

THE ROC TRIATHLON WEEKEND

TRIATHLON • 5K • SPLASH-N-DASH



2026 ATHLETE GUIDE

THE ROC TRIATHLON WEEKEND

**TRUEPATH
RACING**



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 UNIVERSITY of
ROCHESTER
MEDICAL CENTER

Orthopaedics & Physical Performance

 **TOWPATHBIKE**
SCHOEN PLACE • PITTSFORD, NY

 **ROC**
SPORTS MANAGEMENT

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(pictured: 2025 ROC Tri Race Committee)

Welcome to The ROC!

On behalf of the Rochester Area Triathletes (RATs) and the ROC Tri Race Committee, welcome to the 15th Annual Rochester Triathlon. For many of us, The ROC is more than just a competition; it is the culmination of months of preparation and an opportunity to celebrate this incredible community – but for you, the athlete, you are center stage.

When on the course, please be kind, respectful, and supportive to those athletes around you, especially the ones that might need that extra boost to get to the finish line. You may never know what it took for them to be there and when they cross the line, they will appreciate it. Please thank our volunteers as they are the lifeblood of the event, and we are fortunate to have them.

Whether you are chasing a belt, aiming for a personal best, taking on a new challenge, or simply hoping to cross the finish line, we are honored to be a part of your journey.

Thank you for racing with us – let's ROC!
Mike



WHAT'S NEW?

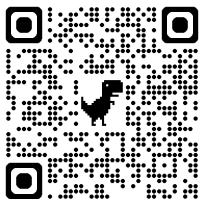
- **Intermediate Run Course features 2 loops of the Sprint course.** Athletes spoke, so we listened. This keeps the action inside the park and in front of the crowd on flatter, faster course.
- **The ROC 5K Friday Night**
RATs mission is to continually grow the sport and running offers the most convenient way to introduce non-triathletes to triathlon. Proceeds from this event will be used subsidize our indoor season and keep year-round training affordable.
- **Race Tattoos** will replace body markings. You will need them
- **Repositioned Finish Line by Transition**
No more walking back-n-forth a quarter mile, as the Finish Line and Athlete Village will be located next to the Transition Area and center stage.
- **Live Timing at the ROC!**
ROC Sports Management provides the most interactive race timing service in the region using state-of-the-art equipment, active chips, for the ultimate athlete experience. Say goodbye to waiting around for results being taped on a wall—it's now in the palm of your hand.

Live positioning on the course,

full results, splits, and rankings for all events:

Visit: <https://my.raceresult.com/groups/7531/>

Scan QR:



Body Marking Tattoo Application

1. Start with clean, dry skin — no sunscreen or lotion where the tattoo will go.
2. Remove the clear plastic film.
3. Place the tattoo face-down on the skin in the designated location.
4. Press a wet sponge or towel firmly against the paper backing for about 20–30 seconds.
5. Slowly peel off the paper backing.
6. Let it dry for a minute before putting on clothing or sunscreen.



Tip: Don't rub it once it's applied.

PL	BIB	Name	Age	Swim	T1	Bike	T2	Run	Finish
1	38	Mogin, Lauren	43	25:34	02:16	1:40:09	01:22	43:22	2:24:53
2	13	Benezer-D'Nezanda, Blair	36	31:30	01:16	1:42:25	01:06	43:29	2:27:00
3	11	Weller, Lindsey	35	29:09	01:34	1:42:17	02:46	46:35	2:29:38
4	61	Leen, Maralee	39	31:17	02:01	1:50:46	03:56	52:16	2:44:18
5	16	Masters, Zolt	23	21:43	01:29	1:41:35	01:42	1:08:21	2:51:26
6	25	Newhall, Karina	41	30:17	02:17	1:56:03	02:01	1:01:08	2:59:12
7	82	McLymen, Christina	58	39:57	04:16	2:04:50	01:58	1:02:42	3:09:23
8	86	McLaughlin, Marianne	38	34:16	03:28	2:20:11	02:56	56:12	3:17:19
9	101	Dettelschick, Tami	35	26:39	03:01	2:00:39	01:37	1:09:56	3:18:09
10	69	Zhong, Dandan	44	48:51	02:50	2:16:50	02:02	1:02:18	3:21:18

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SCHEDULE*

**subject to adjustments*

EVENT LOCATIONS

DURAND EASTMAN BEACH
1342 LAKESHORE BLVD
ROCHESTER, NY 14622

TOWPATH BIKE
21 SHOEN PLACE
PITTSFORD, NY 14534

THURSDAY AUGUST 20, 2026

START	END	EVENT	LOCATION
4:00PM	6:00PM	PACKET PICKUP-UP / ATHLETE CHECK-IN	TOWPATH BIKE
6:30PM	7:30PM	RATs THURSDAY OPEN-WATER GROUP SWIM	DURAND

FRIDAY AUGUST 21, 2026

START	END	EVENT	LOCATION
2:00PM	6:00PM	PACKET PICK-UP / ATHLETE CHECK-IN	DURAND
3:00PM	4:00PM	ROC KIDS SPLASH-N-DASH & AWARDS	
5:00PM	6:00PM	ROC 5K RUN & AWARDS	

SATURDAY AUGUST 22, 2026

START	END	EVENT	LOCATION
6:00AM	7:15AM	INTERMEDIATE TRANSITION OPENS / CLOSES	DURAND
6:00AM	7:45AM	SPRINT TRANSITION OPENS / CLOSES	
6:00AM	12:00PM	ATHLETE VILLAGE OPEN	
6:00AM	7:15AM	PACKET PICK-UP / ATHLETE CHECK-IN	
6:45AM	7:00AM	SWIM WARMUP	
7:10AM	7:15AM	ATHLETE BRIEFING	
7:20AM	7:25AM	NATIONAL ANTHEM / ROADS CLOSED	
7:25AM	7:30AM	INTERMEDIATE DISTANCE SWIM CORRALS FORM	
7:30AM	7:50AM	INTERMEDIATE RACE BEGINS: AGE GROUPS / AQUABIKE	
8:15AM	8:30AM	SPRINT DISTANCE SWIM CORRALS FORM	
8:30AM	8:45AM	SPRINT RACE BEGINS: HIGH SCHOOL / DUATHLON	
8:45AM	9:00AM	SPRINT RACE BEGINS: AGE GROUPS / ATHENA / CLYDESDALE	
11:15AM	12:00PM	AWARDS CEREMONY	
11:30AM		BIKE COURSE CLOSES* / TRANSITION REOPENS	

**Traffic Permit Expires at 12:00PM, Athletes will not be allowed to start new bike loop after 10:30AM*

12:00PM ROADS REOPEN

Saturday post-race food for athletes available by 10:30am

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Kids Race Includes

- Race Bib & Shirt
- Splash-N-Dash Medal & Ribbon
- Awards Ceremony
- Post-Race Ice Cream from Netsin's

SPLASH-N-DASH COURSE*

*subject to change based race day conditions

SHORT DISTANCE COURSE (AGES 6-9)

SWIM 100YDS
RUN 0.5 MILE

LONG DISTANCE COURSE (AGES 10-13)

SWIM 400 YDS
RUN 2 MILES



A straight out/back stroll down the beautiful rolling pathway of Durand on the shoreline of Lake Ontario

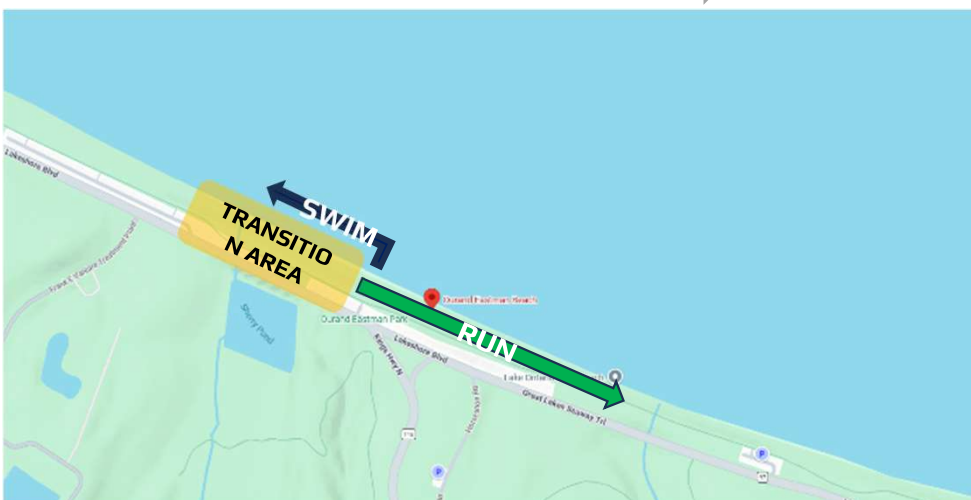
5K Race Includes

- Race Bib & Shirt
- Awards Ceremony
- Post-Race Food

FRIDAY AUGUST 21, 2026

START	END	EVENT	LOCATION
2:00PM	2:45PM	PACKET PICK-UP / ATHLETE CHECK-IN	DURAND
3:00PM	4:00PM	ROC SPLASH-N-DASH LONG (3:00) SHORT (3:20) AWARDS (3:40)	
5:00PM	6:00PM	ROC 5K AWARDS (5:45)	

Registration will remain open for both races on Friday
Scan QR code for more info:



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RACE DAY LOGISTICS



RACE DAY PARKING

- ✓ (A-D) Any parking lots along Durand Eastman Beach
REMINDER: Lakeshore Blvd. is closed to all traffic from 7:30am-11:00am.
Note: Anyone parking in Lots A-D will not be able to leave until 11am
- ✓ (E) Camp Eastman Parking Lot (E) 1558 Lakeshore Blvd. 14617
- ✓ (F) Sunset Shelter/Horseshoe Rd. (F)
- ✗ **DO NOT PARK at the Durand Golf Course (they will tow you)**

BEFORE YOU ENTER TRANSITION

1. PICKUP YOUR PACKET
2. APPLY YOUR BODY TATTOOS
3. BIKE/HELMET STICKERS
4. GET YOUR TIMING CHIP



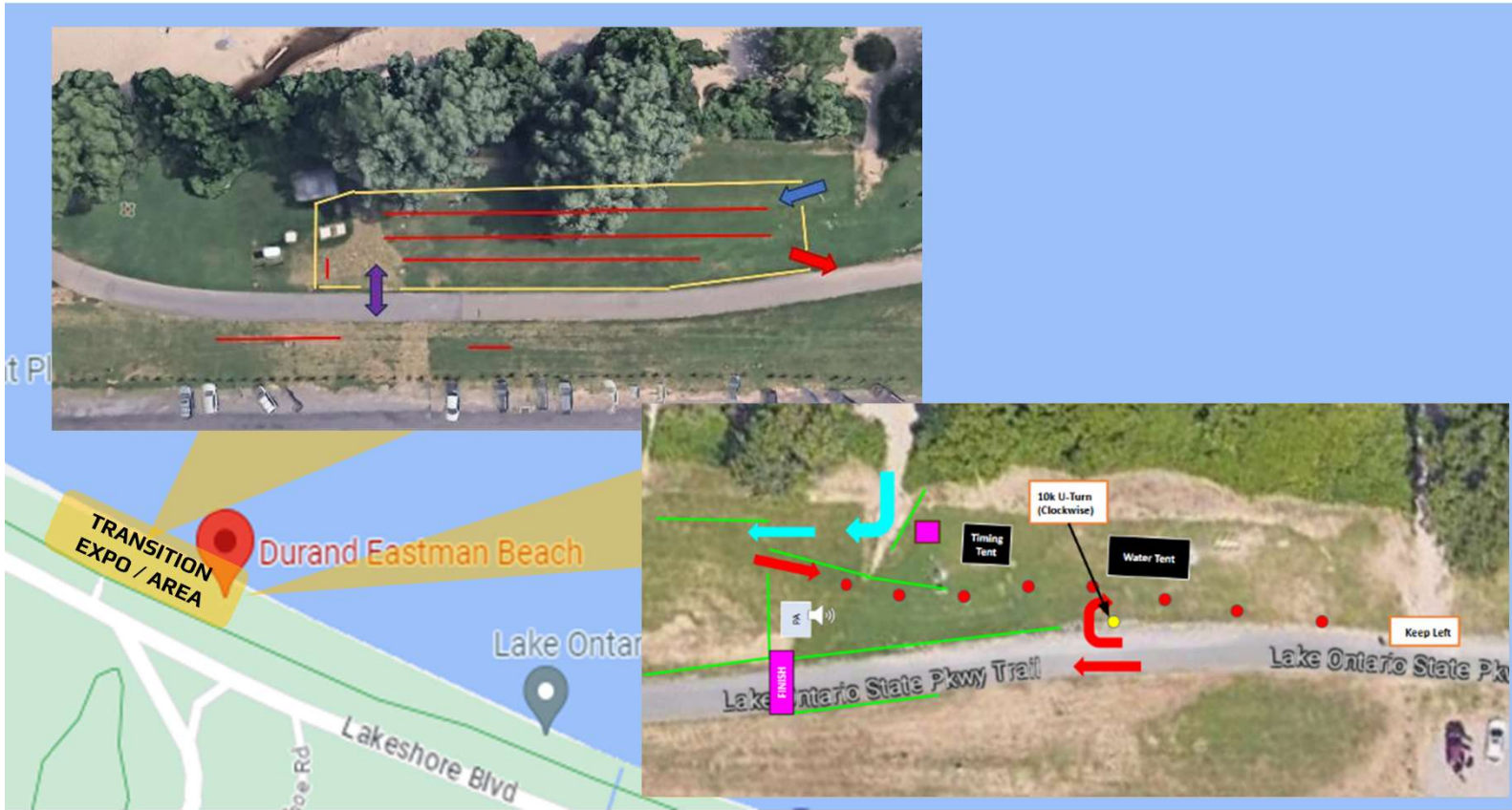
BATHROOMS WILL BE LOCATED ON THE WESTSIDE OF TRANSITION

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TRANSITION / EXPO



- Located at the west end of Durand Eastman Beach
- **Transition access will be based on your races distance:**
 - **Intermediate Races: 5:45AM – 7:15AM**
 - **Sprint Races: 6:30AM – 8:15AM**
- **Athletes Only** – Dedicated entrance/exit, will need to wear tattoos for access
- **Bike Racking (Important)** - alternate directions, place seat on your assigned number on the bike rack
- **Clutter Free Transition** - Leave only what you plan to use during the race
 - No bags, buckets, wagons, carts, etc. will be allowed by your bikes
 - A bag drop area will be available inside transition
- **Transition will reopen no earlier than 11:30AM** for athlete / volunteer safety

Note: You are responsible for any items that may go missing.
If it's valuable, leave it in your vehicle and out of sight.

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ATHLETE CHECK-IN

ATHLETE CHECK-IN / PACKET PICK-UP

DAY	START	END	LOCATION
THURSDAY	4:00PM	6:00PM	TOWPATH BIKE
FRIDAY	2:00PM	6:00PM	DURAND
SATURDAY	6:00AM	7:15AM	DURAND

TIP: Athletes are highly encouraged to pick-up their packets prior to race day to lesson congestion around Athlete Village and Transition Area.

RULES OF PACKET PICK-UP

- All athletes must pick up their OWN race packets themselves (*Chip pick up is Saturday morning*)
- All athletes need to show a photo ID and present your USAT membership card if you are a current member.

NO ID, NO RACE...NO EXCEPTIONS!

- Minors must have a parent or legal guardian present at registration with their ID

RULES OF RACE DAY

- Apply body marking tattoos** before entering transition - they will be included in your race packets. Apply your number to the back of your left calve and right forearm/bicep.
- Apply the 2 large stickered numbers on both sides of your bike frame and 1 small one on your helmet, and the others on your bags
- Wear your bib on the front of you for the run

TIMING CHIP RULES & TIPS

- PICK UP MORNING OF RACE DAY**
- Wear timing chip strap to on left ankle and under your wetsuit to avoid ripping it off during transition
- Timing chips will be collected from athletes at the finish line; kindly return them if yours is not retrieved by the volunteers as these belong to Race Result.
- Don't lose your timing chip! Failure to return timing chips will result in a \$75 charge and disqualification from any awards.**

RACE PACKET CONTENTS



Temporary Tattoos



Swim Cap



Race Stickers



Race Bib



ROC Tri Shirt

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RULES



SANCTIONED EVENT

PENALTY NOTIFICATIONS



**BIKE TIME PENALTIES
WILL BE SERVED IN
TRANSITION**

HELMET RULES

Helmet must be worn
and fastened.



TIME PENALTY

DRAFTING RULES

6 Bike lengths



TIME PENALTY

COURSE COMPLIANCE

Stay on course;
no crossing
solid yellow lines.



TIME PENALTY

NO UNAUTHORIZED AID

No giving essential equipment
to other athletes.



DQ

HEADPHONES & PHONES

No audio devices
or phone use.



DQ

RACE NUMBERS



Numbers must be
visible and unaltered.

TIME PENALTY

LITTERING & CONDUCT

Discard in bins;
no unsportsmanlike conduct.



DQ

Note: Unsportsmanlike conduct by athletes towards anyone will not be tolerated resulting in an automatic DQ. Athletes are also responsible for the behavior of those in their party. Please connect with race leaders (black shirts) for any conflicts.

For details of all USAT rules and regulations,
click here or scan the QR code.



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PROTOCOLS

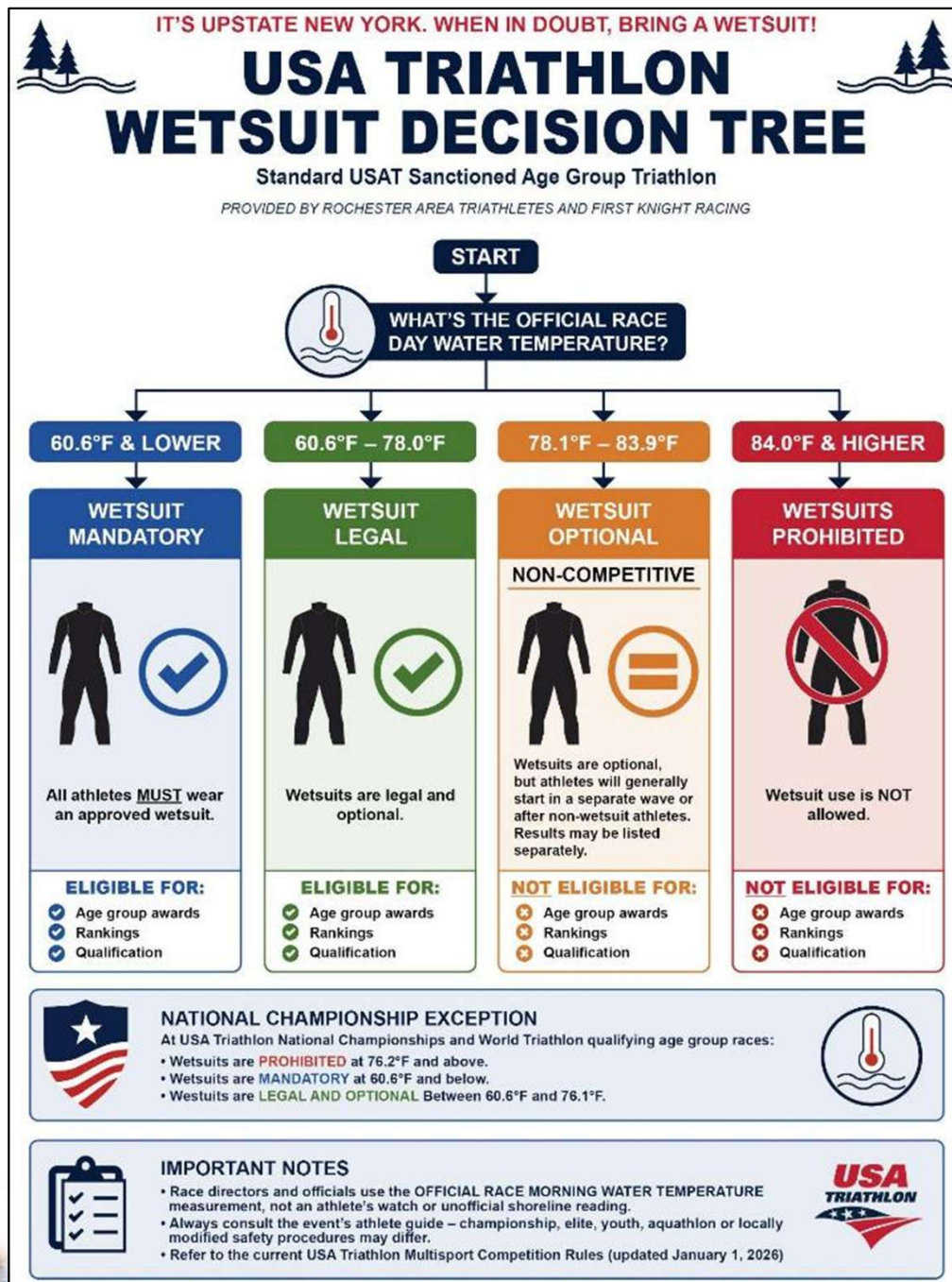
Mutual Understanding: All of us are at the mercy of mother nature. It is not our desire to alter or cancel the race that you have trained for, but **we will never compromise the safety of athletes, staff, spectators, and volunteers.** Unless advised by local authorities, decisions to change or cancel the event will be made carefully by leadership based on the information available, USAT rules, and with respect to the abilities of everyone – and non-negotiable.

Thunderstorms create an automatic 30-min delay or but if persists, will even cancel the event.

Swims are cancelled when the water conditions are deemed too choppy or wavy for our water support to be effective or if poor water quality is detected.

When a swim is cancelled, the Triathlon becomes a Duathlon and the Aquabike becomes a bike race. Awards will still be based on the event you are registered.

Regarding wetsuits, please reference the decision tree as a guide to eliminate any guesswork. The official water temperature is taken within the hour of the first race and will be communicated multiple times by the PA.



ATHLETE CHECKLIST



Please keep in mind that **not everything** on the list below is necessary to participate in a multisport event.

Pre-Race

- ☐ Directions to event
- ☐ Photo ID
- ☐ USAT ID Card
- ☐ Pre-race bike tune-up
- ☐ Race Tattoos

Swim

- ☐ Ankle timing chip
- ☐ Wetsuit (recommended)
- ☐ Body Glide
- ☐ Goggles
- ☐ Swim cap
- ☐ Ear/Nose plugs
- ☐ Towel
- ☐ Allergy medicine
- ☐ Nausea medicine

Bike

- ☐ Pump
- ☐ Gels/energy bars
- ☐ Water bottle(s)
- ☐ Tools and flat kit
- ☐ Sunscreen/sun sleeves
- ☐ Helmet
- ☐ Bike shoes
- ☐ Socks
- ☐ GPS
- ☐ Watch
- ☐ Bar end plugs
- ☐ Sunglasses

Run

- ☐ Hydration Belt/pack and/or water bottle
- ☐ Race Belt or Safety Pins
- ☐ Bib Number
- ☐ Hat/Visor
- ☐ Running shoes
- ☐ Socks
- ☐ Sunglasses
- ☐ Sunscreen/sun sleeve

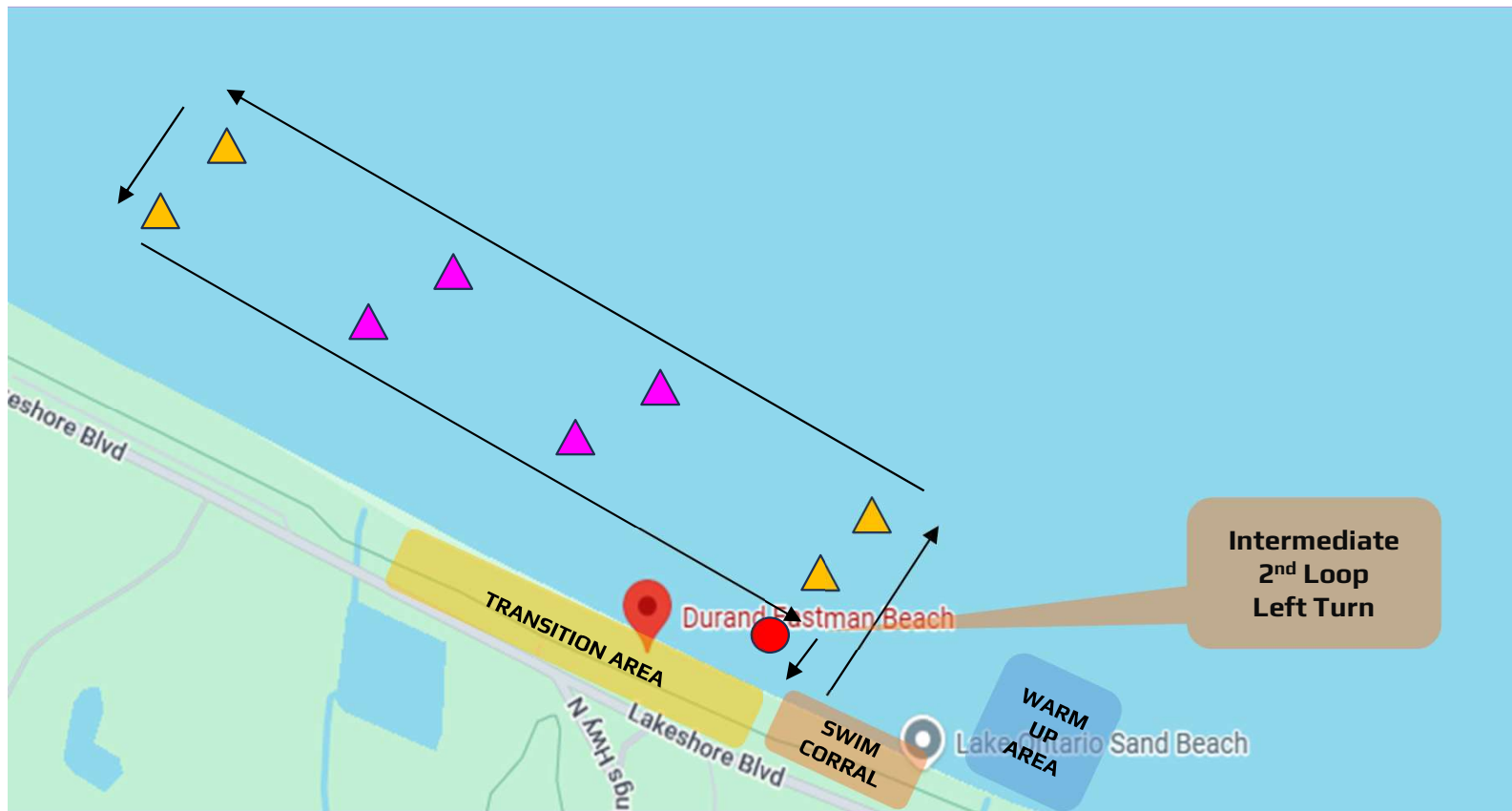
Post-Race

- ☐ Flip-flops
- ☐ Clean Clothes

Missing something? **Towpath Bike** is hosting early packet pickup on Thursday and will be on hand for any bike issues on race day. **Rochester Running Company** will have a mini-store in the athlete village on Friday afternoon at Durand Eastman Beach.

Tip for Newcomers: Follow the Golden Rule of endurance sports, “Nothing new on race day”. If you have new shoes, gear, clothing, Trisuit, bike, goggles, or whatever, be sure to practice in it before the race begins.

SWIM COURSE



*Swim course subject to change or cancellation based on race day conditions

Intermediate: 2 Laps (1,500m)

Sprint: 1 Lap (750m)

- **Rolling Swim Start (self-seeding)** from Durand Eastman Beach
- Swim warmup area will be on the right side of the course
- Swim corrals are formed on the beach under the direction of the Swim Coordinator
- Keep the buoys on your left until last small Red Round marker (on right) before returning to the beach through the swim exit arch - **Intermediates will make a left at this point to begin 2nd swim loop**
- Upon swim exit, use the designated walkway to the Transition area
- Swim Cap colors will be assigned by distance at check-in; Green caps made available for those requesting additional attention from water support
- Water temp is comfortable and typically in the upper 60's to low 70's but **reference the Decision Tree on page 11** for the protocols on wetsuit use

SWIM ETIQUETTE

- Seed yourself accordingly – cautious swimmers seed toward the back of the start
- No grabbing or swimming over people – automatic DQ for misconduct
- Pass with care – tap the correct foot on the side for which you wish to overtake
- Give each other space to operate
- If you see an athlete needs assistance, flag water support
- If you need to stop and flip over, be sure to shift

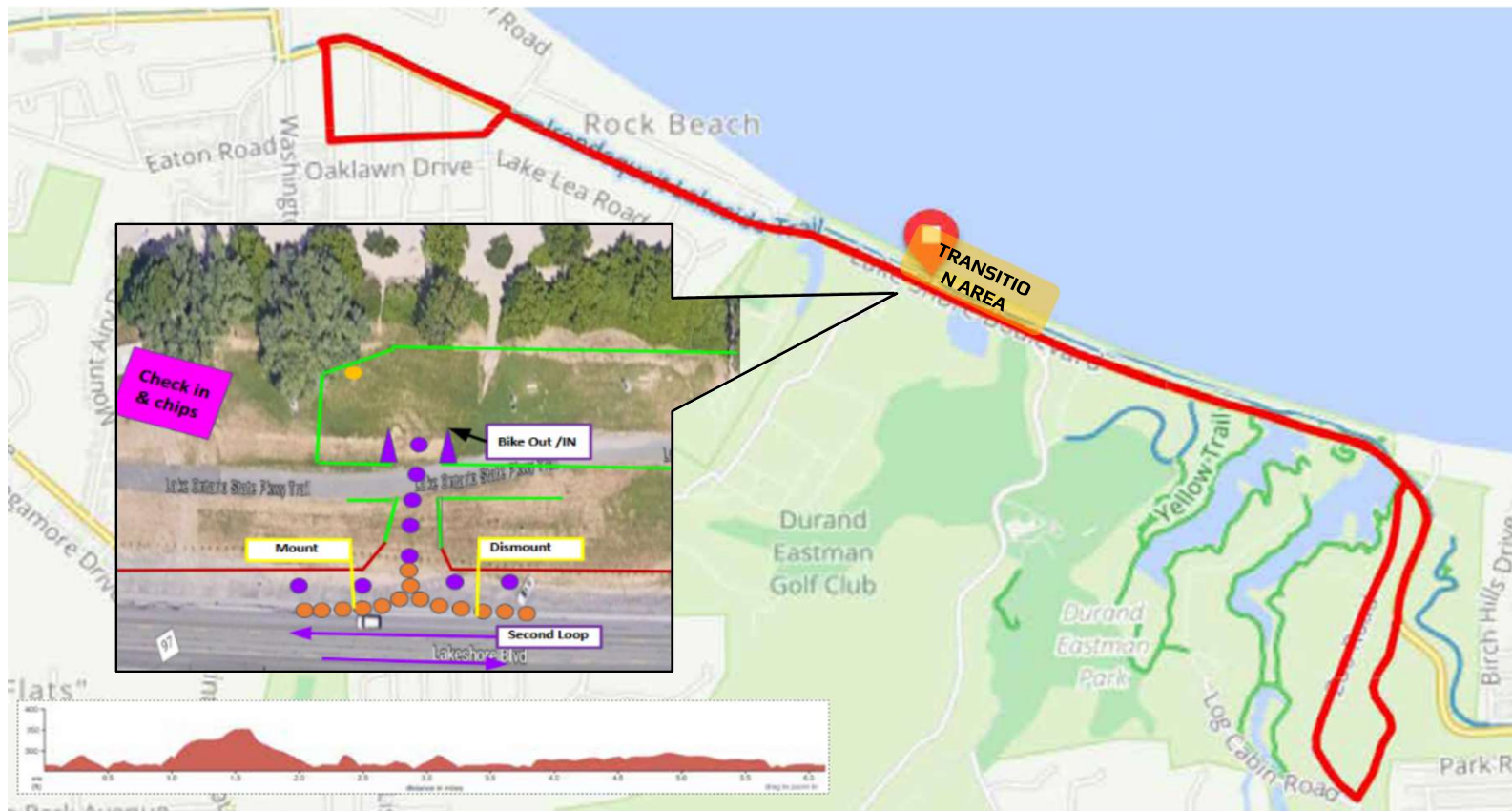
Note: Any clothing left on the beach found after the race will be donated to a local shelter.

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BIKE COURSE



Intermediate – 4 Loops (24 miles)

Sprint - 2 Loops (12 miles)

- Push your bike out of transition and turn right toward Rock Beach
- Turn left onto Montcalm Drive
- Turn left onto Eaton Road
- Turn left onto Rock Beach Road
- Quick right turn onto Lake Shore Boulevard, CR 97
- Turn right onto Zoo Road
- Turn left onto Pine Valley Road
- Merging left onto Lakeshore and back toward transition area

BIKE ETIQUETTE

- When overtaking, say "on your left" – it's respectful and safe
- No drafting - give each other space to operate
- Slow down and stay to the right when approaching the mount/dismount chute

Note: Road closure permit expires at 12:00PM; Athletes will not be allowed to start new bike loop after 11:30AM

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RUN COURSE



Aid Station

Intermediate – 2 Loops (6.2 miles)

Sprint – 1 Loop (3.1 miles)

- Exit transition area and head East on the left of the pathway
- Continue path until you reach the turnaround flag
- In a clockwise manner, run around flag marker at the turnaround
- Intermediate turnaround loop (clockwise) will be placed approximately 100 yards before the Finish Line
- You will pass aid stations 2 times on the Sprint Course and 4 times on the Intermediate Course

RUN ETIQUETTE

- When overtaking, say “on your right” – it’s respectful and safe
- Sprinters stay to left at the approach of the finish line, so the Intermediate can make right at their turnaround.

DUATHLON – 1st Run is 2 miles, 2nd Run follows the 5K course

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AWARDS & CHAMPIONS

SATURDAY AUGUST 22, 2026

START	END	EVENT	LOCATION
11:15AM	11:40AM	SPRINT AWARDS	DURAND
11:40AM	12:00PM	INTERMEDIATE AWARDS	

RACE TO THE TAPE

First male & female crossing the finish line in their respectful races gets to break the tape. However, crossing the tape first does not necessarily mean you win first overall and a belt.

BATTLE FOR THE BELTS

Belts are awarded to 1st Overall winners with shortest times amongst all triathlon divisions. 2nd and 3rd Place Overalls receive customized race prize.

INTERMEDIATE TRIATHLON DIVISIONS

- **OVERALL** – Awarded to Top 3 Females & Males
- **MASTERS (40+)** - Top 1 Female & Male

SPRINT TRIATHLON DIVISIONS

- **OVERALL** – Awarded to Top 3 Females & Males
- **MASTERS (40+)** - Top 1 Female & Male
- **ATHENA / CLYDESDALE** - Top 3 Females & Males
- **HIGH SCHOOL** – Top 3 Females & Males

DUATHLON & AQUABIKE

- Awarded to Top 3 Male & Female Overall regardless of age (no age group divisions) – receives custom race award

2025 ROC TRIATHLON CHAMPIONS



Intermediate Overall
Lauren Magin | Scott Bradley

Sprint Overall
Libby Ewing | Ryan Krueser



High School
Mila Wilke | Timur Urazgildiiev

Athena & Clydesdale
Sarah Ozimek | Marc Williams



Intermediate Masters
Karina Newhall | Andy Wooding

Sprint Masters
Lynne Leary | Darren Schutt

AGE GROUP WINNERS - TRIATHLON

TOP 3 Females & Males from INTERMEDIATE & SPRINT

UNDER	24	50 - 54
25 - 29		55 - 59
30 - 34		60 - 64
35 - 39		65 - 69
40 - 44		70 - 74
45 - 49		75 + OVER



RATs of the Year
Matt Dailor | Megan Dennis

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ONE LAST THING

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SWIM
BIKE
RUN
CNY Tri Club



Canandaigua
National
Bank & Trust

BLUE
70

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BEETS
stay true TO your roots

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SYSTEMS

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