

2026 ATHLETE GUIDE



Charity Partner: 4Heroes



Riverwinds Triathlon Athletes,

Thank you for being a part of the Riverwinds Tri/Du/Aquabike and 5K! We are very excited to provide you with a unique, fun, and safe race experience. We will hold the event rain or shine. This guide contains the information you will need to have a successful race including course maps at the end. Please read this guide in its entirety. If you still have questions, you can contact us at Info@JLDEvents.com. See you on race day!!

Schedule of Events:

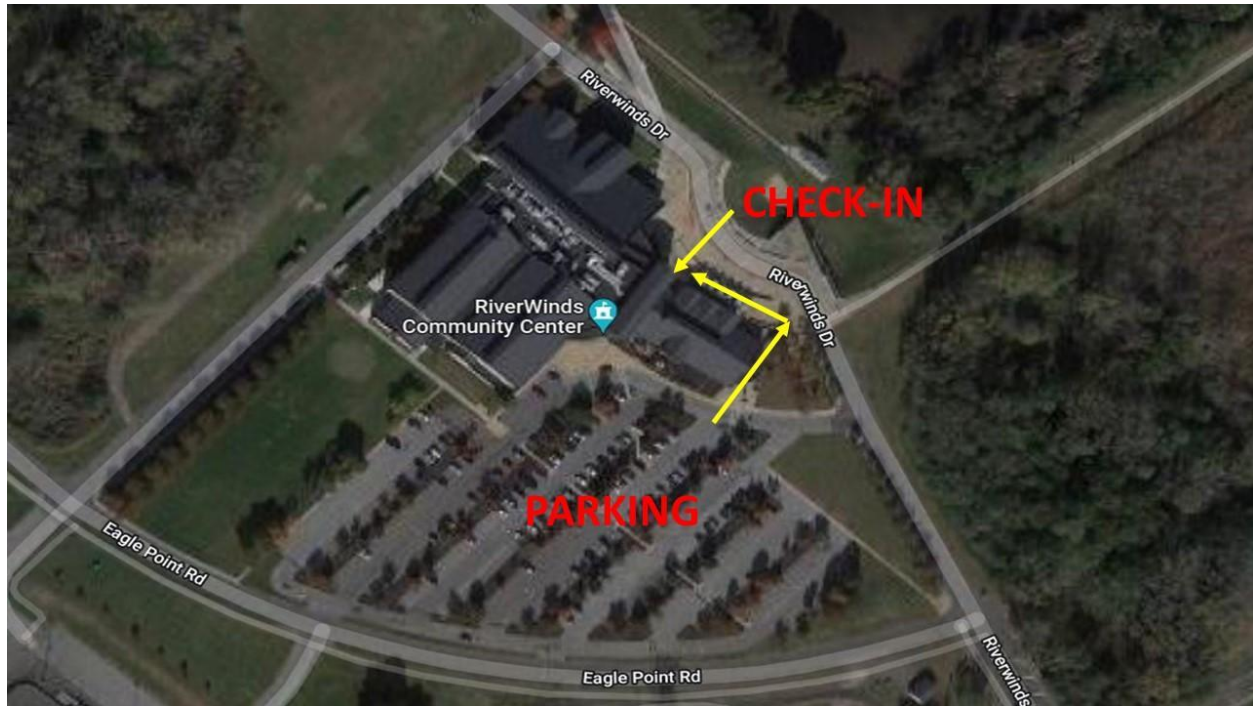
Saturday, April 25, 2026 – Riverwinds Community Center, 1000 Riverwinds Drive, West Deptford, NJ

- 3pm – 5pm – Packet Pick-Up in the lobby
- 5pm – Kids FREE Fun Run near transition...Please sign up your junior athlete here: <https://runsignup.com/rwkids>

Sunday, April 26, 2026 (Race Day)

- 5:30am – Parking Opens
- 5:45am – Transition Opens
- 5:45am – 7:00am – Check-in, Packet Pick-Up – Please park, walk around the building and enter from the transition side of the building...bikes must remain outside (bike racks will be available by the doors to Riverwinds)
- 7:10am – Transition Closes and all participants must exit transition
- 7:20am – Pre-Race Meeting in the pool area
- 7:25am – National Anthem
- 7:30am – Triathlon, Duathlon, Aquabike Race Start
- 8:00am – 5K Race Starts near transition
- 9:30am (or earlier) – Awards

Parking: Parking is available at the Riverwinds Community Center parking lot (see map).



Check In/Package Pick-up: Check in/package pick-up is available on Saturday afternoon or on race day in the lobby of the Riverwinds Community Center. Please park, walk around the building and enter the lobby from the Riverwinds Drive side of the building, adjacent to transition (see map above). We strongly encourage you to pick up your packet on Saturday to avoid any delays on race day. On race morning there is typically a backup of people checking in from 6:30am to 7am. In order to avoid delays, please plan to pick up your packet on Saturday afternoon, or arrive earlier than 6:30 on Sunday. Bikes will not be permitted inside the community center lobby. Bike racks will be available right outside the lobby doors. At check in we will verify your ID. Prior to entering transition we will mark 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 entering transition. This will allow us to identify you to your bike when you leave transition with your bike after the race. There will be no size exchanges allowed for race shirts.

Timing Chips: You will receive your timing chip and strap when you pick up your packet. The number on your timing chip will match your race bib number and your bike number. You must wear your timing chip and strap on your ankle for the entire race (left ankle is preferred). We suggest putting it on as soon as you receive it. **After the race we ask that you remove your timing chip and strap and place them into the bin at the finish line area.** If you are unable to finish the race, please be sure to let a member of the race crew know, and return the timing chip and strap to the volunteers at the finish line.

It is your responsibility to ensure the timing chip is returned. **There is a \$50 lost chip fee for timing chips not returned.**

USAT Sanctioning: This is a USAT sanctioned event so all USAT rules must be followed. When checking in, **ALL ATHLETES MUST SHOW A VALID PHOTO ID**. All athletes must have either a current USAT annual membership or a one-day USAT license. When you registered online you provided either your annual membership number or you purchased a one-day USAT license. Since the registration system verifies this information, you do not need to have your USAT membership card when you check in. Please review the common rule violations on the USAT website (<https://www.usatriathlon.org/multisport/rules>). **Headphones are not allowed to be worn during any part of the race.**

USAT also requires that race directors inform participants of requirements related to Minor Athlete Abuse Prevention Policies (MAAPP). Please review the requirements listed [here](#) and also review the documents listed here <https://www.usatriathlon.org/safesport>.

Transition Set Up: Only athletes will be allowed into transition, NO EXCEPTIONS. **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. Bikes must have end plugs installed (the ends of your handle bars cannot be open)...no exceptions. Racking will be open and you are free to rack your bike where you like. Bikes must be racked by the seat with the front wheel facing the center of transition, not by the handle bars. There will be 5-6 bikes per rack. Athletes will set up their transition area on the down tire side of the bike rack (the center of transition side). When transition closes, all athletes must exit transition. Relay team members will be allowed back into transition once the race starts. More on relay teams later.

Swim: The swim is a 200 yard serpentine swim in the indoor pool (see map below). During registration you entered your estimated swim time. This time will be used to assign race numbers. You will line up in race bib numerical order (be sure you have your body marking done before entering transition/pool area). Athletes will enter the pool in the deep end of lane 8. You will stand behind the cones and when you are directed you will cross the timing mat and enter the pool. You can enter the pool by jumping in feet first, by sitting on the pool deck and pushing yourself in, or by diving. Since we are entering the deep end of the pool, diving is allowed. Athletes will swim the length of the pool in lane 8 and at the end of the lane will cross under the lane line and swim back in lane 7. You are able to push off the wall at the end of each lane. This will continue until athletes reach the end of lane 1 where they will exit the pool via the ladder on the left side of the lane or by pulling themselves out at the wall and then exit the building and head to transition. Passing is allowed during the swim, but please do so safely and

respectfully. Athletes may rest at the end of the lane or on the lane lines but may not use the lane lines to propel themselves down the lane. Any swim stroke is allowed.

Transition: After the swim (or the first run of the duathlon), you will prepare for the bike portion of the race. You will run with your bike out of transition to the mount/dismount line. You **CANNOT** ride your bike in transition. You **MUST** have your helmet on **AND** the strap buckled when you are in possession of your bike, and it must stay that way until you are back in transition after your ride and you rack your bike. Please take some time to ensure your helmet fits and is adjusted properly (https://www.nhtsa.gov/sites/nhtsa.gov/files/8019_fitting-a-helmet.pdf). When you finish the bike course, you will dismount at the mount/dismount line and run your bike back to your bike rack in transition.

Bike Course: The bike course is a T shaped course (see map below). The course will be marked with arrows. The roads will be open to traffic. We will have police at major intersections to stop traffic. We will have volunteers on the course as well. 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. You will cross railroad tracks 4 times during the bike.

Be sure to cross the railroad tracks at a 90 degree angle

(<https://www.bicycling.com/rides/a20031649/watch-how-to-safely-ride-across-railroad-tracks/>). If the roads/tracks are wet, use extra caution because they will be slippery. 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 to make the pass safer for both athletes. Blocking another rider to avoid being passed is not allowed.

Run Course: The run is on paved trails on the Riverwinds property (see map below). You must have your race bib number on the front of you, either pinned to your shirt or attached to a race belt, on the run. You can have it on you during the bike, but it is required for the run. The course will be clearly marked with arrows along the path. There will be a water station on the run course that you will pass twice during the run. When you finish the race, we will have volunteers awarding you a finisher medal and providing you water. We ask that you remove your timing chip and strap and place them into the bin at the finish line area. If you are unable to finish the race, please be sure to let a member of the race crew know and return the timing chip and strap to the volunteers at the finish line.

Duathlon: Duathletes will start their first run at the transition run out area. You will run out to the turnaround and straight back into transition (see map below). You will follow the bike and run course as described above.

Aquabike: Aquabike athletes will complete the swim and bike the same as those doing the triathlon, but following your bike ride you will dismount your bike and run the bike across the timing location at the entrance to transition. At this point your race will be complete. You can pick up your medal at the finish line where you can also place your timing chip and strap in the timing bin.

Relay Teams: When transition closes prior the start of the race, all athletes, including relay team members, must exit transition. Relay team members will be allowed back into transition once the race begins. The relay team member doing the bike will wait in transition by their bike until the swimmer is finished. The swimmer will enter transition and run to the biker where they will exchange the timing chip and strap from the swimmer's ankle to the biker's ankle. The biker will then exit transition and ride the bike course. When the biker returns, they will meet the runner at the rack where they originally set up the bike. They will transfer the timing chip and strap from the biker's ankle to the runner's ankle. The runner will then exit transition and complete the run course. The swimmer and biker are welcome to wait at the beginning of the finish chute for their runner and cross the finish line as a team. All relay team members will receive a finisher medal.

5K Run: 5K runners will assemble near the run out area of transition just prior to 8am with their timing chip on their ankle. The 5K race will start at 8am and will follow the same course as described above for the triathlon run.

Post Race: We will be providing refreshments and water for all athletes following completion of the race. Post race refreshments will be located on the patio just outside the community center (or inside if raining). Look for the Athlete Food flag/sign. We ask that you only go through the line once to ensure the final athlete has the same selections available as the first athlete.

Emergencies/Injuries: In the event of an emergency or injury, Gloucester County EMS has been notified of the race and will be standing by to provide assistance if needed.

Race Results: Real-Time Race Results provided by JLD Events. A sign with a QR code will be available onsite which athletes can scan with their phone to get results.

Race Video: Here is a link to the race video from the 2022 Riverwinds Triathlon to give you a good overview of what to expect. <https://youtu.be/bXP9lrUYBWw>

Awards: Race Awards will be given for the following categories:

- Top 3 male and female overall individual triathlon winners
- Top 1 male and female overall individual triathlon winners in the Physically Challenged (PC) Open category
- Top 3 male and female overall duathlon winners
- Top overall triathlon relay team winner
- Top 3 male and female overall aquabike winners
- Top 3 Clydesdale and Athena triathlon overall winners
- Top 3 male and female triathlon winners in 5-year age groups
- Top overall male and female 5K winners

Charity Partner: We are thrilled to have 4 Heroes as our charity partner for the Riverwinds Triathlon. 4 Heroes' motto is 'Helping a Hero in Need'. Their mission is to honor the service and sacrifice of our first responders who put their lives on the line every day. They want to empower our heroes by supporting them in the community. Thank you so much for your donations! We will also be donating a portion of the race profit to 4 Heroes. Go to <https://4heroescharity.com/> for more info on 4 Heroes.

Volunteers: A race like this does not happen without volunteers. These are people that get up early in the morning to be there and make sure you have an enjoyable and safe race. Please be sure to thank the volunteers, police officers, and fire/rescue personnel as you pass them throughout the day. They are out there for you and they are the reason we are able to have a race.

Sponsors: We want to thank our amazing sponsors who showed faith in us and this race. Please patronize their businesses and tell them you saw their information at the Riverwinds Triathlon. They helped make this event possible...THANK YOU!

- HOST VENUE – Riverwinds Community Center (<https://www.riverwinds.org/>)

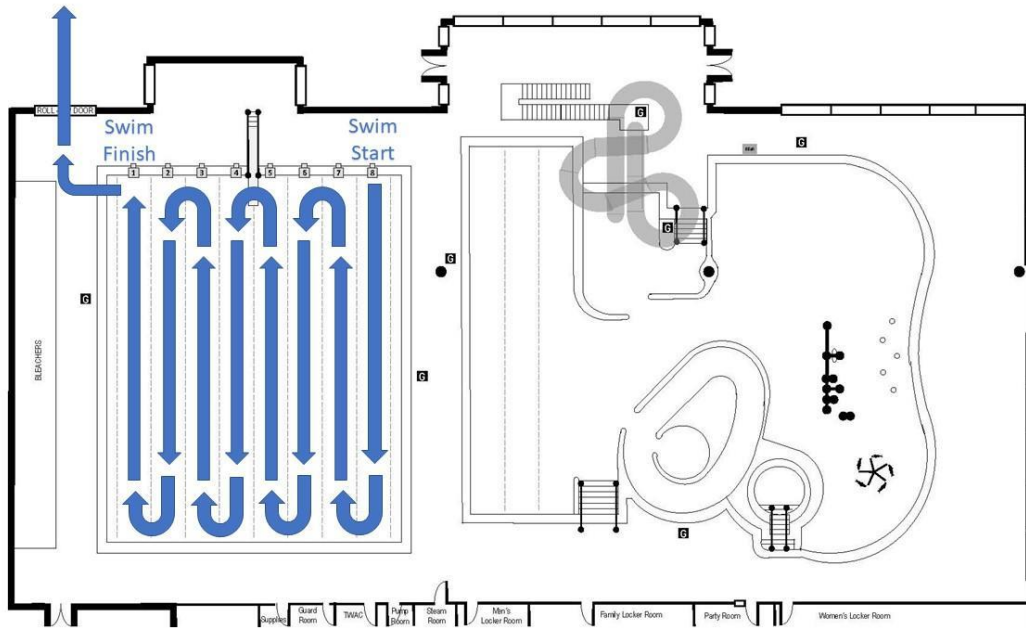
- SILVER SPONSORS
 - Hugh's Clock Shop (<http://hughsclocks.com/>)
 - Optimal Health Chiropractic and Sports Injury (<http://optimalhealth.fit/>)

BRONZE SPONSORS

- Stampone Law (<https://stamponelaw.com/>)
- Cocaboni's Café (<https://www.cocaboniscafe.com/>)

Course Maps:

Swim Course (200 yards):



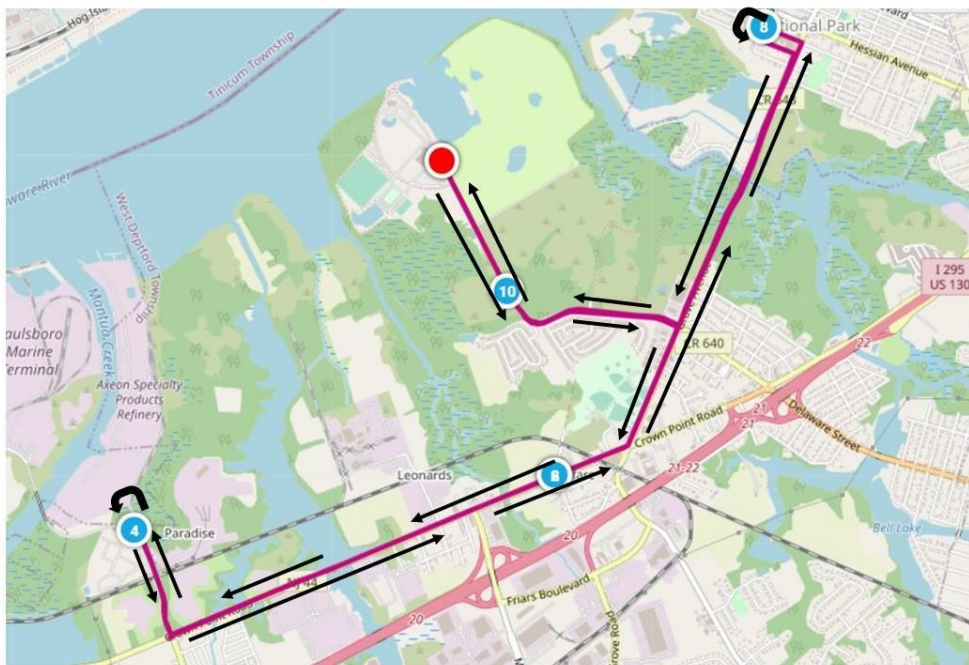
Duathlon Run 1 Course (2 miles):



Transition:



Bike Course (10 miles):



5K Run Course:



Thank you for racing with us!!

TRAIN HARD!

RACE STRONG!

HAVE FUN!

See you on Sunday!

Your JLD Events Race Crew