THE TRIATHLON ATHLETE GUIDE

THANK YOU

Thank you for choosing to race the Rochester Triathlon!

Within this guide you will find everything you need to know about race day. Please read through it carefully and become familiar with parking logistics, your wave starts, and much more!





Presented by: Rochester Area Triathletes & Wolfpack Multisport

Benefiting: The Center for Youth

GENERAL INFORMATION

PACKET PICKUP

Friday, August 20, 2021

Towpath Bike 21 Schoen Place, Pittsford NY 14534 3:00 pm – 6:00 pm Saturday, August 21, 2021

Durand Eastman Beach Lakeshore Blvd. 6:00 am – 7:30 am

Additional Info

- All athletes must pick up their race packets themselves.
- Relay Teams: All members of the relay team must be present to pick up their packets.
- All athletes need to show a photo ID and present your USAT membership card if you are a current member. Otherwise
 you will have to pay the non USAT member race fee. REMEMBER, NO ID! NO RACE! NO EXCEPTIONS!
- Minors must have a parent or legal guardian present at registration.
- Make sure you place your number on your bike and wear your bib on the front of you for the run. This helps us identify you as a participant and ensures you receive all your race photos.
- Temporary body marking tattoos will be provided in your packet.
- Race numbers need to be on both forearms and age on the back of your left calf.

GENERAL RACE INFORMATION

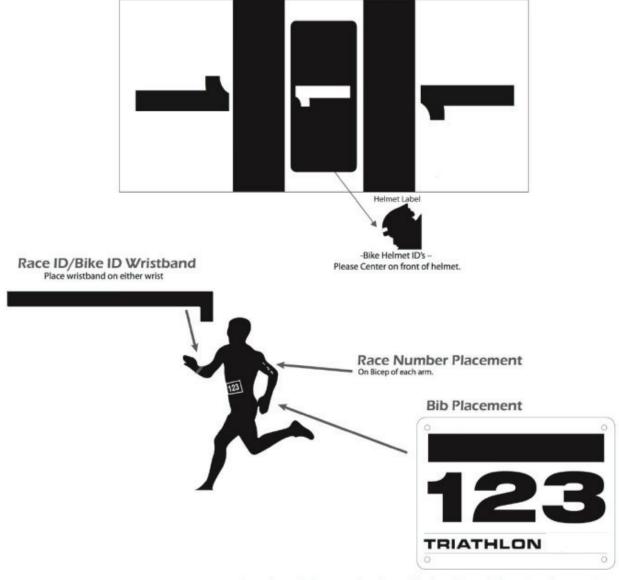
Race Day Parking

Camp Eastman, 1558 Lakeshore Blvd., Irondequoit, NY 14617

Bathrooms

There will be Porta Johns located at transition.

ATHLETE NUMBER PLACEMENT



Please have a bib centered on front of body with race belt or pinned to race shirt.

TRANSITION

Transition is located at the **west end of Durand Eastman Beach**. As always, these are Athlete Only areas. We do have a dedicated entrance and exit that you are required to use when you rack the bike pre-race and remove it post-race. To locate these access points, look for Entrance and Exit signs at each transition.

What does a bag and clutter free transition area mean? This means you may bring your gear into the TA with a bag but then must remove your bag. After you have the gear you need in transition please remove your bags, buckets, wagons, carts and whatever you do not need to race with. This ensures we have enough space for others around you. Please plan to give these things to a loved one or place them in your vehicle.



Why does transition close at 7:30 am when my race doesn't start until later? This means at 7:30 am all athletes need to have everything they need to race for the start of the swim regardless of when your event (intermediate versus sprint versus relay) starts. (goggles, swim cap, wetsuit, etc.) You will not be able to enter or re-enter the transition until you are racing. The transition will be staged and ready to go.

Note - Please do not leave valuables in your bags. You take the chance of them getting stolen. You will not be able to enter or re-enter the transition until you are racing. The transition will be staged and ready to go.

RACE DAY TIMELINE

Saturday, August 21, 2021 (subject to change)

6:00 AM	Packet	pickup	opens /	Transition	opens

7:30 AM Transition closes

7:35 AM Athlete meeting

7:50 AM National Anthem / Road closed to traffic

8:00 AM RACE START: INTERMEDIATE DISTANCE - TRIATHLON / DUATHLON

8:30 AM RACE START: SPRINT DISTANCE - TRIATHLON / DUATHLON / AQUABIKE / RELAY

11:00 AM Road opens to traffic

11:30 AM AWARDS: Presented at finish line

1-4:00 PM AFTER PARTY: Join us for the official post-race celebration at **Heroes Brewing Company**,

543 Atlantic Avenue, Rochester NY 14609

POST-RACE DETAILS

Awards

- Overall Sprint (Male and Female) including Aquabike
- Overall Intermediate (Male and Female) including Aquabike
- Overall Master Sprint (Male and Female)
- Overall Master Intermediate (Male and Female)
- Top three (Male and Female) in the following age categories including Aquabike (19 and under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+)

Food

This year's post-race meal will be pizza provided by 2 Ton Tony's

After Party

Join us for the official post-race celebration at **Heroes Brewing Company**, 543 Atlantic Avenue, Rochester NY 14609

Race Photography

Photographs will be posted on Facebook to tag yourself.

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

Swim

- Ankle timing chip
- Wetsuit
- 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 sleeves

EVENT SPONSORS





















OUR COMMUNITY















RULES

USAT Most Violated Rules

- Helmets: Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must always be worn while on your bike. This means before, during, and after the event. Penalty: Disqualification
- Chin Straps: Chin straps must always be buckled when on a bicycle. DO
 NOT unbuckle your chin strap unless you are off your bicycle. Penalty:
 Disqualification on the course; Variable time penalty in transition area
 only.
- 3. **Outside Assistance:** No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness.

Penalty: Variable time penalty

- 4. **Transition Area:** All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area. *Penalty: Variable time penalty*
- 5. **Drafting:** Keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds. Position--keep to the right-hand side of the lane of travel unless passing. Blocking--riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass. Overtaken--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again. *Penalty: Variable time penalty*
- 6. **Course:** All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must always obey all applicable traffic laws. Penalty: Referee's discretion

- 7. **Unsportsmanlike-Conduct:** Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden. *Penalty: Disqualification*
- Headphones: Headphones, headsets, Walkman's, iPod, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race.

Penalty: Variable time penalty

- 9. **Race numbers:** All athletes are always required to wear race numbers during the run. Numbers must always face the front and be clearly visible. Numbers may not be cut or folded or altered in any way. DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.
 - Penalty: Variable time penalty for missing or altered number, Disqualification and one-year suspension from membership in USAT for transferring a number without race director permission.
- 10. Wetsuits: Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided, however that participants who wears a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.
- 11. Abandonment: All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course. Penalty: Variable time penalty

Variable Time Penalties

Distance	First Offense	Second Offence	Third Offense
Sprint	2 minutes	4 minutes	Disqualification
Intermediate	2 minutes	4 minutes	Disqualification
Long	4 minutes	8 minutes	Disqualification
Ultra	6 minutes	12 minutes	Disqualification

TRIATHLON DETAILS

TRIATHLON SWIM COURSE

Intermediate – 0.93 miles - 2 loops Sprint – 0.465 miles - 1 loop

The swim starts at the west end of Durand Eastman Beach. Upon swim exit you will run up a carpeted walkway to the Transition area. Any clothing left on the beach will be donated to a shelter once the race is over so please make sure that you inquire about your favorite flip flops before you leave the race site!!

- If you wear eyeglasses there will be an eyeglass table located at the swim exit.
- There will not be any wetsuit-strippers to help you remove your wetsuit in transition so please plan accordingly.

Wave Starts

Intermediate Triathlon Race Day Schedule: 8:00 am start

(Subject to change based on number of athletes per age group)

• Transition area will close at 7:30 am.

Intermediate				
Wave	Color	Time	Group	
1	Orange	8:00	Males	
2	Green	8:05	Females	

Sprint Triathlon Race Day Schedule: 8:30am start

(Subject to change based on number of athletes per age group)

 Transition area will close at 7:30 am. Make sure you have everything you need to start your race as you will not be allowed to enter transition after 7:30 am.

Sprint			
Wave	Color	Time	Group
3	Gold	8:30	Males under 40
4	Lt Blue	8:35	Females under 40
5	Yellow	8:40	Males over 40
6	Pink	8:45	Females over 40

TRIATHLON BIKE COURSE

Intermediate Bike Course (Distance: 23 miles-4 loops)
Sprint Bike Course (Distance: 12 miles-2 loops)

- Exit transition area and head west on Lake Shore Blvd
- U-turn at Washington Street; Volunteer will direct
- Turn right onto Log Cabin Road
- Turn right to continue on Log Cabin Road
- Turn right onto Pine Valley Road
- Turn right to continue on Pine Valley Road
- Slight left to continue on Pine Valley Road

TRIATHLON RUN COURSE

Intermediate Run Course (Distance: 6.2 miles)

- Exit transition area and head east on the pathway.
- Continue up the path towards Culver Rd
- You will pass a water stop just over 2 miles and will be directed into the neighborhood at Birch Hills Dr
- Head North on Birch Hills Drive, turn Right onto Breezeway Dr
- Turn Left onto Trelawne Dr. This is a dead end road, you will round around the turn marker and head back towards Breezeway Dr
- Turn Right onto Breezeway Dr
- Turn Right onto Birch Hills Dr. This is a dead end road, you will round around the water stop/turn marker and head back towards the pathway
- You will be directed back onto the pathway
- Turn Right and head west back towards Transition
- You will pass four (4) Water Stops in on this route

Sprint Run Course (Distance: 3.1 miles)

- Exit transition area and head east on the pathway.
- Continue on path until you reach the turnaround marker.
- Run around marker and head back west to transition area.
- You will pass the Water Stop twice on this route

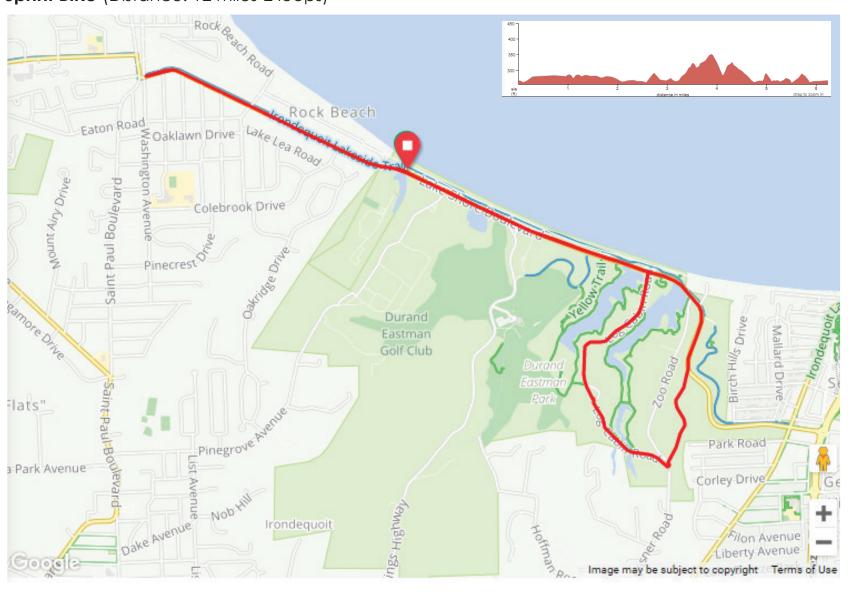
SWIM COURSE AERIAL

Intermediate – 0.93 miles - 2 loops Sprint – 0.465 miles - 1 loop

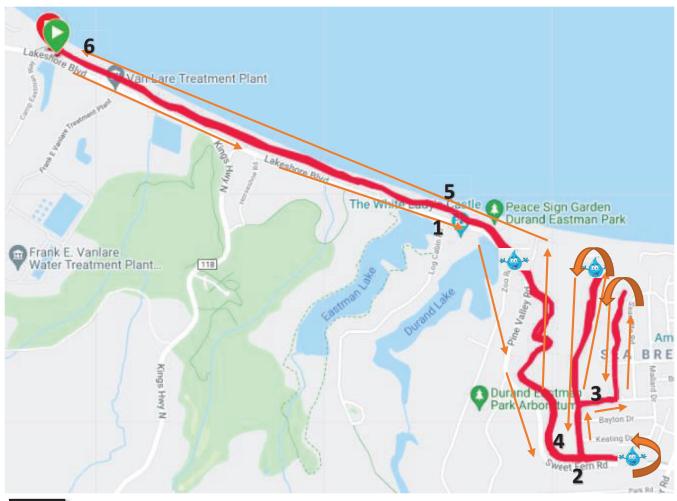


BIKE TRIATHLON AERIAL

Intermediate (Distance: 23 miles-4 loops) **Sprint Bike** (Distance: 12 miles-2 loops)



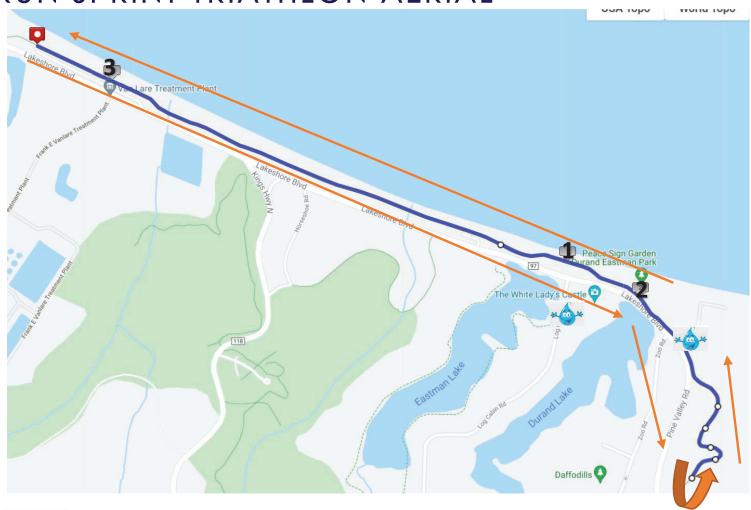
RUN INTERMEDIATE TRIATHLON AERIAL





Water Stop

RUN SPRINT TRIATHLON AERIAL





Water Stop

DUATHLON DETAILS

DUATHLON INTERMEDIATE COURSE

There will be aid stations on the course, one located at the Highlands and another on Birch Hills Drive.

First Run Course (Distance: 3.1 miles)

- Exit transition area and head east on the pathway.
- Continue on path until you reach the turnaround marker.
- Run around marker and head back west to transition area.
- You will pass the Water Stop twice on this route

Intermediate Bike Course (Distance: 23 miles-4 loops)

- Exit transition area and head west on Lake Shore Blvd
- U-turn at Washington Street; Volunteer will direct
- Turn right onto Log Cabin Road
- Turn right to continue on Log Cabin Road
- Turn right onto Pine Valley Road
- Turn right to continue on Pine Valley Road
- Slight left to continue on Pine Valley Road

Second Run Course (Distance: 6.2 miles)

- Exit transition area and head east on the pathway.
- Continue up the path towards Culver Rd
- You will pass a water stop just over 2 miles and will be directed into the neighborhood at Birch Hills Dr
- Head North on Birch Hills Drive, turn Right onto Breezeway Dr
- Turn Left onto Trelawne Dr. This is a dead end road, you will round around the turn marker and head back towards Breezeway Dr
- Turn Right onto Breezeway Dr
- Turn Right onto Birch Hills Dr. This is a dead end road, you will round around the water stop/turn marker and head back towards the pathway
- You will be directed back onto the pathway
- Turn Right and head west back towards Transition
- You will pass four (4) Water Stops in on this route

DUATHLON SPRINT COURSE

First Run Course (Distance: 1.5 miles)

- Exit transition area and head east on the pathway.
- Continue on path until you reach the turnaround marker.
- Run around marker and head back west to transition area.

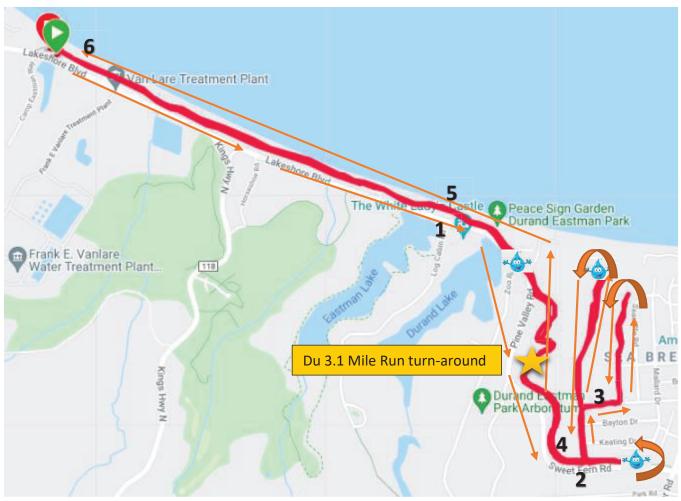
Sprint Bike Course (Distance: 12 miles-2 loops)

- Exit transition area and head west on Lake Shore Blvd
- U-turn at Washington Street; Volunteer will direct
- Turn right onto Log Cabin Road
- Turn right to continue on Log Cabin Road
- Turn right onto Pine Valley Road
- Turn right to continue on Pine Valley Road
- Slight left to continue on Pine Valley Road

Second Run Course (Distance: 3.1 miles)

- Exit transition area and head east on the pathway.
- Continue on path until you reach the turnaround marker.
- Run around marker and head back west to transition area.
- You will pass the Water Stop twice on this route

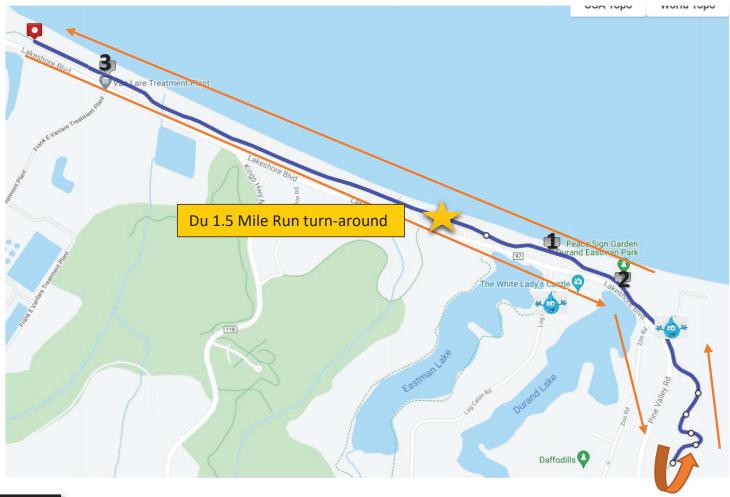
RUN INTERMEDIATE DUATHLON AERIAL





Water Stop

RUN SPRINT DUATHLON AERIAL





Water Stop

BIKE DUATHLON AERIAL

Intermediate (Distance: 23 miles-4 loops)
Sprint Bike (Distance: 12 miles-2 loops)

