

LAKE HOPATCONG TRIATHLON PARTICIPANT GUIDE - 2025

UPDATED 7-29-25

PACKET PICK UP

9/5 4:00-8:00 pm

The Beacon on Lake Hopatcong

9/6 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

- 11.9 Miles



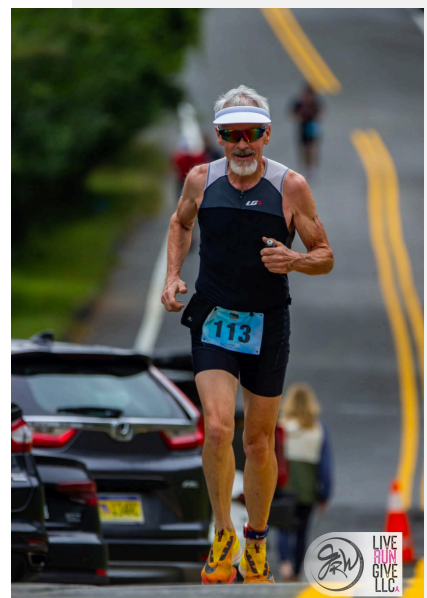
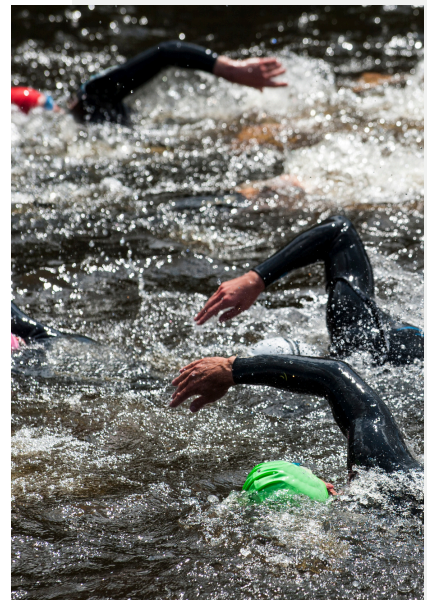
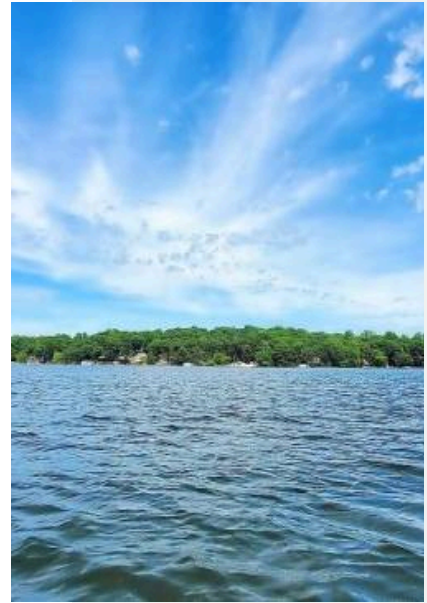
RUN

- 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

8/5

Race Questions

Do's and Don'ts and more





PARTICIPANT INFORMATION LAKE HOPATCONG

TRIATHLON CHALLENGE

CHECK IN

At check in we will verify your ID (YOU MUST HAVE ID TO CHECK IN), 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

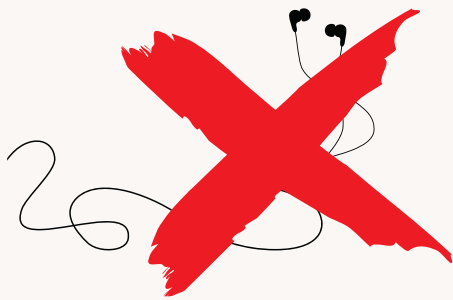
The swim is a 400 meter course. You will enter the water in waved noted before.

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.

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.

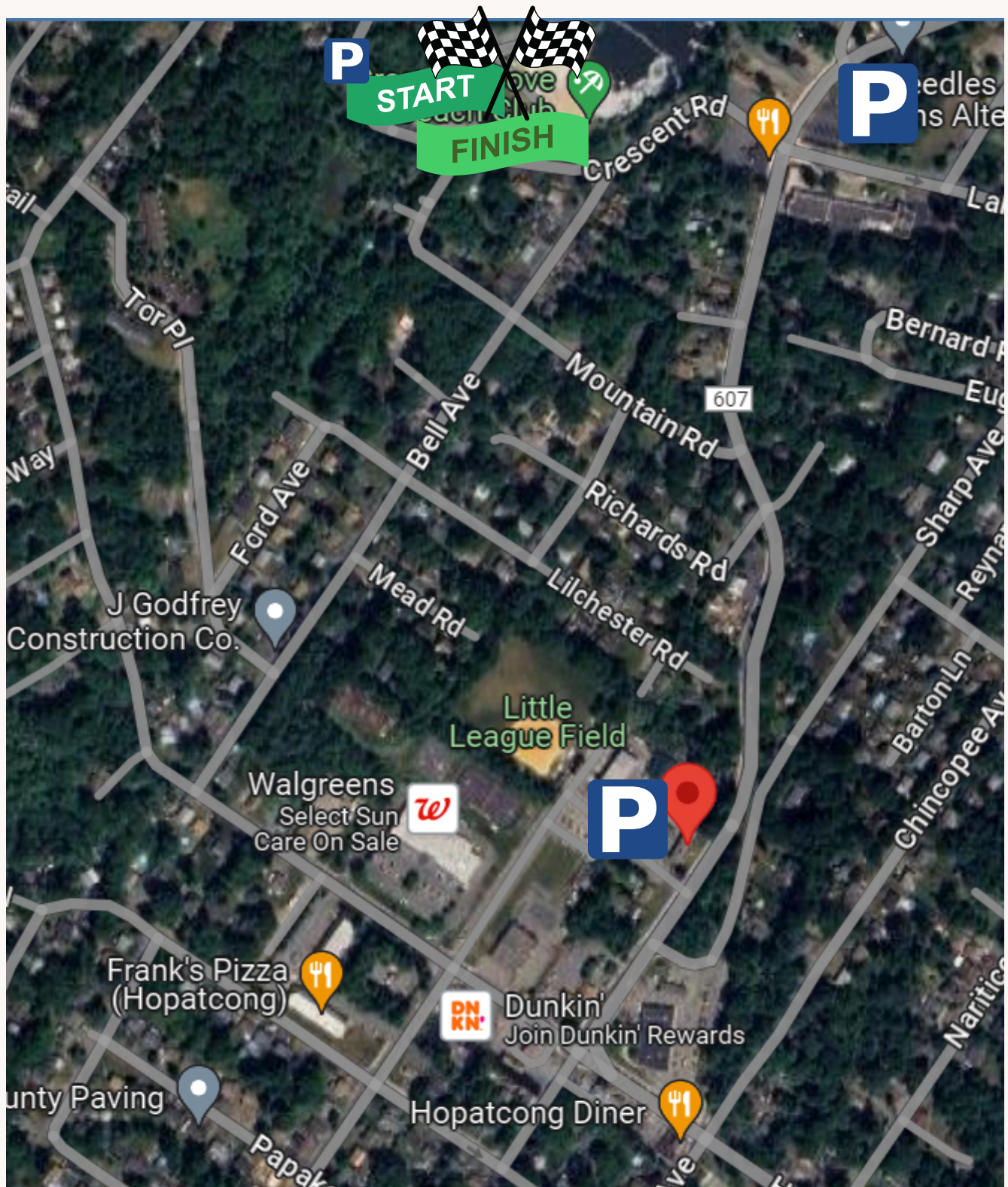
Blocking another rider to avoid being passed is not allowed. Cycle Craft and our course marshals will be monitoring the bike course to make sure all athletes get safely back to the Crescent Cove Transition Area.

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 both Hopatcong & Jefferson EMS will be on call for the Bike Course.

LHTRI.ORG



Crescent Cove Beach BIKE DROP OFF ONLY

Elite Prep Academy

Twist on Thai

THE GROTTO

The Beacon

Park & Ride (Spectators)