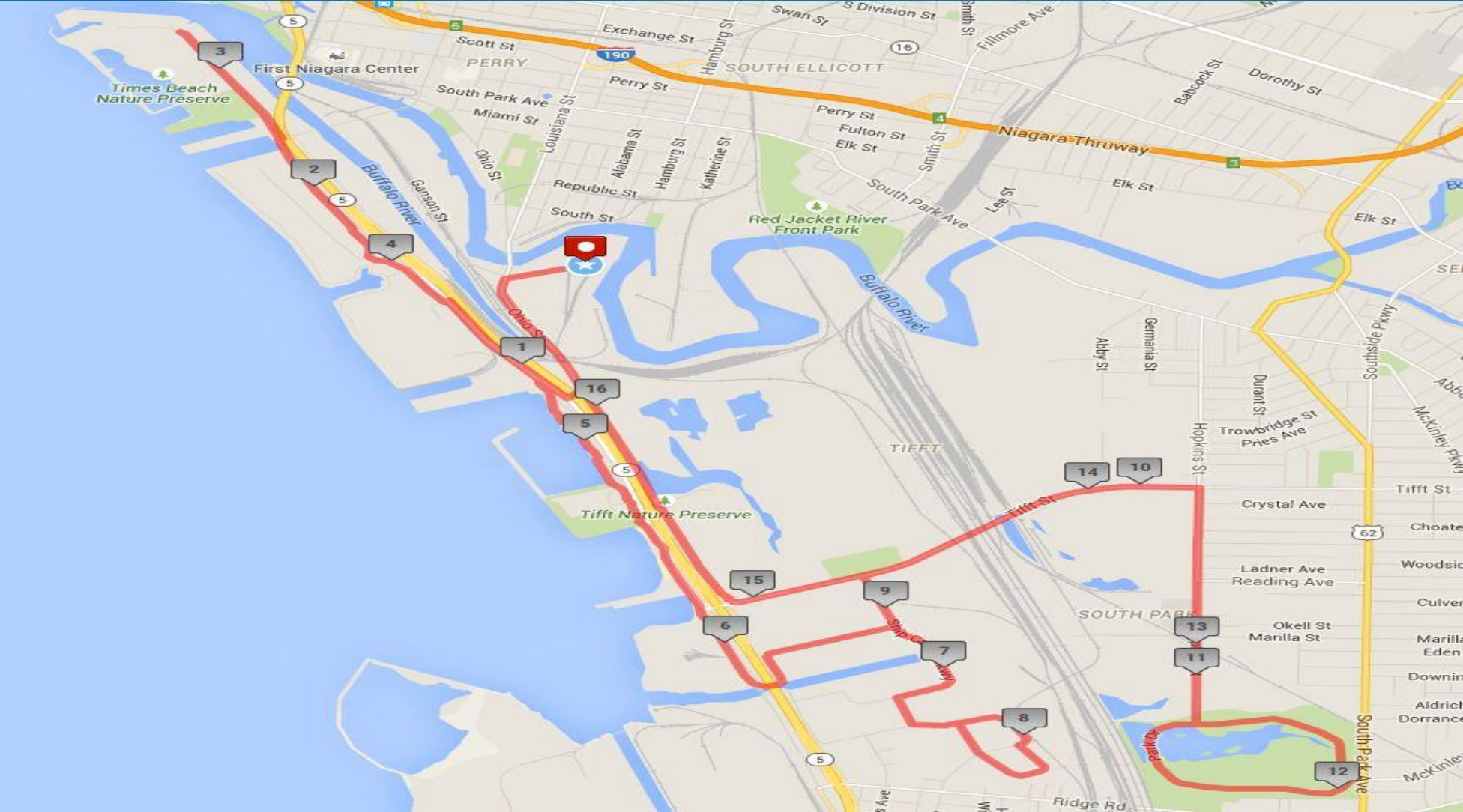
BEGINNER PADDLE MAP



ADVANCED PADDLE MAP



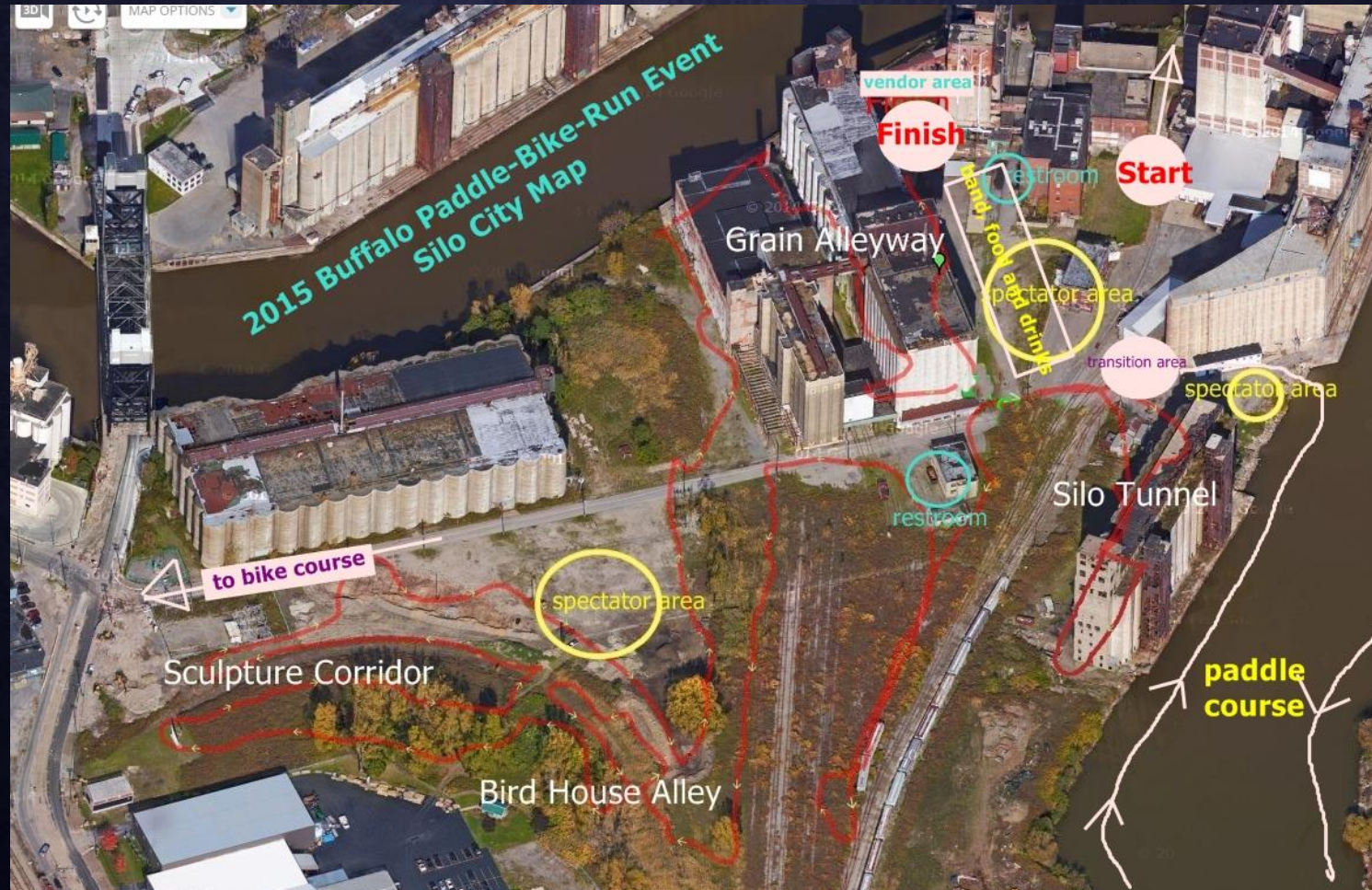
BIKE MAP



RUN MAP



MAP OF SILO CITY, SPECTATOR AREAS, RESTROOMS AND FESTIVITIES





Contact



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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>