

LAKE HOPATCONG TRIATHLON PARTICIPANT GUIDE - 2026

UPDATED 7-30-26!

PACKET PICK UP

9/11 4:00-8:00 pm

Crescent Cove Beach on Lake Hopatcong

NO BIKE DROP OFF DAY BEFORE

9/12 5:30-6:30 am.

On Site at Crescent Cove Beach

RACE DAY SCHEDULE

7:15 am - Line Up Time

7:20 National Anthem

7:30am - Triathlon & Aquabike Begin

WAVE START - COLOR CODED CAPS

1.MEN 20-29

2.MEN 30-39

3.MEN 40+

4.Women

9 NEW TRIATHLETE MEN

10 NEW TRIATHLETE WOMEN

IN YOUR PACKET

- Race Shirt
- Race Number
- Bike Number
- Timing Chip
- Swim Cap

PARKING

- See Attached Map

SWIM

- 400 meter - Counter Clockwise Swim

BIKE

- 12.4 miles

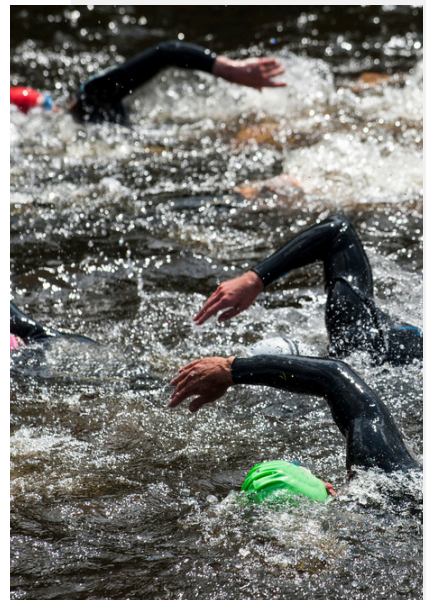
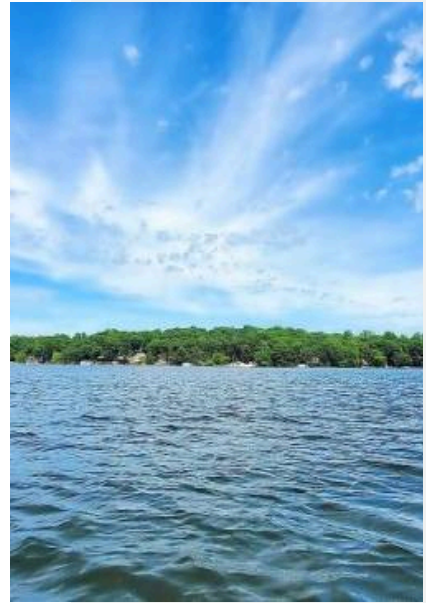
RUN

- 3.1 miles



AWARDS

1st, 2nd, 3rd Male & Female Overall
Triathlon & Aqua Bike



OFFERS FROM OUR SPONSORS

FREE BIKE SAFETY CHECK

Cycle Craft NJ
Parsippany, NJ



WEBINAR WITH PAUL CAPUZZO AUGUST 11TH

Race Questions
Do's and Don'ts and more





PARTICIPANT INFORMATION LAKE HOPATCONG

TRIATHLON CHALLENGE

CHECK IN

We will provide you with your race shirt swim cap, race bib, bike number, and timing chip/strap. There will be volunteers to mark your body with your race number on both arms and your race age on the back of your calf. Your body marking will allow you to enter transition.

Be sure to put your bike number sticker on your bike before you enter transition. This will allow us to identify you to your bike when you leave transition with your bike after the race.

TRANSITION

Only athletes will be allowed into transition. Prior to entering transition, you must have your body marked with your race number on each arm and your race age on the back of your calf. Body marking volunteers will be available to mark you or you can mark yourself. THIS EVENT IS OPEN RACKING.

SWIM

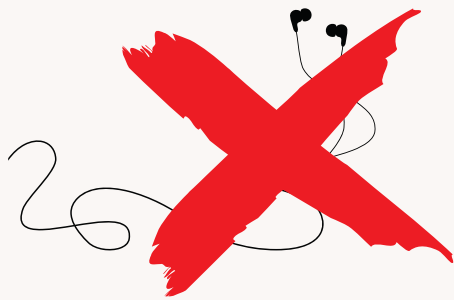
The swim is a 400 meter course. You will enter the water in waved noted before.

Faster swimmers should plan to be at or near the front of the line, moderately paced swimmers in the middle, and first timers and those who may take longer to complete the swim can line up toward the end of the line. Your race time will start when you cross the timing mat just prior to entering the water.

You are required to wear the swim cap provided to you in your race packet. Wetsuits are permitted.

PARTICIPANT INFORMATION

CONTINUED



BIKE COURSE INFORMATION

The bike course is an out-and-back route with a small lollipop. It is technical, but doable. We recommend that you spend time on your bike, outside, on hills if you are not a strong participant. **You must wear a helmet and it must be strapped. HEADPHONES ARE NOT PERMITTED ON THE BIKE.** Anyone not complying will not be able to continue the race. You must ride with traffic, on the right side of the road. **NO EXCEPTIONS.**

The course will be marked with arrows on the road and sign arrows on the side of the road. The road in the mount/dismount area will be closed to traffic, but the remainder of the bike course will be on roads that are open to traffic.

We will have police at major intersections and at the turnaround to stop traffic. We will do everything we can to make the course safe for you, but ultimately your safety is your responsibility. Obey the directions of the police and volunteers and always be cautious of cars and other athletes. Drafting is not allowed.

Please take time to familiarize yourself with the course. Participants that go off course will be ineligible for awards.

You must pass other athletes only on the left. When passing another athlete be sure to announce, "On your left", loud enough for the other athlete to hear. This will make them aware that you are passing and will help avoid startling the rider and make the pass safer for both athletes.

Blocking another rider to avoid being passed is not allowed. Cycle Craft and our course marshals will be monitoring the bike course to make sure all athletes get safely back to the Crescent Cove Transition Area.

Athletes should be prepared to address minor mechanical issues like a flat tire or chain derailment themselves.

EMERGENCIES

In the event of an emergency or injury, Hopatcong EMS onsite and

LHTRI.ORG

PARTICIPANT INFORMATION

CONTINUED

BIKE COURSE INFORMATION

DO NOT IGNORE TRAINING ON HILLS

Athletes should be prepared to address minor mechanical issues like a flat tire or chain derailment themselves.

EMERGENCIES

In the event of an emergency or injury, St. Clare's Ambulance, Hopatcong EMS onsite and both Hopatcong & Jefferson EMS will be on call for the Bike Course.

DOGS

There are absolutely no dogs permitted inside the The Beach at Crescent Cove.



RESPECT THE SPACE

Please be mindful of litter and dispose of all trash in the designated receptacles. Even small items can enter the active watershed, pollute the water, and harm local wildlife.

The beach at Crescent Cove is a beautifully maintained community space. *We are guests in their home, and we expect every athlete, spectator, volunteer, and vendor to help us leave it as clean, safe, and beautiful as we found it.*

Respect the beach. Respect the watershed. Be the kind of guest they will gladly welcome back.

Lake Hopatcong Triathlon

CODE OF CONDUCT

Code of Conduct

In a world where you can be anything,
be kind.



Athletes

We understand that our participants work hard and train hard for our events. Our staff and volunteers work hard too.

Everyone deserves to be treated with respect and kindness.

Profanity directed at, harassment of, threats toward, or abusive language toward any staff member, volunteer, participant, vendor, or race official is strictly prohibited.

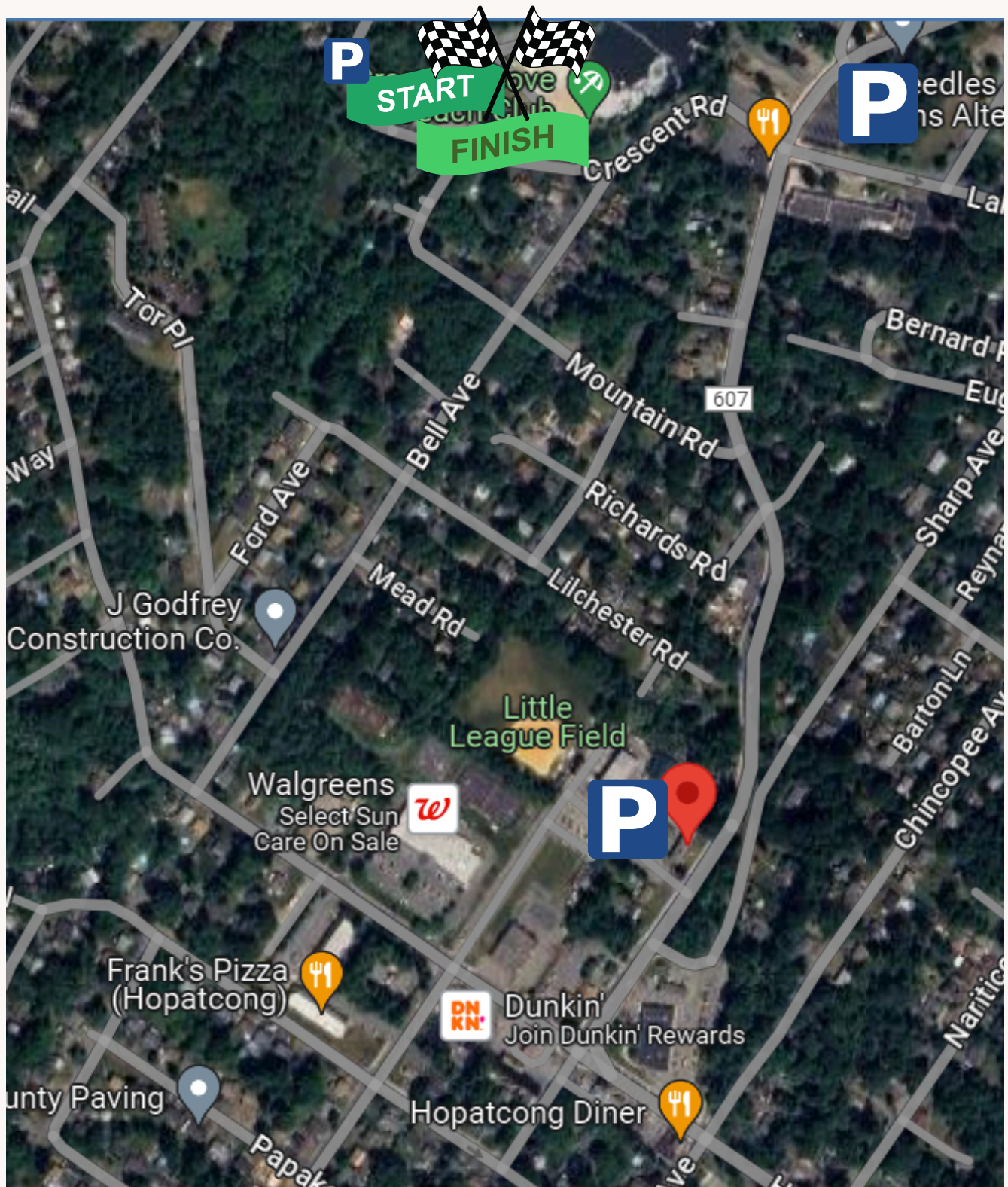
Anyone engaging in this behavior will be asked to leave the event immediately, without debate or warning. Depending on the severity of the conduct, the individual may also be disqualified, removed from the results, and prohibited from participating in future Live Run Give events.

We are committed to providing a safe, welcoming, and respectful race environment for everyone.

Spectators

Spectators may not enter or obstruct the racecourse, block athletes, interfere with event operations, disregard barriers or signage, or refuse instructions from staff, volunteers, police, or race officials.

Anyone who violates this policy will be required to leave the event immediately, without warning or debate.



Crescent Cove Beach BIKE DROP OFF ONLY

Elite Prep Academy

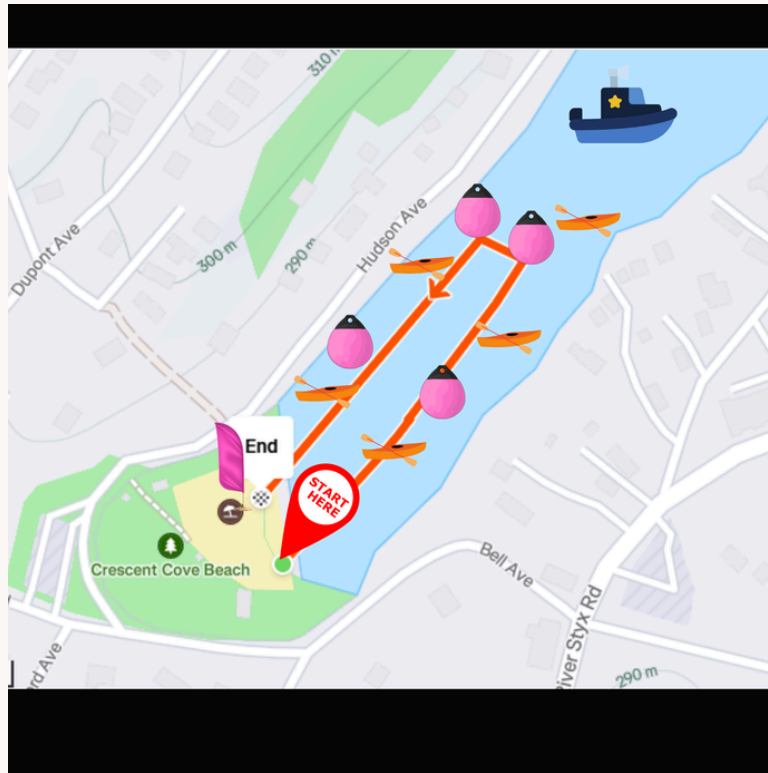
Twist on Thai

The Grotto

The Beacon

Street Parking - DO NOT BLOCK DRIVEWAYS OR MAILBOXES

Swim



Bike



Jefferson Turnaround Detail

