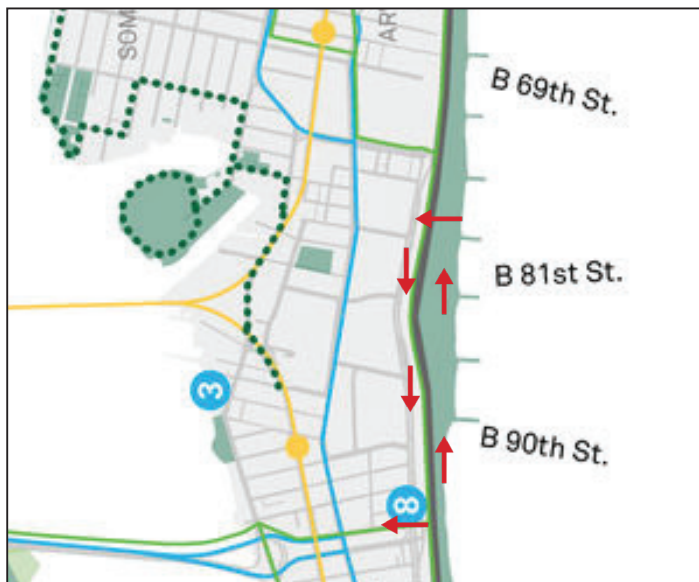


# ROCKAWAY BEACH TRI/DUATHLON

## East End | Rockaway Beach



## RUN ROUTE #1

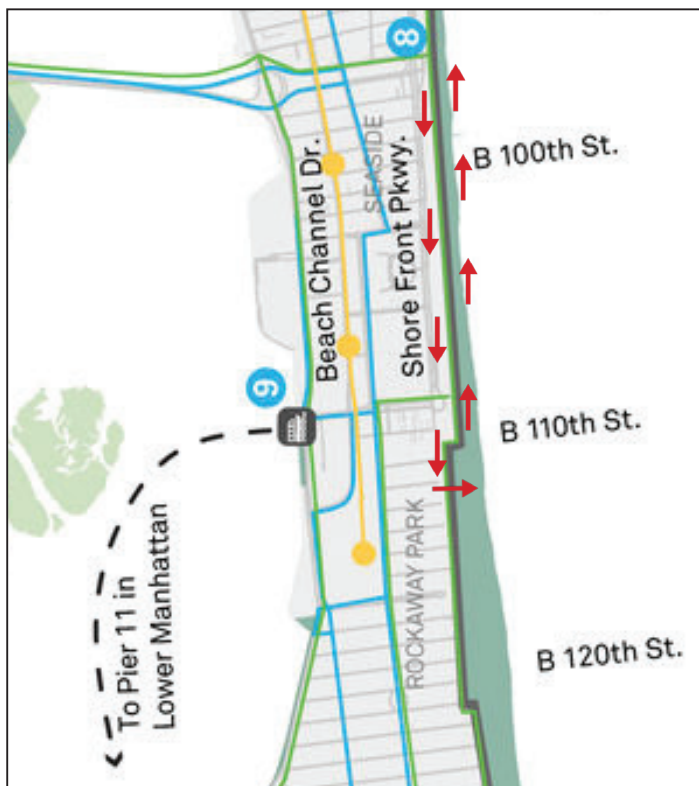
The run course of 1.5 miles is an out and back. start on the boardwalk opposite the transition area at B94<sup>th</sup> Street. Run 3/4 mile on the boardwalk to B74<sup>th</sup> Street Rockaway Beach Playground, before turning around and running back to the transition area.



## RUN ROUTE #2

The final run course of 3 miles is also an out and back. Start on the boardwalk opposite the transition area at B94<sup>th</sup> Street. Run 1.5 miles on the boardwalk before turning around at 111<sup>th</sup> Street and running back to the finish line.

## West End | Rockaway Beach



## Boardwalk 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 the *beach and the boardwalk* because you are competing in this event.

# ROCKAWAY BEACH TRI/DUATHLON

## East End | Rockaway Beach



## West End | Rockaway Beach



### BIKE ROUTE

Walk your bike (No Riding) and helmet strapped to the end of the transition area as marked. The bike course (12 mi.) consists of 2 loops on the boardwalk in a counter-clockwise direction. East to B27<sup>th</sup> Street, turn back to B94<sup>th</sup> Street, turn back to B27<sup>th</sup> Street return to B94<sup>th</sup> transition.

Bikers must stay in the BIKE LANES at ALL TIMES and may not enter the runners lane under ANY circumstances!

### 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.

\*\*\*SLOW SHARP TURNS  
RETURN BACK TO B94<sup>th</sup> ST

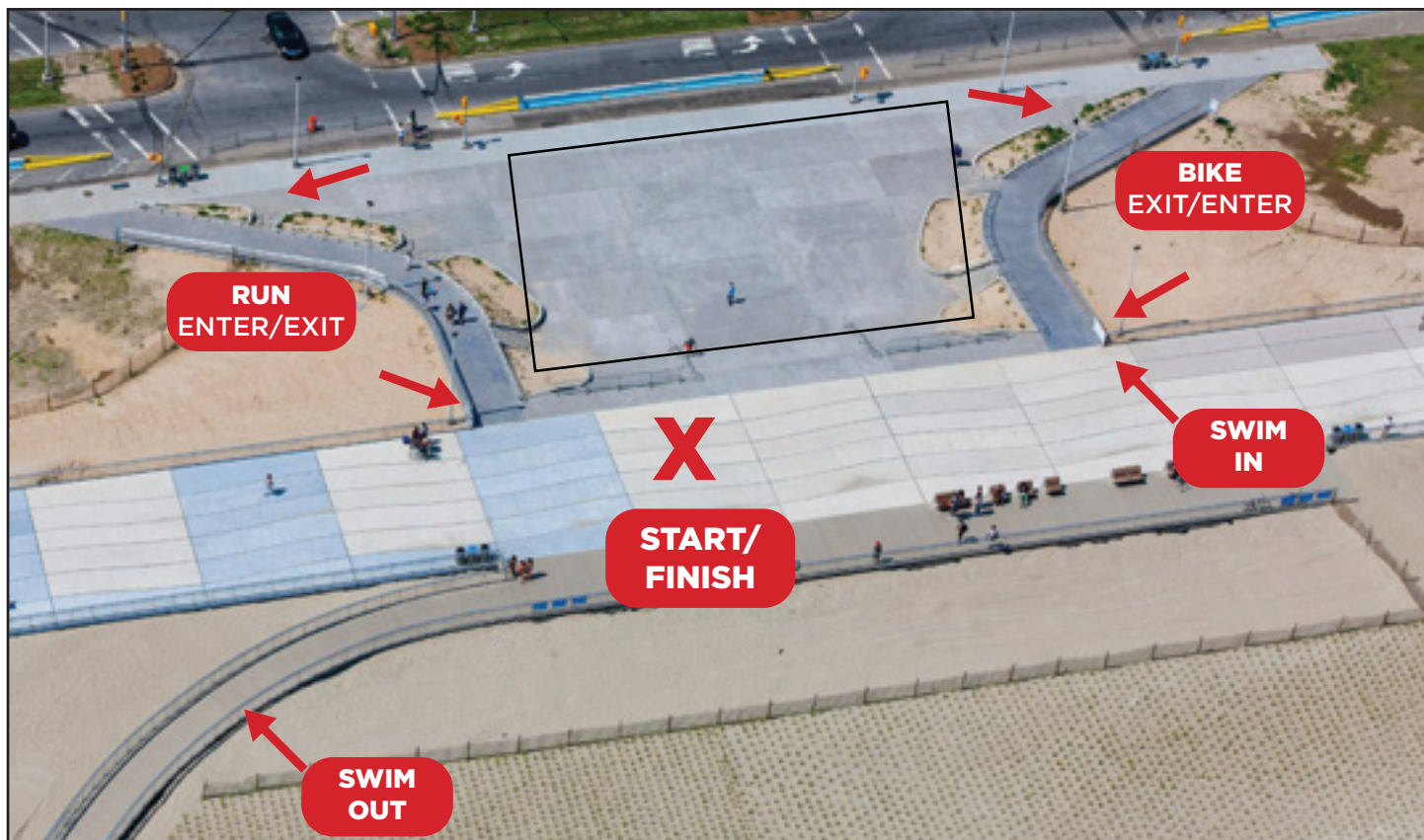


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# ROCKAWAY BEACH TRI/DUATHLON

## TRANSITION AREA



Rockaway Beach, NY



### Boardwalk Alert!

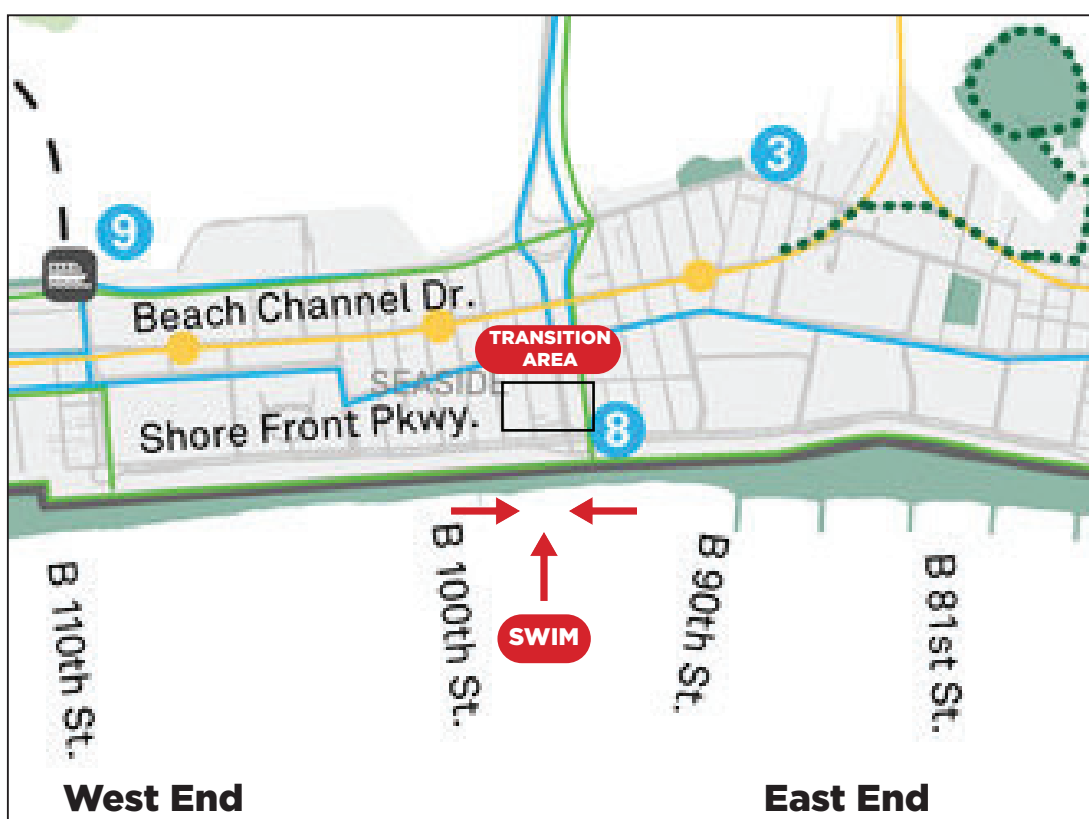
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# ROCKAWAY BEACH TRI/DUATHLON

## SWIM ROUTE

The 1/4 mile swim will be parallel with the shore line. The tide and current will determine the start. Life guards will be stationed along the route. The exit to the transition area will be at B94th Street.



## Boardwalk Alert!

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