

FIRSTKNIGHT RACING
SWIM • BIKE • RUN

FirstKnightRacing.com

2027 ATHLETE'S GUIDE

Version 1.1 - Nov. 8, 2026

Please note that this guide goes through periodic updates, which we announce on our website and on social media. Also note that this guide does not include ALL information and rules – just the info most relevant to our races. Our events are sanctioned by USA Triathlon and we are subject to their rules, which are linked later in this guide.

KEUKA LAKE TRIATHLON

JUNE 13, 2027

PEASANTMAN STEEL DISTANCE TRIATHLONS

AUGUST 15, 2027

KNIGHT'S FURY DUATHLON

SEPTEMBER 25, 2027

USA TRIATHLON NATIONAL CHAMPIONSHIPS 2027 ULTRA

TREK GENEVA

LYON SMITH

TOPS

Seneca Farms

SIMPLY THE BEST MARK'S PIZZERIA EST. 1964

3OC SPORTS MANAGEMENT

rochester area triathletes

Wegmans

BIKE-MD

Thank you for choosing an event by First Knight Racing, home to the Keuka Lake Triathlon, Peasantman Steel Distance Triathlons, and the Knight's Fury Duathlon. Since 2013, First Knight Racing has contributed over $55,000 to several organizations in the Penn Yan area, and many of these groups are present on race day working to bring you the event.

Although this athlete's guide covers all three events, each race has its own identity and its own course, so each race has its own chapter. Pay attention also to the shared information, as well as some info about our history. If this guide does not answer all of your questions, reach out to us from our website at FirstKnightRacing.com and go to our 'Contact' page. Be sure to also follow us on Facebook, where other questions can be answered.

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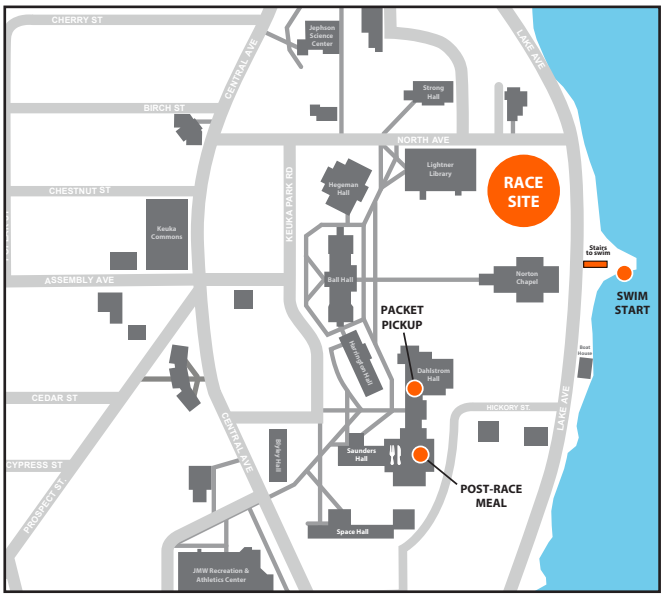
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KEUKA LAKE TRIATHLON

The Keuka Lake Tri takes place on Sunday June 13, 2027 at **Keuka College**. It consists of Sprint and Intermediate distances, and a scenic bike ride in beautiful wine country with a flat and fast run along the lake. As a bonus, the post race experience goes above and beyond, offering a hot meal, salad bar, made to order options and dessert.



Keuka College address:
141 Central Avenue, Keuka Park, NY 14478
Dahlstrom Hall will be the location of packet pickup and the post-race lunch. The race site is between Norton Chapel and Lightman Library. Because the school semester will be over at race time, parking is permitted on campus during event weekend.

STAY ON CAMPUS

There are a limited number of rooms available on campus for the Keuka Lake Triathlon. You can sign up for a room during the online registration process. Most rooms have two beds, and you can choose with or without air conditioning. Rooms are **non-refundable** and can only be used the night BEFORE the race. The deadline to reserve a room is **June 1,** if rooms are not sold out before then.

- **Double room with NO air conditioning = $80.00**
- **Double room WITH air conditioning = $90.00**
- **Note that bed sheets are NOT provided.**

If you've already registered for the race but still want a room, there will be a link from the registration page if rooms are still available. Please do NOT contact the college directly about room availability.

Room keys and assignments will be available on Saturday from 4:00 pm - 7:00 pm at packet pickup. You must check out by 12:00 noon on Sunday, and all room keys must be turned in by this time. A Keuka College staff member will be in the dorm entrance hallway starting at 6am to collect keys. If you forget, you can also hand them in at the volunteer tent located at the race site. There is a $50.00 charge for any key lost or not returned on race day. PLEASE NOTE: even though we love pets, pets are NOT allowed in the dorm rooms.

RACES

SPRINT TRIATHLON
750 meter swim / 13 mile bike / 3.1 mile run

SPRINT DUATHLON
3.1 mile run / 13 mile bike / 3.1 mile run

SPRINT AQUABIKE
750 meter swim / 13 mile bike

SPRINT DUATHLON RELAY (TEAM)
3.1 mile run / 13 mile bike / 3.1 mile run

SPRINT RELAY (TEAM)
750 meter swim / 13 mile bike / 3.1 mile run

INTERMEDIATE TRIATHLON
1500 meter swim / 25 mile bike / 6.2 mile run

INTERMEDIATE AQUABIKE
1500 meter swim / 25 mile bike

INTERMEDIATE RELAY (TEAM)
1500 meter swim / 25 mile bike / 6.2 mile run

PACKET PICKUP

Saturday June 12, 4:00 pm-7:00 pm at Hawkins Lounge in Dahlstrom Hall.
Race Morning Packet Pickup is also allowed from 5:30 am - 7:00 am, also at Hawkins Lounge in Dahlstrom Hall. However please note that packet pickup on race morning can be hectic. Race morning packet pickup closes promptly at 7:00 am with no exceptions or it will delay our race start times. Organizers are not reponsible for ensuring you make it to your race on time.

WHAT YOU NEED TO KNOW FOR PACKET PICKUP

- All athletes must show valid ID at packet pickup. No ID = no race. No exceptions.
- You CANNOT pick up any race packet other than your own.
- All relay team members must be present simultaneously to pick up race packets.
- Athletes must be USAT members or pay for a one day license (varies by race).
- Minors must have a parent or legal guardian present at packet pickup.
- Timing chips will be given out on **race morning** and MUST be worn for the whole race. Please return the chip to us afterward.
- Keep the bike sticker on your bike after the race. This will be needed to check your bike out of transition.
- There is no overnight bike racking for the Keuka Lake Tri.

RACE MATERIALS



Swim caps are color-coded by race and you must use the one provided in your packet except in the case of a known allergy. Please let us know at packet pickup if this is the case.

BIKE CLINIC

Bike course captain Andy Thomas will hold a **transition setup clinic** on Saturday June 12 from 4:30 pm – 5:30 pm at the transition area – great for if you're new to triathlons or if you just want to get some extra advice. Andy will serve as bike support for the race, so he will be on site to assist with your bike needs on race day as well. (In case of bad weather, the clinic will be held in Dahlstrom Hall near packet pickup).



RACE DAY SCHEDULE



- 5:30am - Transition opens - bike racking and body marking begin
- 5:30am - Late packet pickup next to transition area
- 6:55am - Pre-race meeting in the transition area
- 7:00am - Late packet pickup closes - NO EXCEPTIONS
- 7:15am - Transition area closes / body marking ends
- 7:15am - Intermediate Distance announcements at shore
- 7:30am - Intermediate Distance Races start
- 7:50am - Sprint Distance announcements at shore
- 8:00am - Sprint Distance Races start
- 8:10am - Duathlon Race announcements at Duathlon start line
- 8:15am - Duathlon Race start (Lake Ave. by Norton Chapel)
- 10:30am - Lunch service begins at Dahlstrom Hall - extra meal tickets can be purchased there for $20.
- 12:00pm - Awards presented at Dahlstrom Hall
- 12:30pm - Race course closes. If any athletes remain on the course they will be escorted to the race site.
- 1:00pm - Lunch service ends

The transition area closes at 7:15 am regardless of your race so the event can start on time. All swimmers would need to be ready for the start of the swim. There will be no transition re-entry until after the race starts. There will be a place in the transition area to pile up your bags, but please do not leave valuables in your bags.

AWARD TAKEAWAYS

Overall individual event winners will receive medals, as will the top 3 age group individual finishers. All finishers will receive emailed certificates after race day. **Please note that you MUST be present at the awards ceremony to receive medals – they will not ship later.**

SWIM COURSE

The course is a rectangular counterclockwise loop – 1 lap for the Sprint and 2 laps for the Intermediate. See the map on the next page, which includes swim wave start times. Swim around the **outside** of the buoys.

After the swim, exit the water, climb the stairs, cross Lake Ave, and head to the transition area on your right. Please be careful on the staircase as the steps may be slippery. **The stairs are a no-touch wetsuit zone,** meaning wetsuits cannot be removed or unzipped until after the top step is reached. Intermediate distance swimmers will exit the water at the arch/docks, cross the beach, and re-enter the water where the swim started.

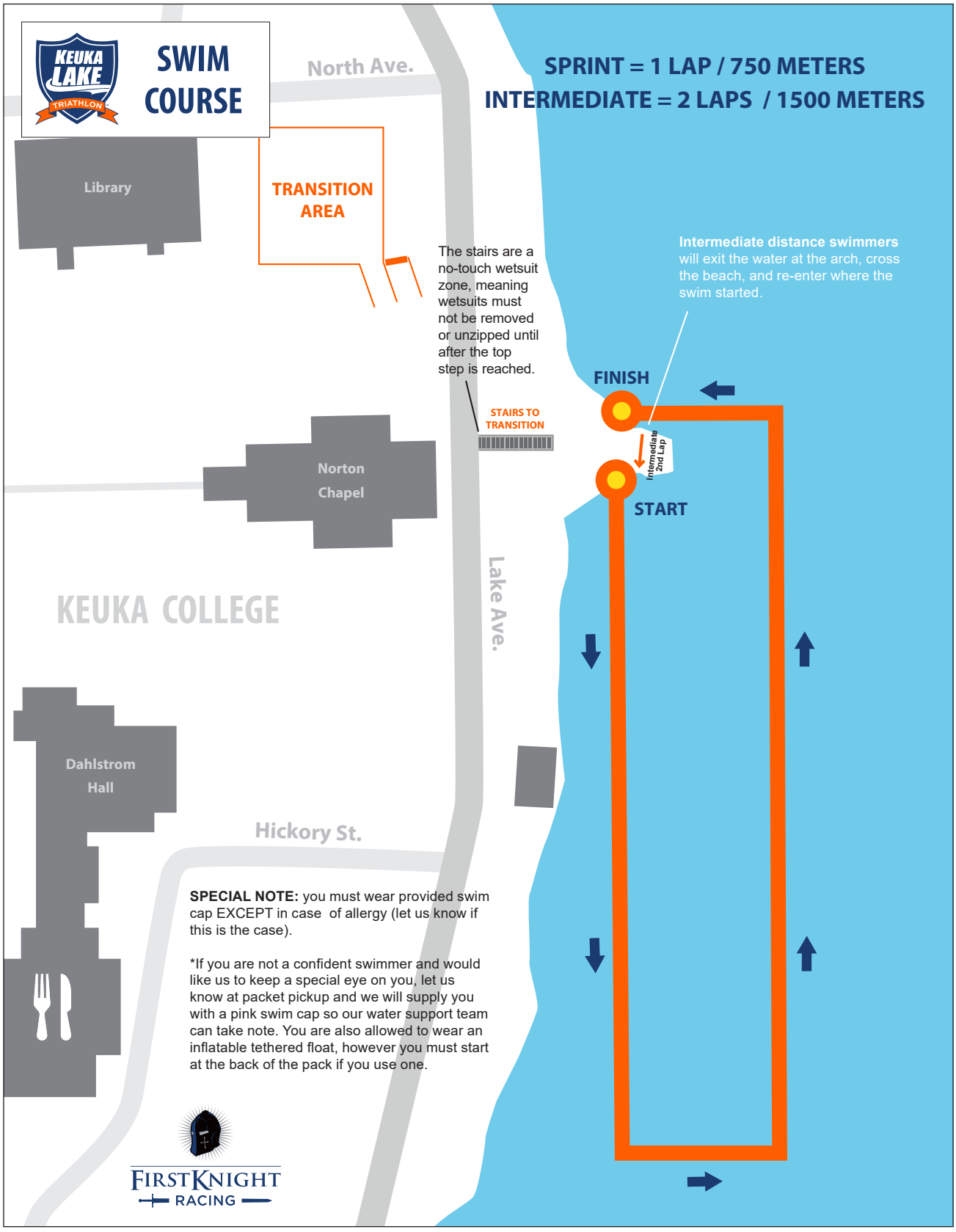
Please be careful while walking in the water away from the swim start and finish areas, because the zebra mussels in the lake are sharp. If you stay within the designated swim area you should be safe.

Wetsuits are highly recommended as the water temperatures are usually in the low 60's this time of year. Here are some cold water swimming tips:

- Wear two swim caps
- Wear neoprene booties or cap
- Use earplugs
- Warm up in the water prior to the swim start. This will minimize the shock and help your breathing rhythm.

Special note: if the water temperature is below 60.6 F on race day and you do NOT have a wetsuit, we will automatically switch you to a duathlon for safety reasons and you will not be allowed to swim.

Please see the wetsuit rules and info on the final page of this guide.


SWIM COURSE
SPRINT = 1 LAP / 750 METERS
INTERMEDIATE = 2 LAPS / 1500 METERS
North Ave.
Library
TRANSITION AREA
The stairs are a no-touch wetsuit zone, meaning wetsuits must not be removed or unzipped until after the top step is reached.
Intermediate distance swimmers will exit the water at the arch, cross the beach, and re-enter where the swim started.
FINISH
STAIRS TO TRANSITION
Intermediate 2nd Lap
START
Norton Chapel
KEUKA COLLEGE
Lake Ave.
Dahlstrom Hall
Hickory St.
SPECIAL NOTE: you must wear provided swim cap EXCEPT in case of allergy (let us know if this is the case).
*If you are not a confident swimmer and would like us to keep a special eye on you, let us know at packet pickup and we will supply you with a pink swim cap so our water support team can take note. You are also allowed to wear an inflatable tethered float, however you must start at the back of the pack if you use one.
FIRST KNIGHT RACING

SPRINT TRIATHLON
BIKE COURSE

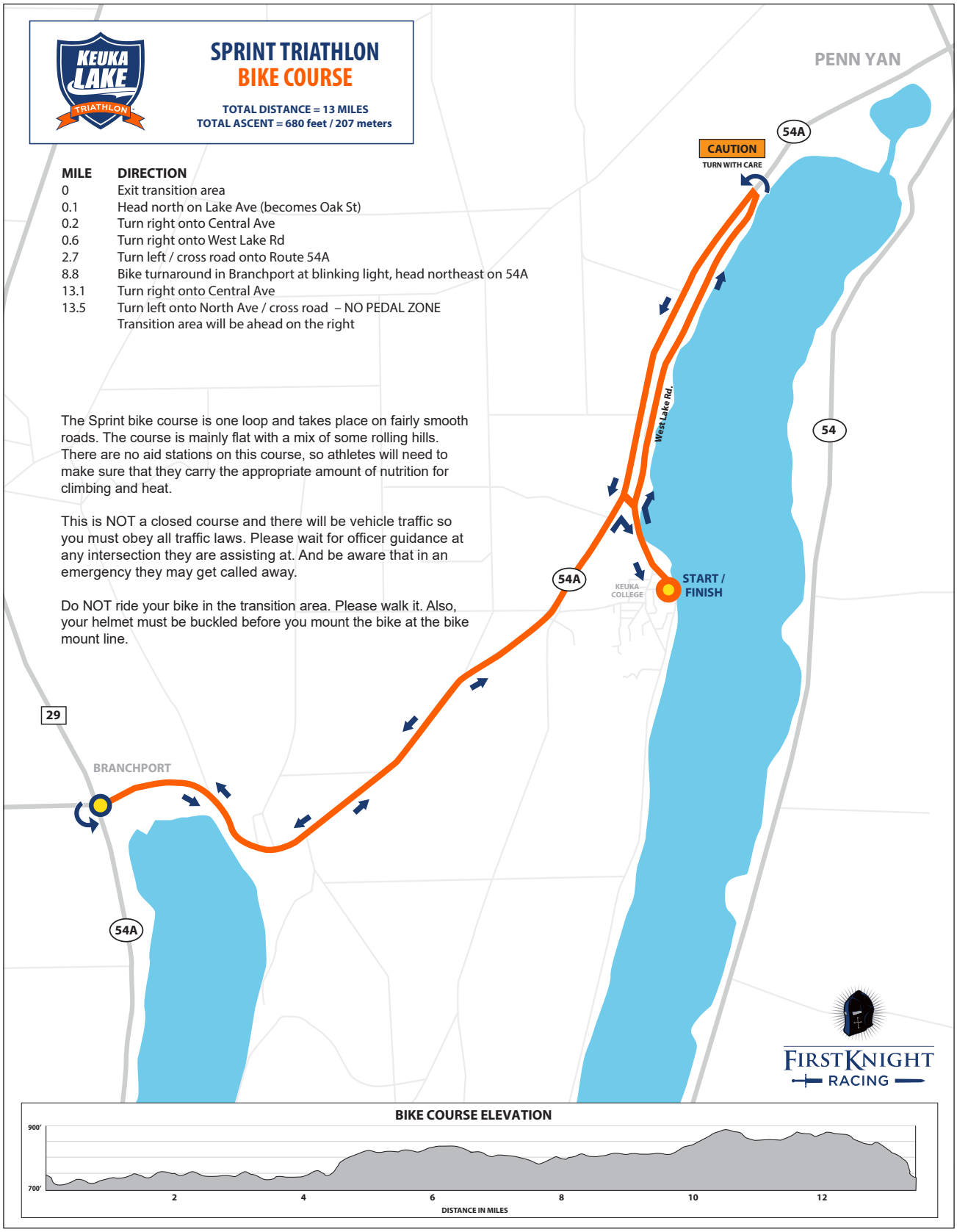
TOTAL DISTANCE = 13 MILES
TOTAL ASCENT = 680 feet / 207 meters

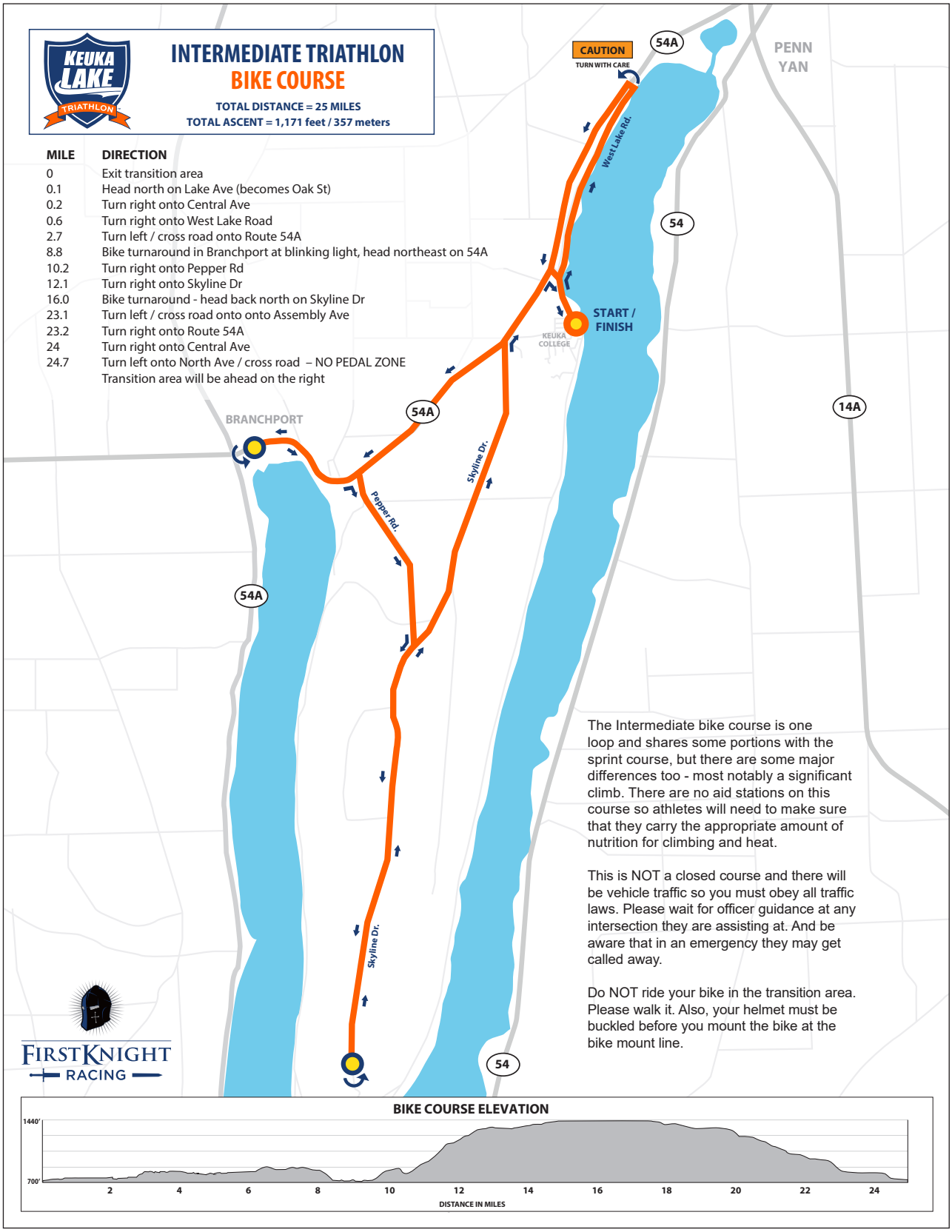
MILE	DIRECTION
0	Exit transition area
0.1	Head north on Lake Ave (becomes Oak St)
0.2	Turn right onto Central Ave
0.6	Turn right onto West Lake Rd
2.7	Turn left / cross road onto Route 54A
8.8	Bike turnaround in Branchport at blinking light, head northeast on 54A
13.1	Turn right onto Central Ave
13.5	Turn left onto North Ave / cross road – NO PEDAL ZONE Transition area will be ahead on the right

The Sprint bike course is one loop and takes place on fairly smooth roads. The course is mainly flat with a mix of some rolling hills. There are no aid stations on this course, so athletes will need to make sure that they carry the appropriate amount of nutrition for climbing and heat.

This is NOT a closed course and there will be vehicle traffic so you must obey all traffic laws. Please wait for officer guidance at any intersection they are assisting at. And be aware that in an emergency they may get called away.

Do NOT ride your bike in the transition area. Please walk it. Also, your helmet must be buckled before you mount the bike at the bike mount line.




INTERMEDIATE TRIATHLON
BIKE COURSE
TOTAL DISTANCE = 25 MILES
TOTAL ASCENT = 1,171 feet / 357 meters
MILE DIRECTION
0 Exit transition area
0.1 Head north on Lake Ave (becomes Oak St)
0.2 Turn right onto Central Ave
0.6 Turn right onto West Lake Road
2.7 Turn left / cross road onto Route 54A
8.8 Bike turnaround in Branchport at blinking light, head northeast on 54A
10.2 Turn right onto Pepper Rd
12.1 Turn right onto Skyline Dr
16.0 Bike turnaround - head back north on Skyline Dr
23.1 Turn left / cross road onto onto Assembly Ave
23.2 Turn right onto Route 54A
24 Turn right onto Central Ave
24.7 Turn left onto North Ave / cross road – NO PEDAL ZONE
Transition area will be ahead on the right
CAUTION
TURN WITH CARE
54A
PENN YAN
West Lake Rd.
54
START / FINISH
KEUKA COLLEGE
14A
BRANCHPORT
54A
Skyline Dr.
Pepper Rd.
54A
Skyline Dr.
54
The Intermediate bike course is one loop and shares some portions with the sprint course, but there are some major differences too - most notably a significant climb. There are no aid stations on this course so athletes will need to make sure that they carry the appropriate amount of nutrition for climbing and heat.
This is NOT a closed course and there will be vehicle traffic so you must obey all traffic laws. Please wait for officer guidance at any intersection they are assisting at. And be aware that in an emergency they may get called away.
Do NOT ride your bike in the transition area. Please walk it. Also, your helmet must be buckled before you mount the bike at the bike mount line.
FIRSTKNIGHT RACING
BIKE COURSE ELEVATION
1440'
700'
2 4 6 8 10 12 14 16 18 20 22 24
DISTANCE IN MILES

RUN COURSE

SPRINT = 1 LAP / 3.1 MI.
INTERMEDIATE = 2 LAPS / 6.2 MI.



This incredible scenic run course features some spectacular views of Keuka Lake. It's a fast run course with minimal elevation change. The running surface is pavement. There will be two aid stations on this out and back course.

The Duathlon starts on Lake Avenue near the edge of Norton Chapel.

The course closes at 12:30pm. If there are any athletes remaining on the course they will be escorted back to the transition area.

FIRST KNIGHT RACING

PEASANTMAN STEEL DISTANCE TRIATHLONS

With twelve races to choose from – from Sprints right on up through Fulls. Our own 'Steel Distances' are just slightly longer than traditional triathlon distances, due to a longer bike course. Packet pickup, bike racking, and the Athlete's Meeting will also take place here. Park address: 69 Old Pines Trail, Penn Yan, NY 14527.



RACES

* = USA Triathlon National Championship Events

USA TRIATHLON NATIONAL CHAMPIONSHIPS 2027 ULTRA

FULL STEEL DISTANCE TRIATHLON
2.4m swim/116m bike/26.2m run = 144.6
Start time: 7:00 am

FULL STEEL DISTANCE AQUABIKE
2.4m swim/116m bike = 118.4
Start time: 7:00 am

FULL STEEL DISTANCE DUATHLON
6.55m run/116m bike/19.65m run = 142.2
Start time: 7:15 am

FULL STEEL DISTANCE RELAY (TEAM)
2.4m swim/116m bike/26.2m run = 144.6
Start time: 7:00 am

HALF STEEL DISTANCE TRIATHLON
1.2 m swim / 58 m bike / 13.1 m run = 72.3
Start time: 7:30 am

HALF STEEL DISTANCE RELAY (TEAM)
1.2 m swim / 58 m bike / 13.1 m run = 72.3
Start time: 7:30 am

HALF STEEL DISTANCE AQUABIKE
1.2 m swim / 58 m bike = 59.2
Start time: 7:30 am

HALF STEEL DUATHLON
6.55 m run / 58 m bike / 6.55 m run = 71.1
Start time: 8:15 am

INTERMEDIATE STEEL TRIATHLON
1 m swim / 29 m bike / 6.55 m run = 36.55
Start time: 8:00 am

INTERMEDIATE STEEL RELAY (TEAM)
1 m swim / 29 m bike / 6.55 m run = 36.55
Start time: 8:00 am

INTERMEDIATE STEEL DUATHLON
3.1 m run / 29 m bike / 3.1 m run = 35.2
Start time: 8:15 am

SPRINT TRIATHLON
.5 m swim / 14 m bike / 3.1 m run = 17.6
Start time: 8:30 am

PACKET PICKUP, BIKE RACKING, ATHLETE'S MEETING
Saturday August 14 - Noon - 5:30 pm

Packet pickup takes place the day before the event at the race site from noon - 5:30 pm. This is when you'd get your packet and rack your bike, and come to the athlete's meeting. We will have overnight bike security on site, but we advise not to leave valuables in your bags in the transition area.



- 12:00 pm - 5:30 pm - packet pickup and bike racking
- 1:00 pm - Swim clinic session #1 with Ryan Lawrence
- 2:00 pm - Kids' Splash and Dash check-in - 2:30 race start
- 3:30 pm - Swim clinic session #2 with Ryan Lawrence
- 4:30 pm - Athlete's Meeting

Race morning packet pickup and bike racking is allowed, but is at your own risk. Just be sure to arrive extremely early. The more people who do this on race morning, the less chance you'll be on time. Organizers are not responsible for ensuring you make your race in time. You'll also be missing any possible last minute changes covered at the athlete's meeting the day before. Race morning packet pickup begins at 5am and closes promptly at 6:45am. It absolutely cannot be extended beyond that point or it will delay the start times.

WHAT YOU NEED TO KNOW FOR PACKET PICKUP
- All athletes must show valid ID at packet pickup. No ID = no race. No exceptions.
- You CANNOT pick up any race packet other than your own.
- All relay team members must be present simultaneously to pick up race packets.
- Athletes must be USAT members or pay for a one day license (amount varies by race).
- Minors must have a parent or legal guardian present at packet pickup.
- Keep the number sticker on your bike after the race – this will be needed to check your bike out of transition.
- Timing chips will be given out on **race morning**. Please return the chip to us after completing your race.

BIKE RACKING
After picking up your packet you will be directed to the timing table for your timing chip, then to the transition area to rack your bike. The race management team and a security team will be in the park overnight. Bike racking will be organized by race - please look for the signs directing you where to rack. **Only athletes and staff are allowed in the transition area.**

ATHLETE'S MEETING
The Athlete's Meeting will take place at 4:30pm at the race site the day before the race during packet pickup. Race founder Joe McMahon will explain all of the course details and answer any questions you may have. Last minute course changes are always possible due to weather issues or construction. Athletes are responsible for knowing the course, so this is your last chance to get all the answers you need. (There is no athlete's meeting on race day).



KIDS' SPLASH AND DASH
As hosts of the USA Triathlon Ultra Distance National Championship, we are hosting a Kids' Splash and Dash race during packet pickup on Saturday. The race starts at 2:30 pm and consist of a 100-meter swim and a 1-km run, open to all kids between the ages of 7-15. Competitors must arrive for packet pickup by 2:00 pm. Race fee is $33, and you can register directly from the Peasantman registration page.

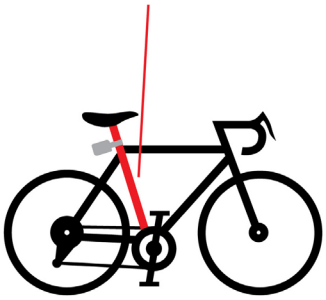
RACE MATERIALS



RACING BIB

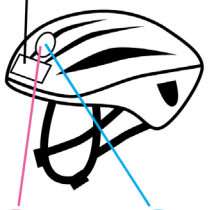


BIKE STICKER
Place on downtube for visibility. KEEP it on your bike after the race – this will be needed to check your bike out of transition.



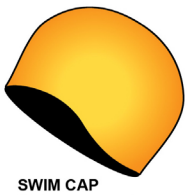


HELMET NUMBER STICKER



SPRINT HELMET DOT

AQUABIKE HELMET DOT



SWIM CAP
(Color may vary)



TIMING CHIP
Wear on left ankle for entire race - under wetsuit
(MUST BE RETURNED AFTER RACE)



NOTE: IF YOU ARE USING SPECIAL NEEDS BAGS, PLEASE LABEL THEM CLEARLY WITH YOUR BIB NUMBER FOR EASY IDENTIFICATION.

Swim caps are color-coded by race, and you must use the one provided in your packet except in the case of a known allergy. Please let us know if this is the case.

RACE DAY SCHEDULE

- 5:00 am - Transition area opens, body marking starts, late packet pickup starts
- 5:00 am - Timing chip pickup in transition area (please retrun chips after race)
- 6:45 am - Race day packet pickup closes – NO EXCEPTIONS
- 7:00 am - Start of Full (Ultra) Steel Distance Triathlon, Full Aquabike, Full Relay
- 7:30 am - Start of Half Steel Distance Triathlon, Half Aquabike, Half Relay
- 8:00 am - Start of Intermediate Steel Triathlon, Intermediate Relay
- 8:15 am - Start of Duathlons
- 8:30 am - Start of Sprint
- 9:30 am - Swim cutoff – course closes
- 11:00 am - Award presentation for Sprint Distance Race
- 12:30 pm - Award presentation for Intermediate Races
- 1:00 pm - Award presentation for Half Distance Races
- 5:45 pm - Bike cutoff – course closes (Full Steel Distance athletes must be done with second lap by 1:45).
- 12:30 am - Run cutoff – course closes
- Full Steel Distance Race awards are presented and announced as finished

*** The Transition area closes 30 minutes before the start of YOUR race.***

Relay Teams will be given one timing chip to be shared among the team. The chip must be passed onto the next teammate in the transition area before they leave for their leg of the race.

Aquabike Finishers – Dismount at the Aquabike dismount line and walk or jog your bike across the finish line.

Please remember to drop off your timing chip after finishing.
Please keep your number sticker on your bike in order to check out of transition.

SWIM COURSE
The swim course has a 1.2 mile full loop, meaning it's two laps for the Full, one lap for the Half, a slightly smaller lap for the Intermediate, and a much smaller lap for the Sprint. The transition area closes 30 minutes before the start of your race, so make your way to the water and be sure to enter the course through the designated chute on the shore in order to be counted into the swim start. Note the designation of your swim cap color as it relates to the buoy color on the map below. You will be swimming clockwise around the outside of the buoys – do not swim between them. The swim course closes at 9:30 am sharp. Any swimmers remaining in the water will be assisted to shore and will not be able to continue racing.

USAT WETSUIT RULES: Please see the last page of this guide for wetsuit rules.

*If you are not a confident swimmer and would like us to keep a special eye on you, let us know at packet pickup and we will supply you with a pink swim cap so our water support team can take note.

If you are inquiring about wearing an inflatable tethered float, please reach out to us on our website at the Contact link at the top of the homepage.



BIKE COURSE

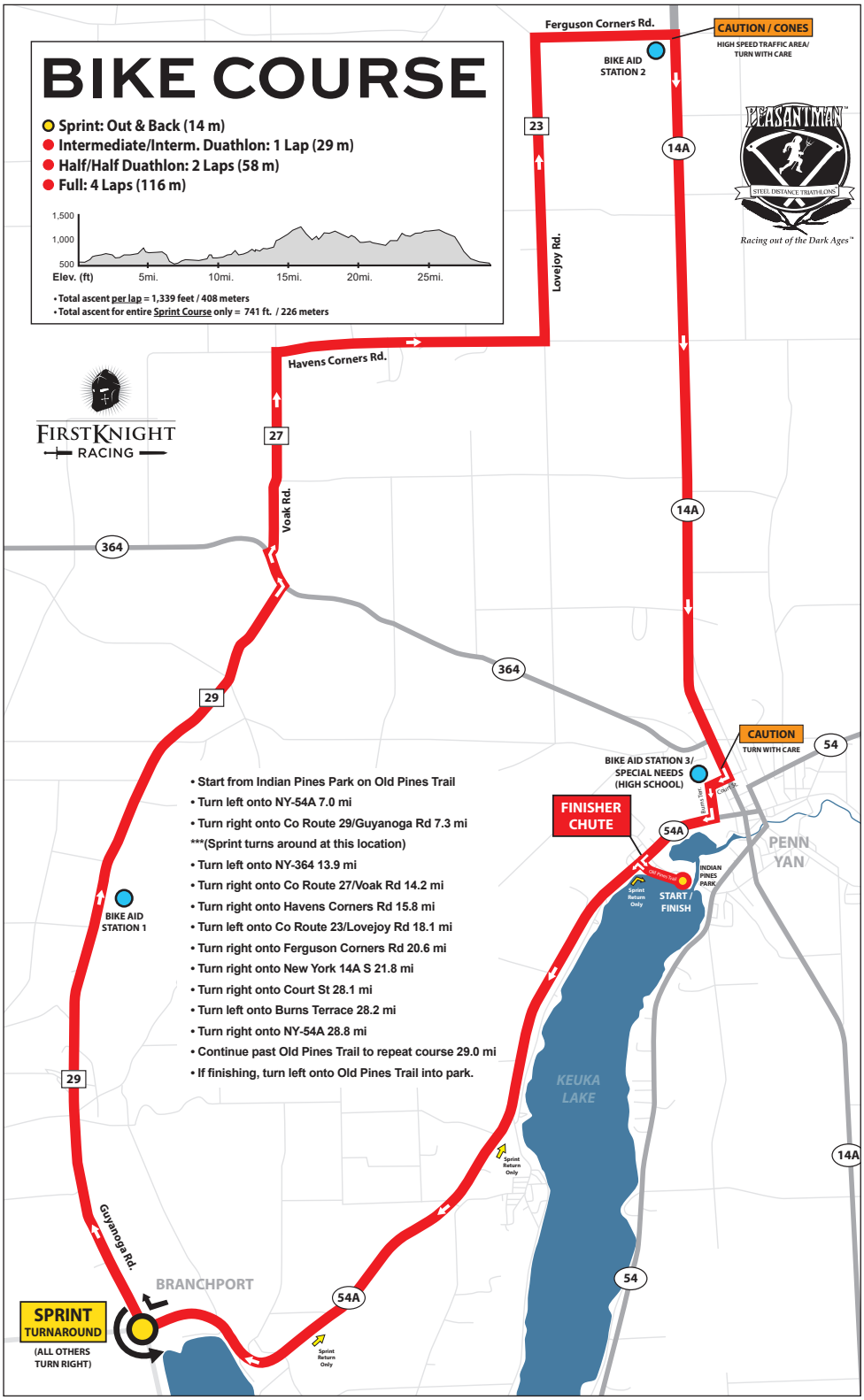
The bike course is where the slight 'extra' distance for the race comes from, making this a Steel Distance race. The ride will be spectacular, as you'll pass many horse buggies on rolling hills while cutting along both arms of Keuka Lake. The total loop distance is 29 miles, so riders will go four laps for the Full, two laps for the Half, and one for the Intermediate. The Sprint shares the same course but with a shorter out-and-back to Branchport.

The bike course closes at 5:45 pm. The Full distance second lap must be done by 1:45 pm.

This is NOT a closed course and there will be vehicle traffic so you must obey all traffic laws. Please wait for officer guidance at any intersection they are assisting at. And be aware that in an emergency they may get called away.

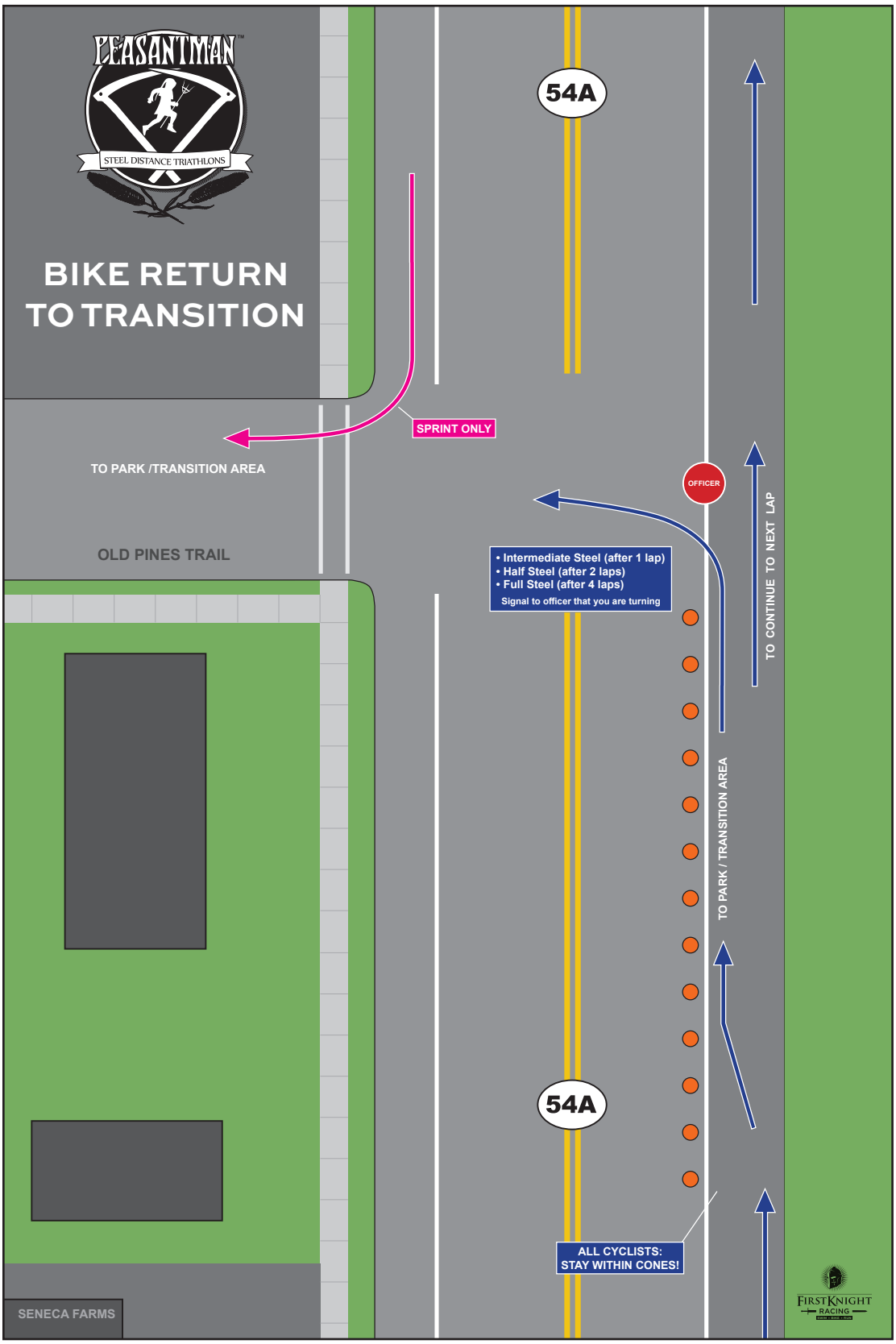
Do NOT ride your bike in the transition area. Please walk it. Also, your helmet must be buckled before you mount the bike at the mount line.

Race day bike support is provided by Trek Bikes Geneva.



BIKE RETURN

Note: if the police officer gets called to an emergency and is not present, you must obey all traffic rules.



RUN COURSE

The run course is very scenic but rather flat and simple with very little elevation change at all. It's an out-and-back that runs almost entirely along the shore of Keuka Lake. From Indian Pines Park take a left off Old Pines Trail onto 54A, then veer left onto West Lake Road for just over three miles, take another brief left onto Central Ave. toward Keuka College, then come back. That means four laps for the Full, two laps for the Half, and one for the Intermediate. The Sprint turnaround will be earlier, at the 1.55 mile mark.

If you're doing the Full Steel Distance, the run course closes at 12:30am. If you are still out on the course at that time you will be picked up and brought back to the race site.



SPECIAL NEEDS BAGS

Because Peasantman has the long and ultra courses, you are allowed to use special needs bags to store your own personal stuff (i.e. extra nutrition) for the bike and run courses. We'll provide the bags, and you can supply your stuff. Or you can even supply the bags. The last aid station on the bike and the first aid station on the run double as special needs areas, so you can have two special needs bags – one on each course. With one special needs area on each course, this means you will pass it on each loop. With the run, however, you'll see it twice as many times because it is an out-and-back course. In other words... if you're doing the Half, you'll see the special needs station twice on the bike and four times on the run. Double that for the Full. If you are using special needs bags please clearly label them so they can be easily identified at aid stations.

RACE NUTRITION

(Note: subject to changes or updates)

Bike:
- BANANAS
- GATORADE
- COOLERS OF WATER AND HAMMER NUTRITION
- BOTTLES OF WATER
- HAMMER NUTRITION GELS

Run:
- BANANAS
- GATORADE
- BOTTLES OF WATER
- HAMMER NUTRITION GELS
- CHOCOLATE CHIP COOKIES
- PRETZELS
- ELECTROLYTES
- CHICKEN BROTH AT PARK TURNAROUND (EVENING ONLY)
- COCA COLA
- TUMS
- ICE





AWARD TAKEAWAYS

All Peasantman finishers receive medals (size varies by race) and a finisher shirt*. The top overall male and female finishers in the Half and Full Triathlons receive trophies. The top male and female finishers in the shorter races receive plaques. Age group 1-3 finishers receive certificates. The overall male or female winner of all individual triathlons also win a FREE SLOT for the next year (does NOT apply to duathlons, relays, or aqua bikes). All finishers will be knighted by the King or Queen of the Finger Lakes, and will receive an emailed Certificate of Knighthood after the race. For additional award info specific to the USAT National Championship, visit firstknightracing.com/pman-awards-1

*** Please note that you MUST be present on race day to receive awards – we will not ship them later.**
*** Registering after August 1st reduces your chances of receiving shirts or a complete finisher's packet.**

RACE WEEKEND BREWS

How many triathlons can say they have their own beer? Seriously how many? We don't know. Are there any others? Because Peasantman does! Our friends at LyonSmith Brewing Company have been brewing Peasantman Royal Bloodline Porter and E.S.B. since 2014. Give their brewery a visit when you're in town, or come see them at Indian Pines Park any time during Peasantman weekend.

2597 Assembly Ave, Keuka Park
Lyonsmithbrewing.com



KNIGHT'S FURY DUATHLON

2027 brings our fourth annual Knight's Fury Duathlon, a bike/run event held on September 25th at Mendon Ponds Park in Honeoye Falls, NY.

RACES

- **Formulae Unum: 2 Mile Run / 10 Mile Bike / 2 Mile Run / 10 Mile Bike / 2 Mile Run**
- **Super Fury: 2 Mile Run / 10 Mile Bike / 2 Mile Run**

PACKET PICKUP

Packet pickup will be on race morning from 7:00 am – 8:15 am at the race site at Mendon Ponds Park near Stewart Lodge / Canfield Woods Pavilion. Packet pickup cannot be extended beyond 8:15 or it will delay the race start. Race registration is not available on race morning. (We no longer offer early packet pickup on Friday afternoon.)



***Photo ID and applicable USAT card required for packet pickup. Athletes must be USAT members or pay for a one day license (price varies by race).**

Registration closes at 7 PM on Friday Sept. 24. All entries get a free t-shirt if registered by Sept. 15.

RACE DAY SCHEDULE

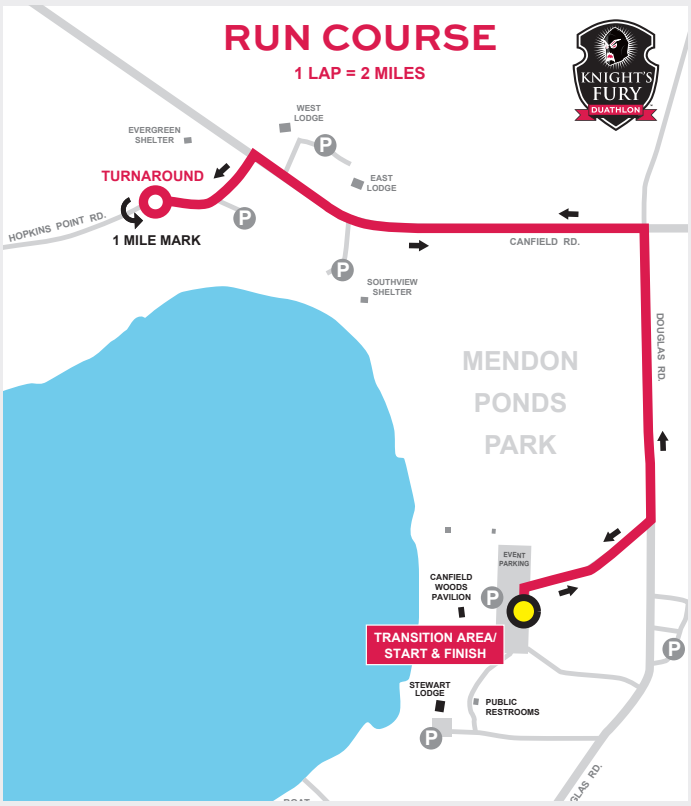
- 6:30 AM – Transition area opens
- 7:00 AM – 8:15 AM: Packet pickup
- 8:00 AM – Pre-race athlete's briefing
- 8:30 AM – Formulae Unum starts
- 8:35 AM – Super Fury starts
- 11:00 AM – Awards and food at Stewart Lodge



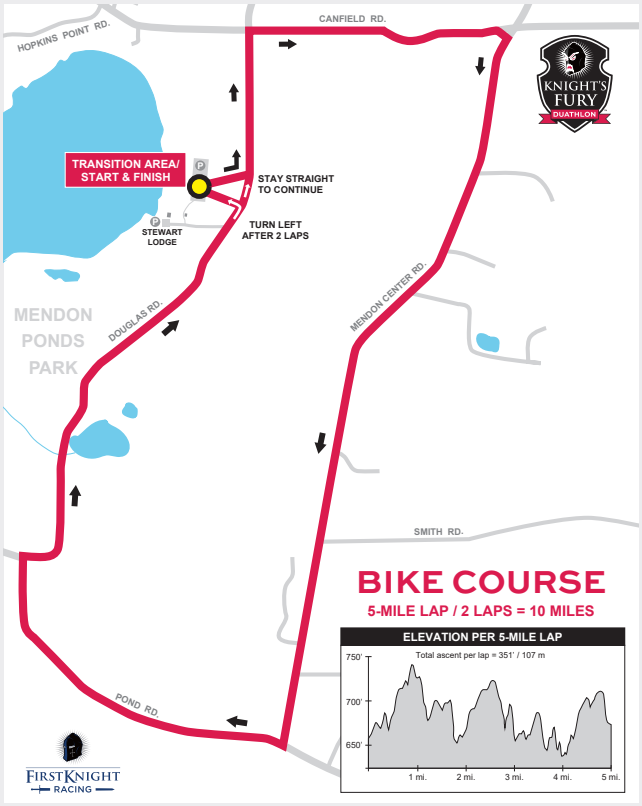
AWARDS

Formulae Unum:
First overall male and female, First 3 in 5-Year Age Groups (19 & under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-65, 65-69, 70 & up).

Super Fury:
First overall male and female, First finisher in 5 Year Age Groups (19 & under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-65, 65-69, 70 & up).



RUN: 2-mile out-and-back entirely on roads in the park.



BIKE: 5-mile loop on roads in and around the park.

Visit FirstKnightRacing.com and click on 'Course Maps' from the homepage for high resolution maps.

The use of headphones, cell phones, or any other audio devices is not allowed and will be strictly enforced. Cell phones may be carried for safety reasons, but must be left off except in case of emergency.

PACKET PICKUP MATERIALS



RACING BIB



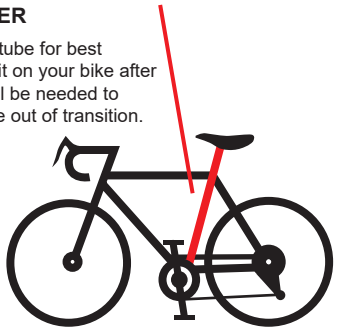
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HELMET STICKER



BIKE STICKER

Place on downtube for best visibility. Keep it on your bike after the race – it will be needed to check your bike out of transition.



USA TRIATHLON RULES

Our races are sanctioned by USA Triathlon (USAT). Complete rules can be found at https://www.usatriathlon.org/multisport/rules. Below is NOT a complete list, but they are some of the most common or relevant ones for our races.

Headphones: Any type of headphones, headsets, earbuds, or any personal audio devices of any kind are not to be carried or worn at any time during the race. Cell phones can be carried with you for emergency purposes only but must be off until used. Penalty: Disqualification

Helmets: Bike helmets must be worn at all times while on your bike. This means before, during, and after the event. Penalty: Disqualification

Chin Straps: Chin straps must be buckled at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle. Penalty: Disqualification on the course; variable time penalty if in transition area only.

Outside Assistance: No assistance other than that offered by Race Director, staff or designated volunteers and medical officials may be used. Triathlons and duathlons are individual tests of fitness. Examples of outside assistance may include, but are not limited to: handing your wetsuit to a spectator after leaving the swim, having someone run or bike with you on the course, having a spectator place items along the race course for you, or having a spectator hold your fluids or nutrition for you and passing those items to you during the race. Whether an activity is considered “outside assistance” will be determined by USAT Officials and/or the Race Director. Penalty: Variable time penalty or disqualification

Transition Area: All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant’s equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area. Penalty: Variable time penalty

Drafting: Keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds. Position--keep to the right hand side of the lane of travel unless passing. Blocking--riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass. Overtaken--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again. Penalty: Variable time penalty

Course: All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey ALL applicable traffic laws at all times. Penalty: Referee’s discretion

Unsportsmanlike Conduct: Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden. Penalty: Disqualification

No Props: Athletes are not permitted to race with objects that could be considered a safety hazard (i.e. flags with poles, signs, or other miscellaneous items). Penalty: Disqualification

Race Numbers: All athletes are required to wear race numbers at all times during the run. Numbers must face the front and be clearly visible at all times. Numbers may not be cut or folded or altered in any way. DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing. Number stickers will also be provided for your bike and they must be mounted on the bike for clear visibility. Penalty: Variable time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

FIRST KNIGHT RACING

ADDITIONAL INFO

Wetsuits: Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided, however that participants who wears a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited. ****Special note regarding the Keuka Lake Tri:** if the water temperature is below 60.6 degrees on race day and you do NOT have a wetsuit, we will automatically switch you to a duathlon for safety reasons and you will not be allowed to swim. Please see the infographic on the last page of this guide.

Finish Line: No one other than the registered athlete may cross the finish line. If any spectators, children or pets join their athlete to cross the finish line together, this an extreme liability and safety violation. This will result in an immediate disqualification with no exceptions. Penalty: Disqualification

Equipment Abandonment: All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course. Penalty: Variable time penalty

Variable Time Penalties:

Distance Category	First offense	Second Offense	Third Offense
Sprint	2 minutes	4 minutes	Disqualification
Intermediate	2 minutes	4 minutes	Disqualification
Half	4 minutes	8 minutes	Disqualification
Full	6 minutes	12 minutes	Disqualification

ATHLETE CHECKLIST

PRE-RACE:
___PACKET PICKUP TIME / LOCATION
___DIRECTIONS TO VENUES / HOTEL
___PHOTO ID
___VALID USAT CARD (not applicable to 1-day license)
___BIKE TUNE-UP
___KNOWLEDGE OF THE COURSE

SWIM:
___TIMING CHIP
___SWIMSUIT
___WETSUIT
___GOGGLES
___EAR / NOSE PLUGS
___WARM THROW AWAY CLOTHING
___SWIM CAP

BIKE:
___HELMET
___BIKE SHOES
___SOCKS
___AIR PUMP
___FLAT REPAIR KIT
___WATER BOTTLE(S)
___GELS / ENERGY BARS / SALT TABLETS
___SUNSCREEN
___BAR END PLUGS
___GPS WATCH OR BIKE COMPUTER

RUN:
___HYDRATION BELT
___RACE BELT OR SAFETY PINS
___BIB NUMBER
___HAT OR VISOR
___RUNNING SHOES
___SOCKS
___SUNGLASSES
___WATER BOTTLE

EXTRAS:
___ANTI-CHAFING PRODUCTS
___CONTACTS OR GLASSES
___TOWEL
___HEART RATE MONITOR CHEST STRAP
___HAIR TIES
___CHAPSTICK
___DRY CLOTHING
___BANDAGES
___EXTRA TIRE / TUBE
___EXTRA SWIM CAP
___EXTRA SWIMSUIT

PERSONAL NOTES: _____
_____
_____
_____
_____

Forget something? We may have it! Check our merch tent on race weekend.

VOLUNTEERING

Volunteering is essential to the success of all multisport races, including ours. It goes without saying that athlete safety is most important to us, so we can never have too many volunteers. And as our races grow, we'll need even more volunteers going forward.



So if you're going to be in the Keuka Lake area at race time and you'd like to help, go to FirstKnightRacing.com and click the 'Volunteer' tab. Volunteering includes things like handing out water to competitors, assisting at the aid stations, kayak support for the swim, event setup/cleanup, event photography, and much more. Volunteers also get a free tee shirt and food while they're working. Hint: if your friend or loved one is racing, volunteering is a great way to see them up close! And you don't have to volunteer for the entire race – there are locations and timeslots.

As an athlete, please thank the course volunteers for their assistance when you see them. They've taken time out of their busy day to help you out, and many are triathletes themselves who are giving back to the community. A race cannot operate without volunteers. Every single one of them is there for your safety.



Note: if you are a first responder who will be in attendance as a spectator and would be willing to assist should an emergency come up, let us know and we will give you one of our First Knight Racing 'First Aid' shirts pictured here.

LODGING OPTIONS

Our two triathlons – Keuka Lake Tri and Peasantman – are both in the Penn Yan area, and there are a decent number of places to stay. From hotels in Penn Yan like the Best Western (the official hotel of Peasantman), the Microtel, or the Hampton Inn, to the campground at Keuka Lake State Park, to various bed & breakfasts and more, there are plenty of options. And don't forget the limited dorm room availability for the Keuka Lake Tri, available during the registration process. Here are a few of our favorites:

Best Western Plus
Vineyard Inn and Suites Penn Yan
142 Lake St, Penn Yan, NY 14527

Hampton Inn Penn Yan
110 Mace St.
Penn Yan, New York, 14527

Microtel Penn Yan Finger Lakes Region
124 Elm Street
Penn Yan, NY 14527

Best Western Plus Hammondsport
8440 State Route 54
Hammondsport, NY 14840

Keuka Lake State Park & Campground
3560 Pepper Road
Bluff Point, NY 14478

For additional options try the
Yates County Chamber of Commerce:
business.yatesny.com/list/ql/lodging-travel-15

The Knight's Fury Duathlon is in Honeoye Falls (just south of Rochester) so there are even more options there. For that race we recommend searching for lodging in the Rochester southern metro area.

ABOUT FIRST KNIGHT RACING

Our history as a race organization goes back to 2009, when Joe McMahon of Rochester, NY saw the need for a more affordable race experience for those who were passionate about the sport of triathlon. Joe had already completed dozens of Ironman races by then, and saw the increasing costs as a primary motivator in creating his own race. He coined the event 'Peasantman' and recruited a team to put the race into motion. He contacted the village of Penn Yan, and after receiving their emphatic support for being the host site for his concept, he launched the inaugural Peasantman Steel Distance Triathlon in 2013.

In 2022 we acquired the nearby Keuka Lake Triathlon, and named our organization First Knight Racing. We debuted our Knight's Fury Duathlon in 2024. Now, with three similar races every year, we still make every decision with athlete satisfaction – and most importantly safety – in mind. And we've always used a community-based approach, prioritizing local businesses, partners, and sponsors.

ABOUT OUR FOUNDER

Joe McMahon is an R.N. and a USA Triathlon certified Race Director and Official. He moved to the Rochester area at age 20 and began his triathlon career soon after. He's been actively organizing, directing, and participating in races ever since.

His athletic background includes over 500 races, including 40 ultra distance triathlon finishes (four of them Steel Distances), 75+ marathons, 17+ half distance triathlons, over 300 multi-sport events, 5k's, 10k's and half marathons. He's been a member of Rochester Area Triathletes (RATS) since 1991, and spent two years as its Vice President. RATS is the second oldest multisport club in the country. Right now Joe is unofficially the #2 athlete in New York State for most full distance triathlons completed, and is well respected in a number of statewide triathlon clubs.

Joe was Race Director for a Buffalo-based 5K charity race for four years. After that, he became Race Director for Daniel's 5K in Churchville, NY which raises money for cancer charities. The race has since been handed over to Daniel's parents as Joe pursued the founding of Peasantman. To date, Joe has been a participant or leader of teams that have raised nearly $1 million for assorted charities.



Outside of racing, Joe is the owner of a successful Rochester sign manufacturing company, E-lite Neon Signs, LLC, as well as First Knight Enterprise, an antiques and collectibles store specializing in coins and numismatics.

After a brief career in nursing, Joe's sign business experienced rapid growth. At the beginning of the pandemic, however, he saw the need to return to nursing in an acute care unit specifically for Covid at URMC, where he remains on staff per diem as an assistive RN.

FREQUENTLY ASKED QUESTIONS

Q: How will I know if the race will be wetsuit legal? **A:** It depends on the water temperature that will be announced on race morning. The Keuka Lake Tri is an early season race so the water would always be cool enough to allow it, but Peasantman is another story. To date it has always been wetsuit legal, but it's been very close a few times. Visit firstknightracing.com/wetsuit-rules to see the rules and details on how this is decided, as well as a link to the current Keuka Lake temperature. Also please look at the infographic on the last page of this guide.

Q: What happens if the swim gets canceled? A: There may be rare instances that the swim is canceled due to inclement weather, environmental reasons, or other unexpected reasons. If this happens, race changes would be as follows. (Start times may be affected, which would be announced on race day):

- Duathlons would be unaffected.
- Aquabike races would strictly become a bike race.
- Sprint Triathlon would become a run-bike-run – swim is replaced by a 1-mile run.
- Intermediate Triathlon / relay would become a run-bike-run – swim is replaced by a 2-mile run.
- Half Steel Triathlon / Relay would become a run-bike-run – swim is replaced by a 5k run (Peasantman only).
- Full Steel Triathlon / Relay would become a bike-run – swim is canceled and not replaced (Peasantman only).

****Special note regarding the Keuka Lake Tri:** if the water temperature is below 60.6 F on race day and you do NOT have a wetsuit, we will automatically switch you to a duathlon for safety reasons and you will not be allowed to swim.

Q: I'm apprehensive about the swim – what can I do if I'm nervous? **A:** Ask us at packet pickup and we can give you a pink swim cap. This will signal to our water support team that you'd like us to keep a special eye on you.

Q: What are the options if I signed up for a race but I end up not being able to make it? **A:** Go to our website at FirstKnightRacing.com and click on the 'Registration Policies' tab in order to see the options and details for each race. Please note that there are deadlines in the policy which are strictly enforced, and any options listed in the policy cannot be granted after the deadlines listed. Please consider purchasing the optional race insurance when you register. It gives you greater flexibility if you can't make it to the race for various reasons, including covered injury, illness, traffic accidents, etc. Note that First Knight Racing is not affiliated with the race insurance offered by RegShield and would not be able to answer your questions. After you choose the optional race insurance during registration, you will receive a separate email from RegShield with policy information and requesting payment for the insurance.

Q: I'm not a USAT member. How does the one-day membership fee work? **A:** The fee is paid during the online registration process. It is good for race day only and is non-refundable, non-transferrable, and non-deferrable.

Q: I think I can do one event. Do you know of any relay teams in need of another athlete? **A:** Although we don't generally get involved in helping assemble relay teams, you can always reach out to people on our First Knight Racing Facebook page.

Q: Are there cutoff times for my race? **A:** Yes and no. We do not have cutoffs by race – only by course. Course cutoff times are listed in the 'Race Day Schedule' portions of this guide under each race.

Q: Where can I find bike course elevation data? **A:** The elevation data is listed on the course maps in this guide, and also on the high-resolution bike course maps that can be downloaded from our website at FirstKnightRacing.com.

Q: What if I drop out of the race / do not finish? **A:** Please be sure to notify timing officials that you have not finished, or we may be under the assumption you are still on the course. You will receive a DNF by the timing service anyway, so please make their job easier by notifying them promptly.

FIRST KNIGHT RACING

ADDITIONAL INFO

Q: Can I use earbuds / headphones / a portable music player? **A:** NO. The #1 priority of our race organization is – without a doubt – athlete safety. And as a USAT sanctioned race, we adhere to their rules, specifying DQ if this rule is violated.

Q: Can I wear my own swim cap? **A:** The swim caps provided during packet pickup are color coded for your particular race and must be worn, EXCEPT in the case of an allergy. If that is the case please let us know.

Q: How would I get involved in volunteering? **A:** We love volunteers! Just go to FirstKnightRacing.com and click the 'Volunteer' tab. From there you can specify which race you'd like to volunteer at and what types of tasks you may want to help with. If you're not sure that's okay, just let us know and we can find something you'll be able to do.

Q: Are dogs allowed on the race site? **A:** YES! We love dogs, however they must be on a non-retractable leash.

Q: What are the age requirements for your races? **A:** The minimum age for Sprint and Intermediate distances is 16. Half distances are 17, and Ultra is 18.

Q: Can we do a relay with only two athletes instead of three? **A:** Yes - the three relay legs can be split among two people.

Keuka Lake Tri only:
Q: Is it still possible to get an overnight dorm room if I've already registered? **A:** If you've already registered for the race but still want a room, there will be a link from the registration page if rooms are still available. The deadline to reserve a room is June 1, if rooms are not sold out before then. Please do not contact the college directly about room availability.

Q: Can I buy an extra meal ticket for the Keuka Lake Tri? **A:** Yes, you can. Extra meal tickets will be sold at the cafeteria during meal time for $20.

Peasantman only:
Q: How can I retrieve my special needs bags after the Peasantman race? **A: Bike** special needs bags will be back on the race site at our lost and found table by approximately 6:30 pm. **Run** special needs bags will be back at our lost and found table after the race ends around 12:30 am. You are welcome to go directly to the aid stations to pick the bags up yourself before those times. We are also available between 8am-11am the day after the race at the event site during cleanup for you to come claim your items. First Knight Racing will not ship special needs items back to athletes.

Q: I noticed people camping at the Peasantman race site – is that allowed for athletes? **A:** No. The village has only granted permission for race management and overnight security team members to stay in the park overnight.

If you have questions about topics not covered in this guide, visit FirstKnightRacing.com and reach out to us on our Contact page.

RACE WEEKEND MERCH

We'll have all kinds of sweet merch on race weekend. If you forget something or arrive only to find that you need a jacket or a hoodie or maybe even a glass for the LyonSmith beer tent, we've got you covered!







IT'S UPSTATE NEW YORK. WHEN IN DOUBT, BRING A WETSUIT!

USA TRIATHLON WETSUIT DECISION TREE

Standard USAT Sanctioned Age Group Triathlon

PROVIDED BY ROCHESTER AREA TRIATHLETES AND FIRST KNIGHT RACING

START

WHAT'S THE OFFICIAL RACE DAY WATER TEMPERATURE?

60.6°F & LOWER

WETSUIT MANDATORY



All athletes MUST wear an approved wetsuit.

ELIGIBLE FOR:

- Age group awards
- Rankings
- Qualification

60.6°F – 78.0°F

WETSUIT LEGAL



Wetsuits are legal and optional.

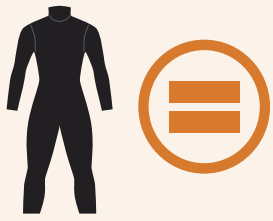
ELIGIBLE FOR:

- Age group awards
- Rankings
- Qualification

78.1°F – 83.9°F

WETSUIT OPTIONAL

NON-COMPETITIVE



Wetsuits are optional, but athletes will generally start in a separate wave or after non-wetsuit athletes. Results may be listed separately.

NOT ELIGIBLE FOR:

- Age group awards
- Rankings
- Qualification

84.0°F & HIGHER

WETSUITS PROHIBITED



Wetsuit use is NOT allowed.

NOT ELIGIBLE FOR:

- Age group awards
- Rankings
- Qualification

NATIONAL CHAMPIONSHIP EXCEPTION

At USA Triathlon National Championships and World Triathlon qualifying age group races:

- Wetsuits are PROHIBITED at 76.2°F and above.
- Wetsuits are MANDATORY at 60.6°F and below.
- Westuits are LEGAL AND OPTIONAL Between 60.6°F and 76.1°F.

IMPORTANT NOTES

- Race directors and officials use the OFFICIAL RACE MORNING WATER TEMPERATURE measurement, not an athlete's watch or unofficial shoreline reading.
- Always consult the event's athlete guide – championship, elite, youth, aquathlon or locally modified safety procedures may differ.
- Refer to the current USA Triathlon Multisport Competition Rules (updated January 1, 2026)