

ATHLETE GUIDE

TRI THE PARK BEDFORD HILLS



Sunday, June 7, 2026
Bedford Hills Memorial Park



RACE DAY INFORMATION



6:45-7:00 AM

ARRIVE AND PARK

Bedford Hills Train Station



7:00-7:30 AM

ATHLETE CHECK-IN

Pick up bib, timing chip & safety pins.
Head to transition and set up your gear.



7:30 AM

REGISTRATION CLOSES



7:45 AM

TRANSITION AREA CLOSED TO ALL ADULTS

Parents exit transition by 7:45 AM
and go to the designated viewing area
on the pool deck.



ATHLETES MUST BE ON POOL DECK

once transition setup is complete



7:50 AM

PRE-RACE BRIEFING & WARM-UP

On the pool deck with
NeverStopMoving365



8:00 AM

YOUTH TRIATHLON STARTS

Let's have a great race!



All athletes must check in even if they attended Saturday packet pickup. All athletes must pick up ankle chip at check in on race day.

PARKING & LOCATION



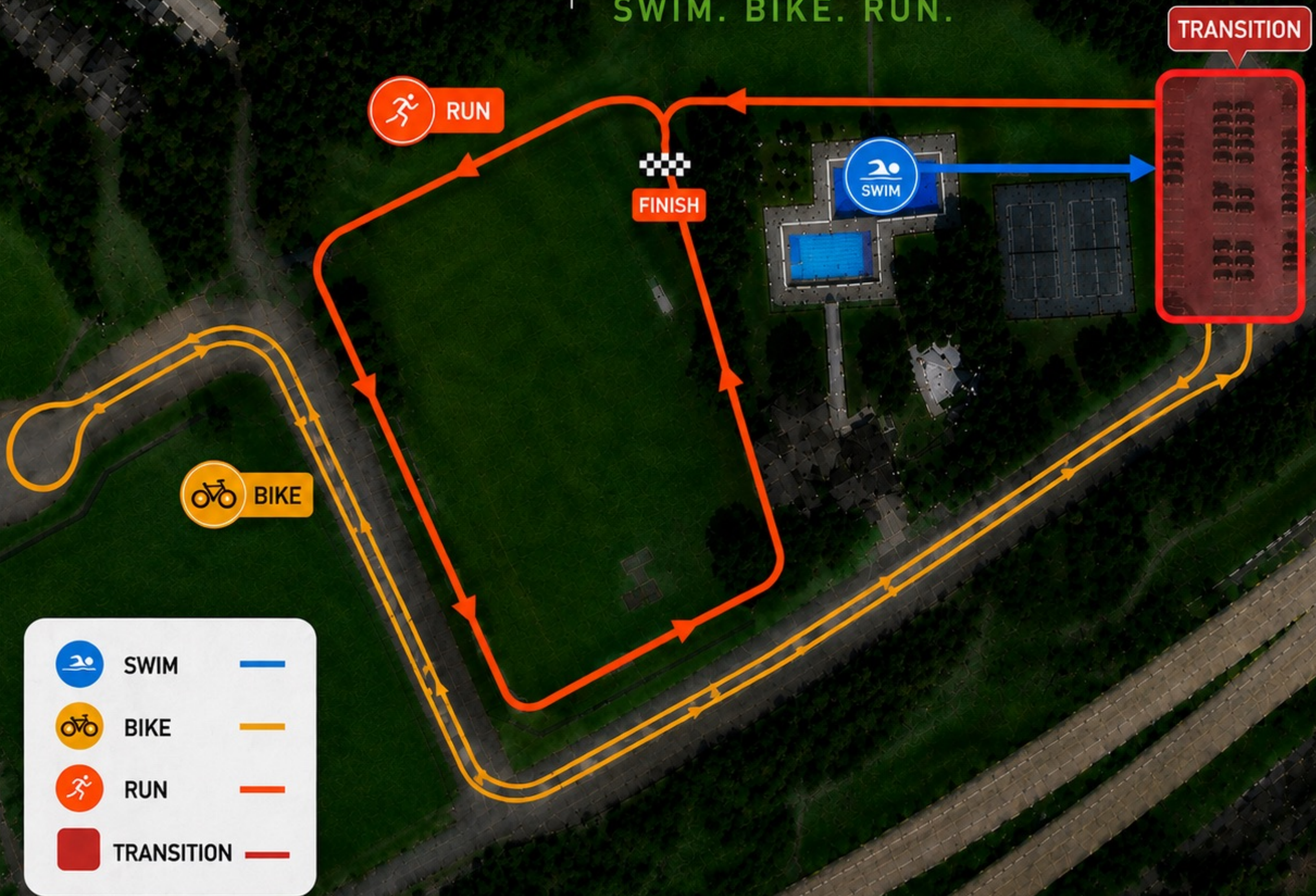
Please plan to arrive and park
between **6:45–7:00 AM**
at the Bedford Hills Train Station
commuter lot and walk to Bedford Hills
Memorial Park.



COURSE MAP



TRI THE PARK
SWIM. BIKE. RUN.



TRANSITION

 RUN

 FINISH

 SWIM

 BIKE

-  SWIM 
-  BIKE 
-  RUN 
-  TRANSITION 

COURSE DISTANCES



LONG COURSE

100m
SWIM
(4 LAPS)

2mi
BIKE
(4 LAPS)

0.50mi
RUN
(2 LAPS)



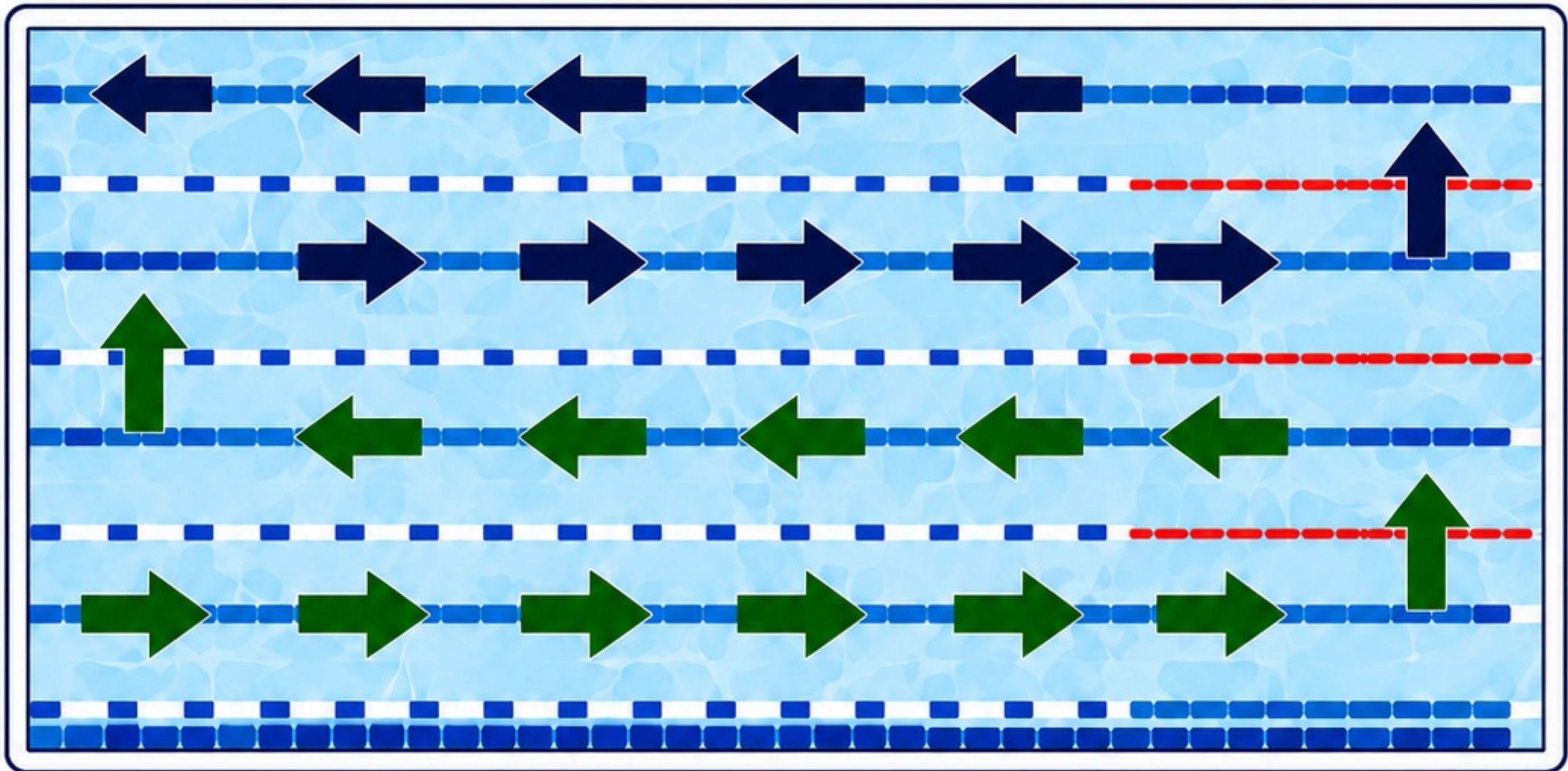
SHORT COURSE

50m
SWIM
(2 LAPS)

1mi
BIKE
(2 LAPS)

0.25mi
RUN
(1 LAP)

SWIM OVERVIEW



 **100m Snake Swim (Long Course)**
4 lengths – in **GREEN** and **BLUE** lanes

 **50m Snake Swim (Short Course)**
2 lengths – in **GREEN** lanes only



Swimmers start one at a time.



Passing is allowed.



Volunteers will be on deck to guide swimmers and keep the race moving safely.



TRANSITION RULES



**No running
in transition**



**Bikes must be walked
through transition**



**Athletes may not mount
their bike until exiting the
transition area at the
designated mount line**



**Parents assisting younger athletes
with setup must exit the transition
area by 7:45 AM and go to the
designated parent viewing location
on the pool deck.**

**No parents or spectators will be
permitted inside transition
during the race.**



THE RACE DAY CHECKLIST



Swimsuit



Goggles



Bike



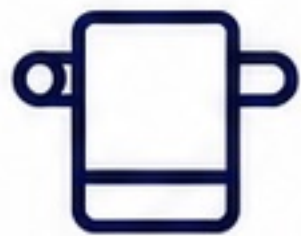
Helmet (required)



Sneakers/running shoes



Water bottle



Towel



Shirt

OPTIONAL:

Sunglasses • Hat/Visor • Extra snacks
Change of clothes



WEATHER & RACE DAY NOTES



Race is rain or shine unless conditions become unsafe.

PLEASE COME PREPARED:



Sunscreen



Hydration



Comfortable clothes/shoes



Wet conditions



FINISH LINE



Every athlete is a finisher!



Medals



Photos



High fives



Celebration



THANK YOU!



**We can't wait to see you
on race day!**



THANK YOU TO OUR SPONSORS!



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BEDFORD

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and Parks



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