

ATHLETE GUIDE

— TRI THE PARK — TARRYTOWN



SUNDAY, JULY 19, 2026

— PIERSON PARK —



RACE DAY INFORMATION

TRI THE PARK TARRYTOWN



6:45-7:00 AM

ARRIVE & PARK

Pierson Park



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.



7:50 AM

ATHLETES MUST BE ON POOL DECK

once transition setup is complete



8:00 AM

PRE-RACE BRIEFING & WARM-UP

On the pool deck with
NeverStopMoving365



YOUTH TRIATHLON STARTS

Let's have a great race!

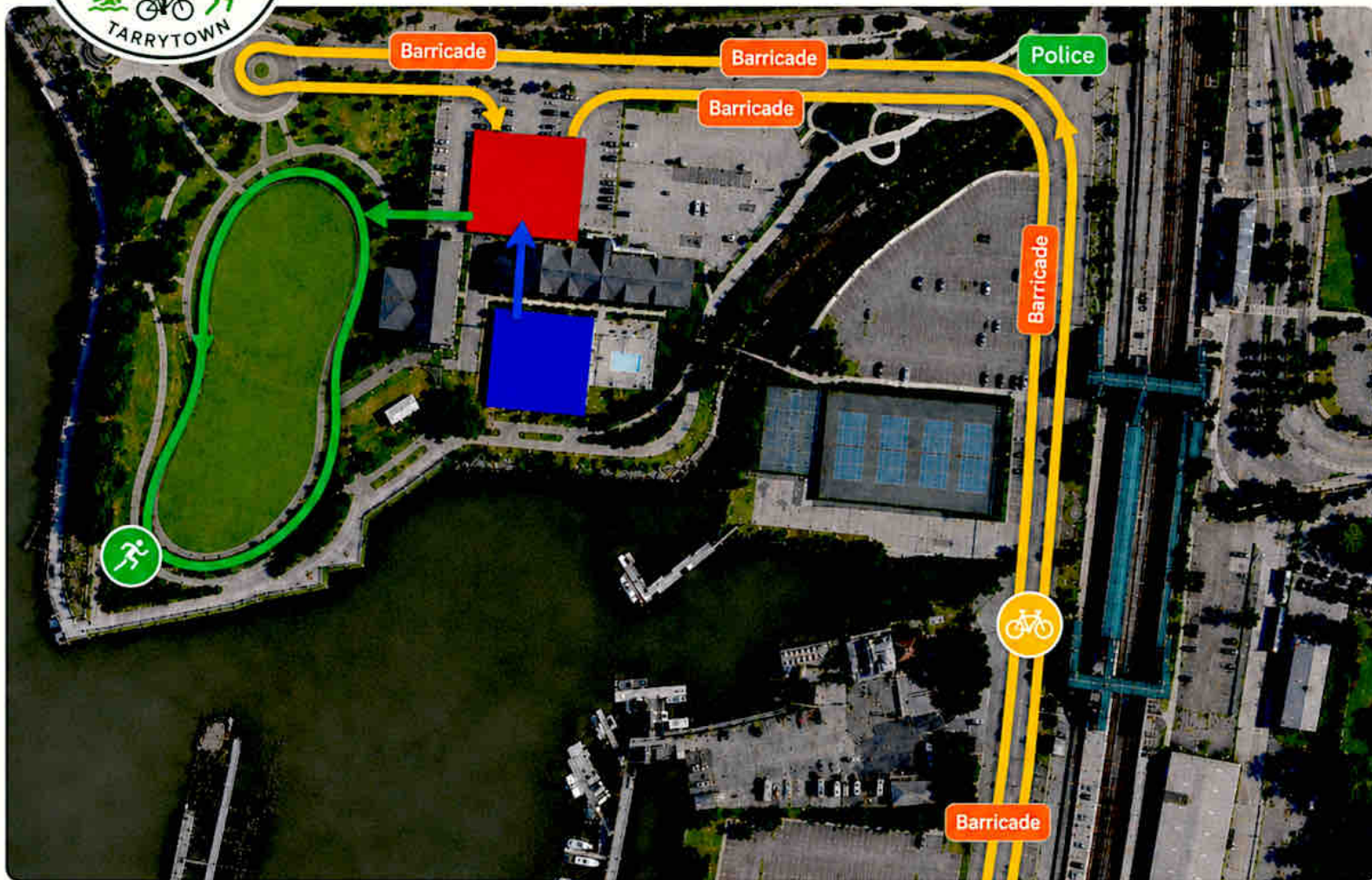


All athletes must check in even if they attended Saturday packet pickup. All athletes must pick up ankle chip at check in on race day.



COURSE MAP

— TRI THE PARK TARRYTOWN —



KEY

-  SWIM
-  TRANSITION
-  BIKE
-  RUN



SWIM – Pool Swim

Start in the pool and swim the designated distance.



TRANSITION – Pierson Park Parking Lot

Exit the pool and head to your bike in the transition area.



BIKE – Out & Back Loop

Exit Pierson Park and follow the marked bike route.
Stay to the right and follow all traffic rules.



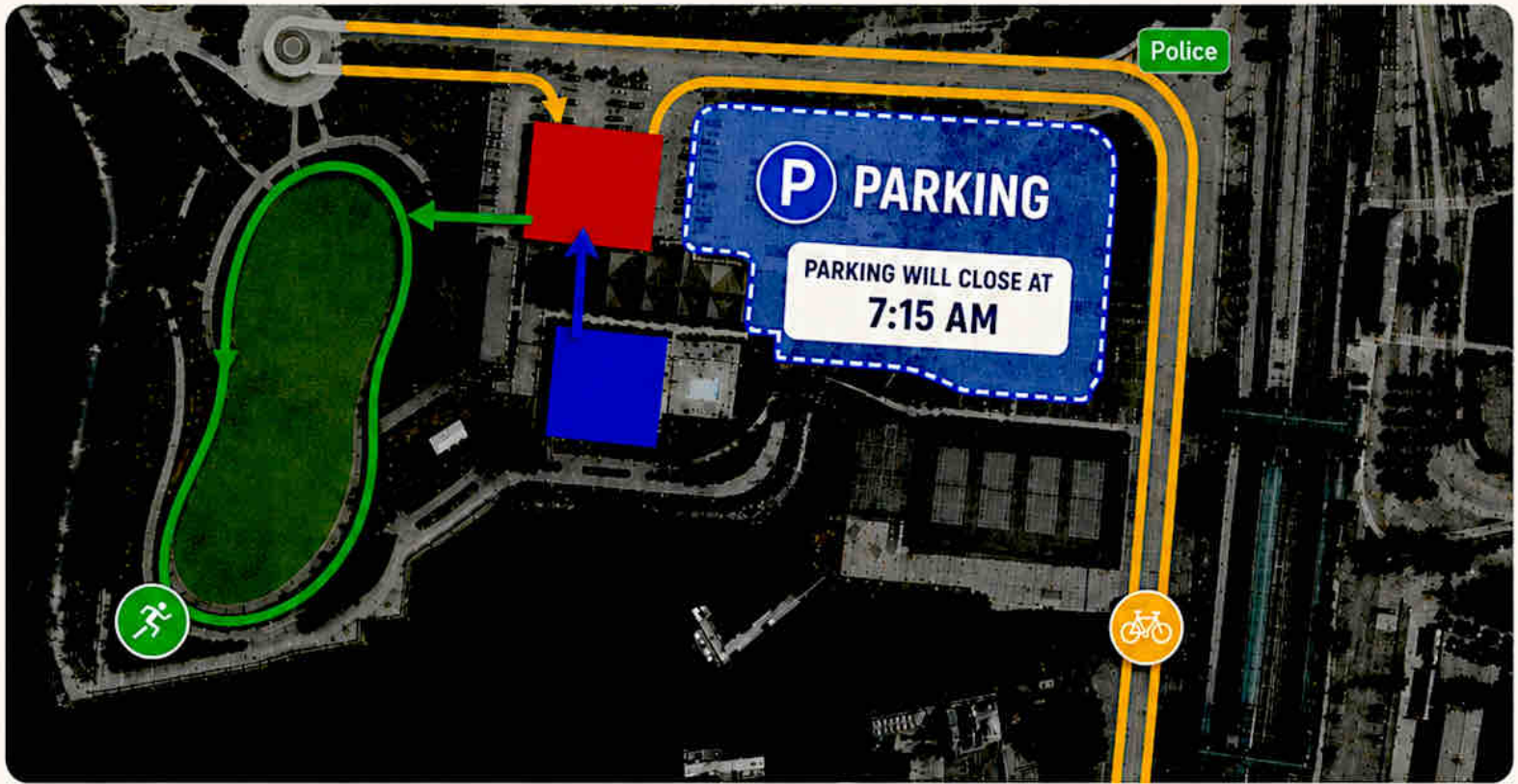
RUN – Pierson Park Trail Loop

Run the paved trail loop within Pierson Park
and finish near the finish line.



PARKING

— TRI THE PARK TARRYTOWN —



SWIM



TRANSITION



BIKE



RUN



PARK ACCESS RESTRICTED

THE STREET WILL BE BLOCKED OFF TO ALL TRAFFIC COMING IN AND OUT OF THE PARK.



YOU CANNOT ENTER OR LEAVE THE PARK
FROM 7:15 AM UNTIL THE END OF THE EVENT.

COURSE DISTANCES



LONG COURSE

100m

SWIM
(4 LAPS)

2mi

BIKE
(4 LAPS)

0.50mi

RUN
(2 LAPS)



SHORT COURSE

50m

SWIM
(2 LAPS)

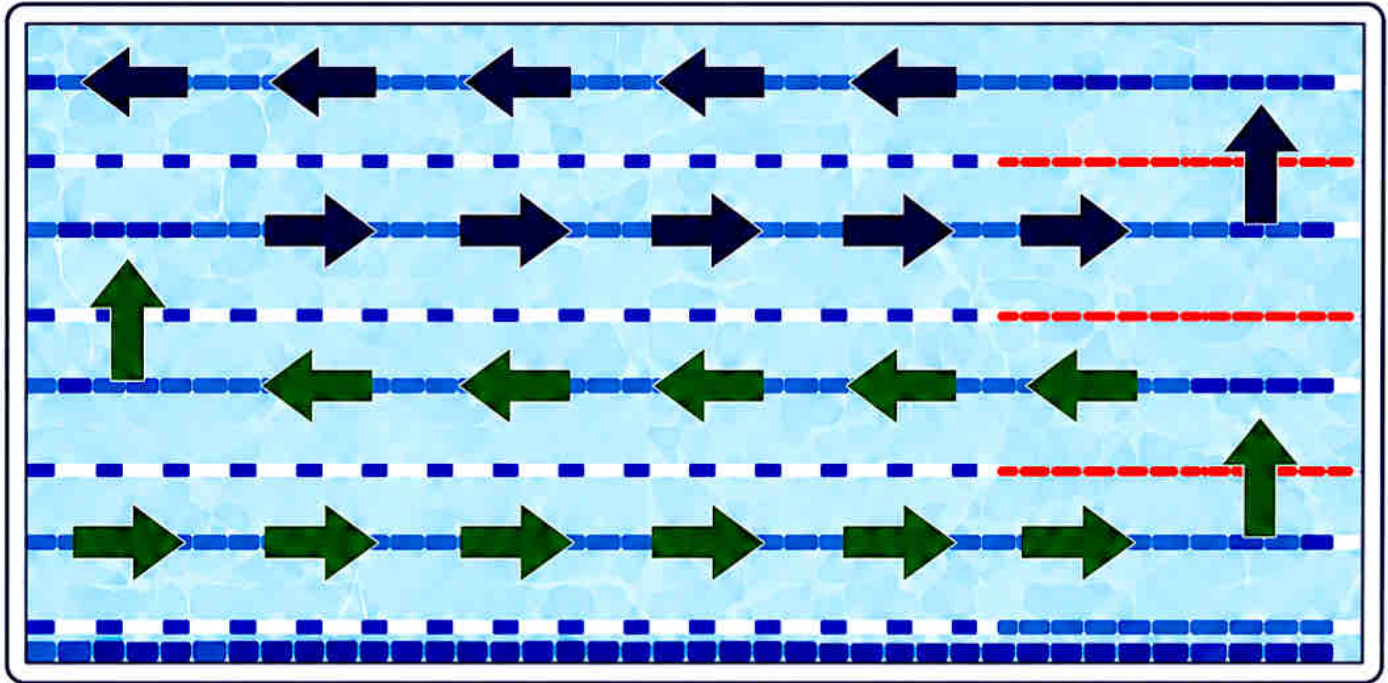
1mi

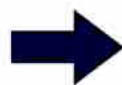
BIKE
(2 LAPS)

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



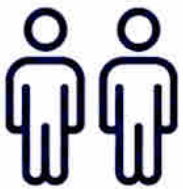
**No running
in transition**



**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



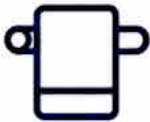
Helmet (required)



Sneakers/running shoes



Water bottle



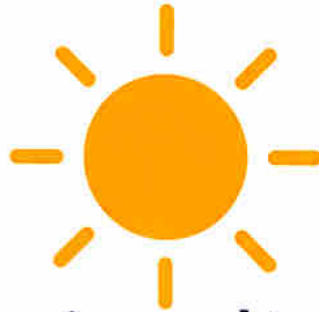
Towel

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!**



SUNDAY, JULY 19, 2026

PIERSON PARK

THANK YOU TO OUR SPONSORS!

≡ We couldn't do this without
the support from our community. ≡



**SLEEPY HOLLOW
BIKES**

**TARRYTOWN
RECREATION**



JULY 19, 2026



TARRYTOWN, NY