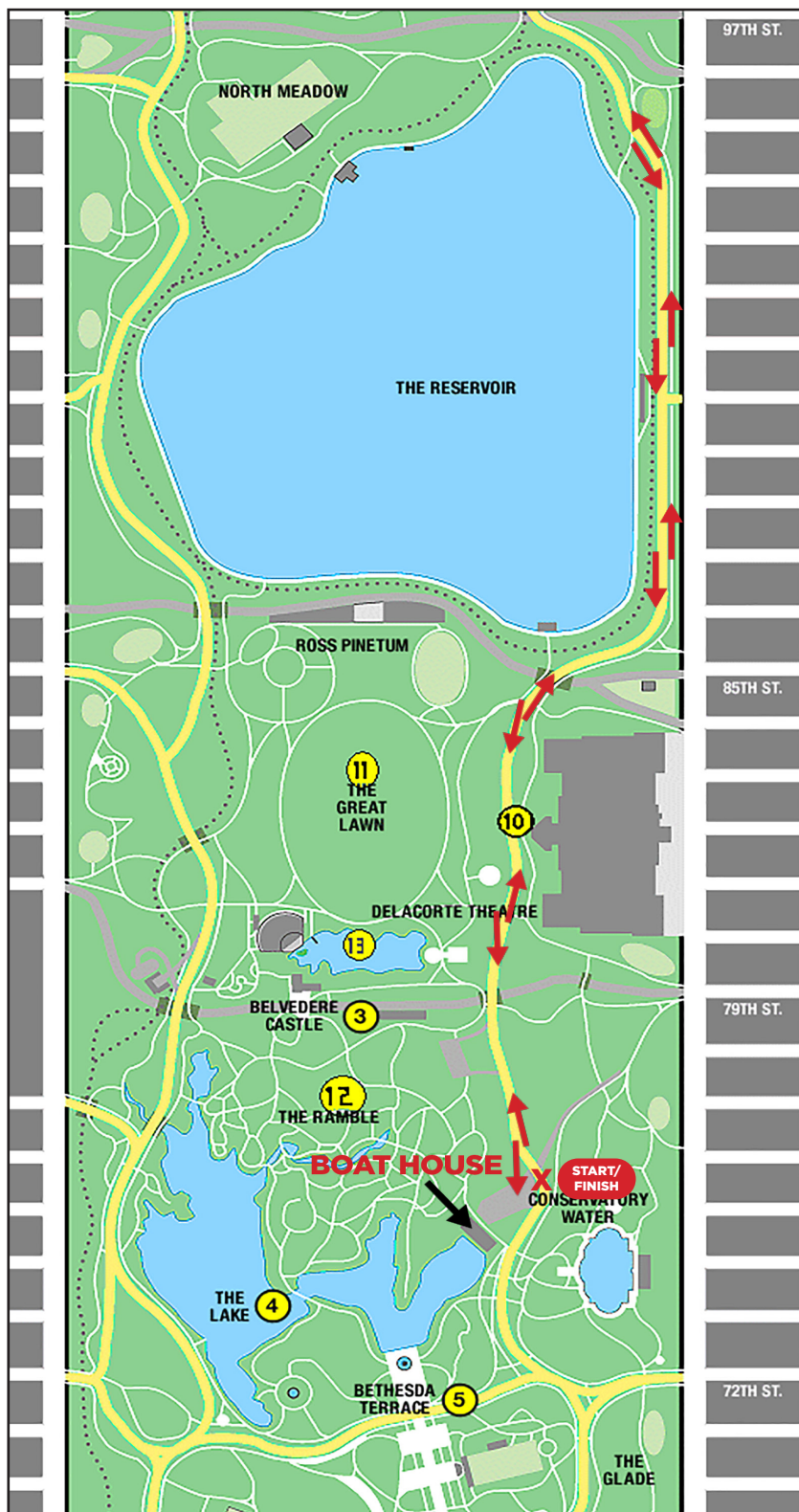


NEW YORK CITY DUATHLON

Central Park | New York, NY



RUN ROUTE

The 2.2 mile run starts at the “Start/Finish Banner” East Drive at 74th Street, goes north to a turn around point at 96th Street (on East Drive) and back along the same route to the back west end of the transition area.

The run turn point is indicated by a “U-Turn” sign affixed to the top of a cone.

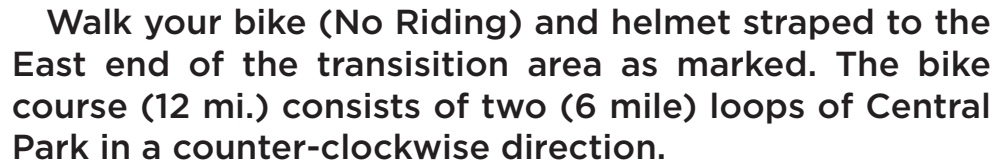
Runners must stay to the left side of the runner’s lane (both out and back), as indicated by the “Runners Stay Left” signs affixed large cones along the run course.

After the bike the final run begins from the same back end of the transition. The finish is the same “Start/Finish” banner.



Central Park Alert!

The course is closed to cars but not to pedestrians, joggers, cyclists, skaters, etc. While biking, competitors must be aware and considerate of non-competitors who will also be sharing the Park roads with competitors. You do not have priority over other users of Central Park because you are competing in this event.



DRAFTING RULES:

You must maintain a distance of THREE bike lengths from the bike in front of you! You may not be closer than this distance for any period exceeding 15 seconds. If you are, you will be assessed a two minute penalty for each infraction.

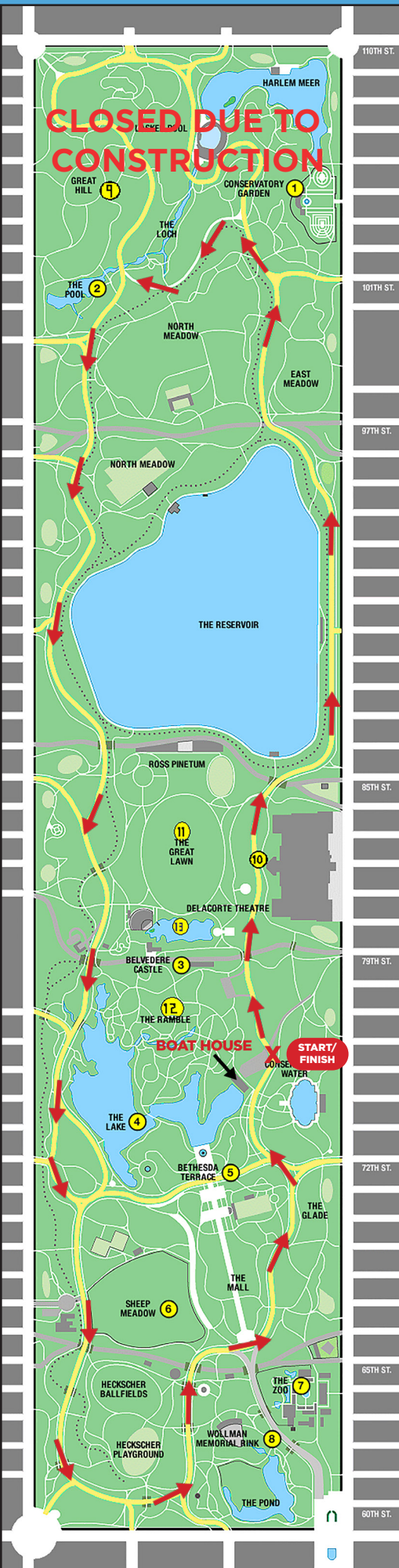
Riding in a Pack/Drafting is a Serious Violation of the Rules of the Event! If another competitor is drafting you, yell to him to STOP DRAFTING! If you wish to file an official complaint regarding drafters, you must record their race number. A competitor who has three drafting reports filed by other competitors will automatically receive a two minute penalty.



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TRANSITION AREA

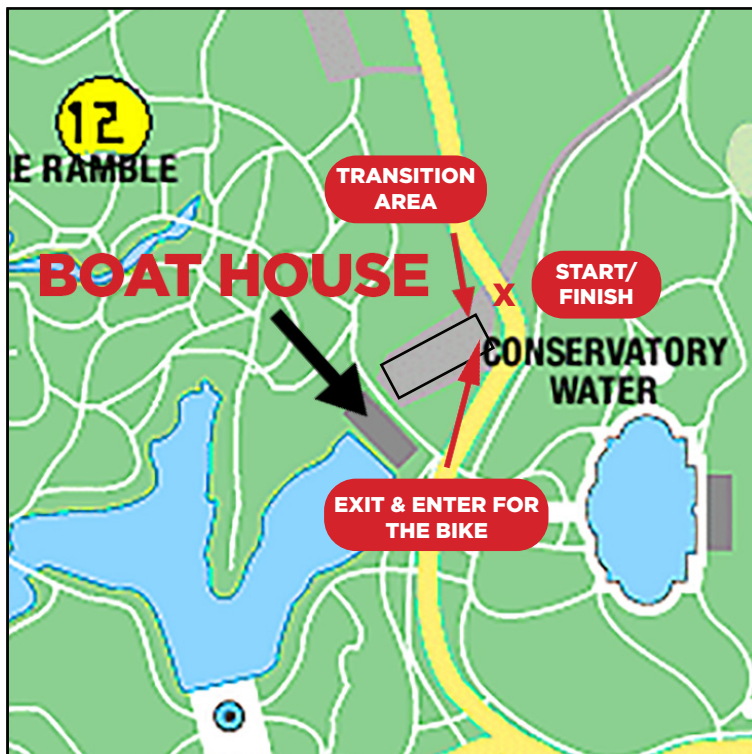
In order to protect your bike and equipment, please make sure that only competitors are in the transition area. No friends and/or family should accompany competitors inside the barriers. Bicycles must be properly placed on assigned racks corresponding to race number. NO riding in the transition area or past the “DISMOUNT” signs.

RUN:

The entrance & exit from the run is at the west end of the transition. Signs and course marshals will be directing you.

BIKE:

The exit & entrance from the bike is at the east end of the transition. Signs and course marshals will be directing you.



Bikes and Equipment may be removed by competitors ONLY upon showing BOTH the run number and bike number to security personnel.



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