

2023 ATHLETE GUIDE



STATE CHAMPIONSHIPS

AGE GROUP * HIGH SCHOOL * CLUB

NEW YORK

**TRUEPATH
RACING**



Chick-fil-&
Irondequoit



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WELCOME TO THE ROC

Dear Triathletes,

On behalf of the ROC Tri race committee, our volunteer force, and the 350 members of the Rochester Area Triathletes (RATs), it is my honor to welcome you to the 12th Annual Rochester Triathlon and host of the 2023 USAT New York State Championships.

Established in 2010 by the RATs, proceeds generated by The ROC are either donated to local charities that align with our values or are reinvested into our non-profit organization to grow the sport of triathlon.

The ROC means so much to our triathlon community, but for me it's also a bittersweet celebration of a year-long collaborative effort of friends.

We are delighted to have you join us for the most special edition of the ROC, a race with over a decade of history. Loaded with , the list of past Overall champions is a who's-who in the sport and one of the few races that still honors the over-40 Master's champion.

The ROC also prides itself as "the goal race" for many first-timers, several of which are local, having trained hard all summer long with RATs to get to this very moment. It's awesome to share that moment with them and it never gets old.

This year's race will be even sweeter, because we get the privilege of crowning our State Champions. Will that be you? Either way, it's going to be an amazing day. Please be courteous to our volunteers and thank them whenever you can. I wish you the best of luck and health in whatever your goals may be, but most importantly have fun out there!

Sincerely,

Mike

Michael J. Smith
President
Rochester Area Triathletes
USAT Certified Coach Level I





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SPLASH AND DASH

FRIDAY AUGUST 25, 2023

START	END	EVENT	LOCATION
2:00PM		PACKET PICK-UP / ATHLETE CHECK-IN	DURAND
3:00PM	4:30PM	ROC KIDS SPLASH-N-DASH	DURAND

Registration is open until race time, for more details please visit [ROC Youth Splash & Dash \(runsignup.com\)](https://runsignup.com)

Kids Race Includes

- Chick-fil-a Kids Meal Voucher
- Race Bib
- Splash-and-Dash State Champs Medal & Ribbon
- Age Group Awards
- Post-Race Ice Cream



SPLASH AND DASH COURSE*

*subject to change based race day conditions

SWIM COURSE

AGES 13-15 400 YDS

AGES 10-12 200 YDS

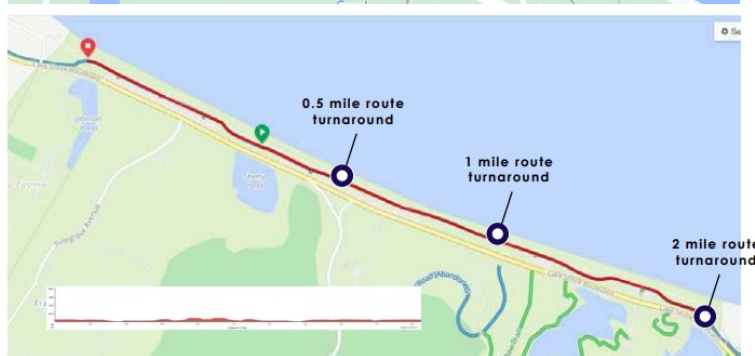
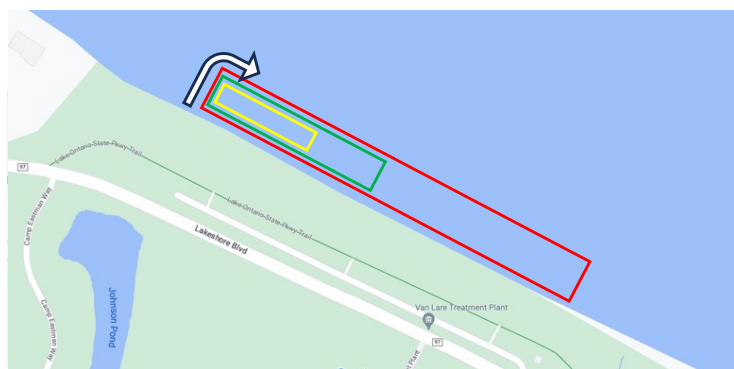
AGES 6-9 100 YDS

RUN COURSE

AGES 13-15 2 MILES

AGES 10-12 1 MILE

AGES 6-9 0.5 MILE



Financial support for our Youth Event provided by





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EVENT SCHEDULE

THURSDAY AUGUST 24, 2023

START	END	EVENT	LOCATION
4:00PM	6:00PM	PACKET PICKUP-UP / ATHLETE CHECK-IN	TOWPATH BIKE
6:30PM	8:00PM	*RATS AQUATHON (OPEN WATER SWIM/RUN) *NON-MEMBERS WELCOME	DURAND

FRIDAY AUGUST 25, 2023

START	END	EVENT	LOCATION
2:00PM	6:00PM	PACKET PICK-UP / ATHLETE CHECK-IN	DURAND
3:00PM	4:30PM	ROC KIDS SPLASH-N-DASH	DURAND

SATURDAY AUGUST 26, 2023

START	END	EVENT	LOCATION
5:45AM	7:15AM	TRANSITION OPEN	DURAND
6:00AM	12:00PM	ATHLETE VILLAGE OPEN	DURAND
6:00AM	7:15AM	PACKET PICK-UP / ATHLETE CHECK-IN	DURAND
7:15AM	7:30AM	ATHLETE MEETING	DURAND
7:30AM	7:35AM	NATIONAL ANTHEM	DURAND
7:40AM	12:00PM	INTERMEDIATE RACES BEGIN (ROADS CLOSE)	DURAND
8:45AM	12:00PM	SPRINT RACES BEGIN	DURAND
11:00AM	11:30AM	SPRINT AWARDS / STATE CHAMPION CERMONY	DURAND
11:30AM	12:00PM	INTERMEDIATE AWARDS / STATE CHAMPION CEREMONY	DURAND
1:00PM	4:00PM	POST-RACE PARTY w. SCHOOL OF ROCK	IRONDEQUOIT BEER



Monroe County
Parks

DURAND EASTMAN BEACH
1342 LAKESHORE BLVD
ROCHESTER, NY 14622



TOWPATH BIKE
21 SHOEN PLACE
PITTSFORD, NY 14534



IRONDEQUOIT BEER COMPANY
765 TITUS AVE
ROCHESTER, NY 14617

ATHLETE CHECK-IN

ATHLETE CHECK-IN / PACKET PICK-UP

DAY	START	END	LOCATION
THURSDAY	4:00PM	6:00PM	TOWPATH BIKE
FRIDAY	2:00PM	6:00PM	DURAND
SATURDAY	6:00AM	7:15AM	DURAND

NON-NEGOTIABLE RULES OF PACKET PICK-UP

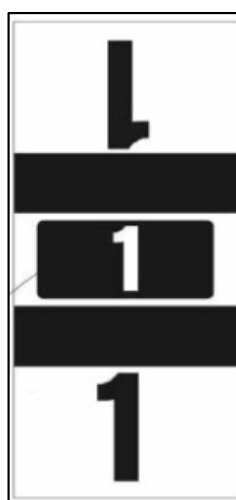
- All athletes must pick up their OWN race packets themselves
- All athletes need to show a photo ID and present your USAT membership card if you are a current member.
 - **NO ID, NO RACE....NO EXCEPTIONS**
- Minors must have a parent or legal guardian present at registration with their ID

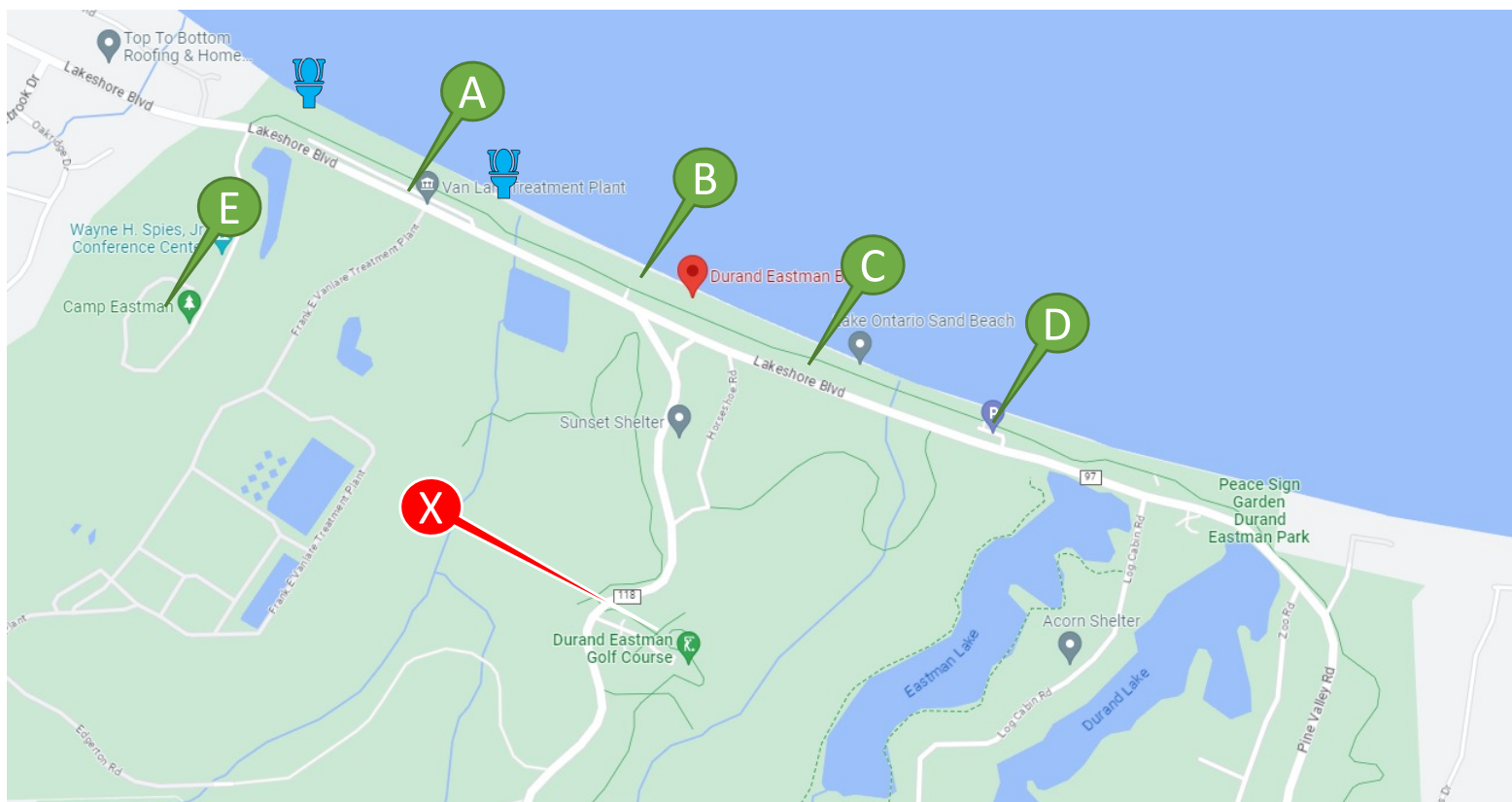
TO IDENTIFY YOU ON RACE DAY

- Wear your wristband at all times, you will need it to get in/out of transition
- You must be body marked on race day with visible age and race distance
 - Age on left arm and back of left calf
 - Race on right arm and back of right calf
 - S - Sprint, I - Intermediate
- Place your 2 large stickered numbers on both sides of your bike frame and the small one on your helmet
- Wear your bib on the front of you for the run

Packet should include

- ✓ Wristband
- ✓ Swim Cap
- ✓ Bike & Helmet stickers
- ✓ Race Bib
- ✓ Tshirt
- ✓ Water bottle
- ✓ and more....





RACE DAY PARKING

A-E

- ✓ Any unused parking lots (A-D) along Durand Eastman Beach

REMINDER: Lakeshore Blvd. is closed to all traffic from 7:30am-11:30am, anyone parking in Lots A-D will not be able to leave until we reopen the road.

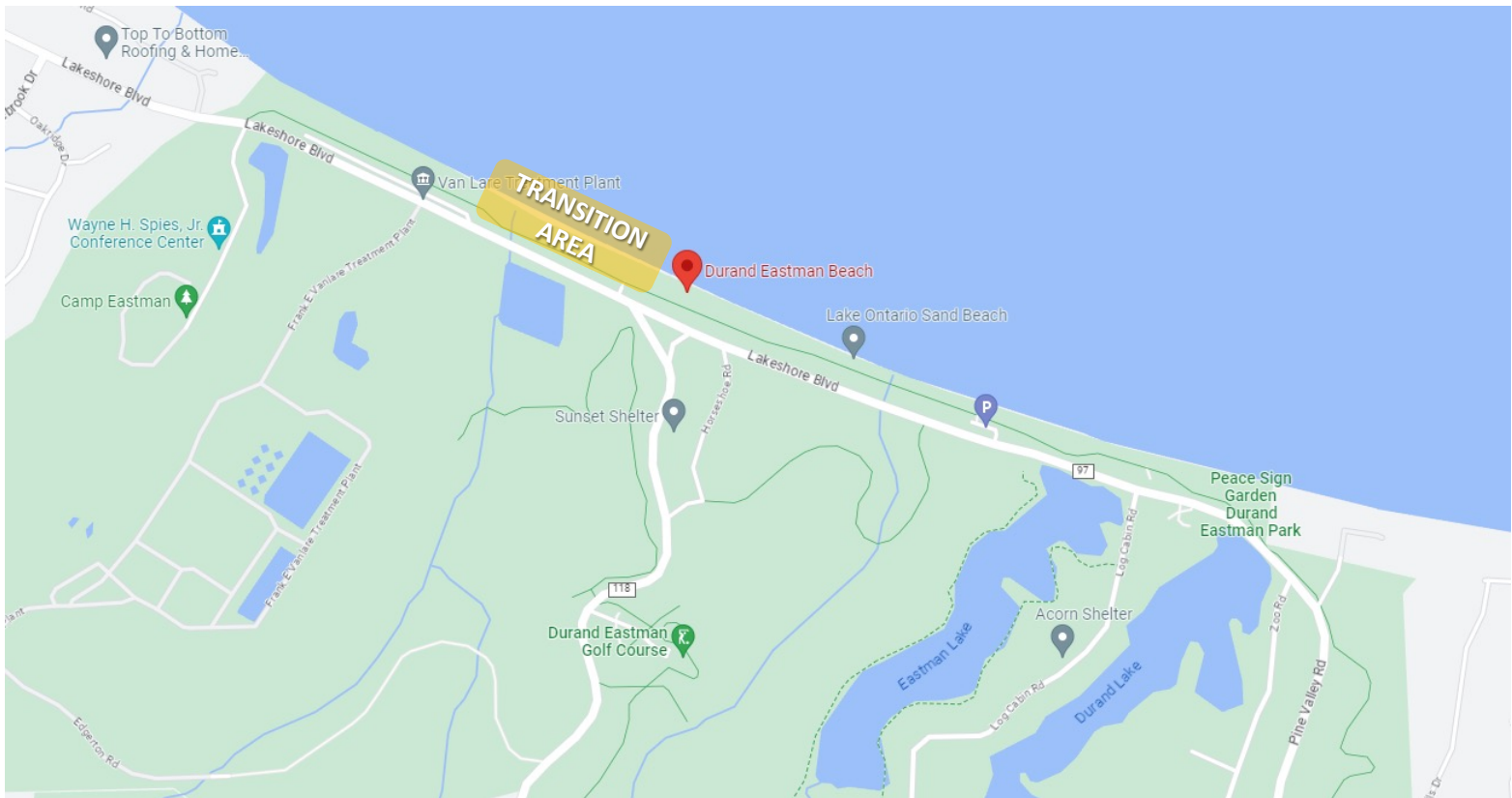
- ✓ Camp Eastman Parking Lot (E)- 1558 Lakeshore Blvd. 14617

X Do Not Park at the Durand Golf Course (they will tow you)

BATHROOM LOCATIONS



- Transition Area
- Athlete Village



- Located at the west end of Durand Eastman Beach
- **Transition is open on Saturday from 5:45AM – 7:15AM**
- **Athletes Only** – Dedicated entrance/exit, wear wristbands for access
- **Clutter Free Transition** – Leave only what you plan to use during the race
 - ✓ No bags, buckets, wagons, carts, etc. will be allowed by your bikes
 - ✓ A bag drop area will be available inside transition

Note: You are responsible for any items that may go missing. If it's valuable, leave it in your vehicle.

FAQs:

Q: Why does transition close at 7:15AM when my race doesn't start until later?

A: Fairness to all athletes and security. Please plan accordingly to be ready for the swim start (goggles, swim cap, wetsuit) regardless of heat time.

Q: When can I get my bike/gear after my race is over?

A: Due to congestion, will not open earlier than 11:00AM for the safety of the athletes crossing through



RACES & DISTANCES



OPEN: NY State Championship Race

- Self-Selected, head-to-head competitive race for OVERALL AWARDS
 - TIP: Use time chart to guide your decision
- 2 OPEN races: Sprint & Intermediate groups
- OPEN heats are shotgun starts and mix gender
- Special OPEN Finisher Medal / Ribbon
- Forfeits qualifications for any awards in Intermediate or Sprint races (Age Groups, Athenas, Clydesdale, High School)
- Very limited number of spots available (50 total, 2 races)
- Self Selection cutoff is August 19th at 11:59PM*
- To select, email: Michael.smith@rochestertriathletes.com
- Participant names will be disclosed Monday August 21



ESTIMATED FINISH TIMES WITHIN 20% OF HISTORIC OVERALL WINNERS

	Sprint	Intermediate
Female	1:30:00	2:45:00
Male	1:20:00	2:30:00



INTERMEDIATE

- Age Groups / Masters
- Athenas
- Clydesdales



SPRINT

- Age Groups / Masters
- Athenas
- Clydesdales
- Paratriathletes
- High School
- Collegiate Teams/Clubs



AWARDS & CHAMPIONS

SATURDAY AUGUST 26, 2023

START	END	EVENT	LOCATION
11:00AM	11:30AM	SPRINT AWARDS / STATE CHAMPION CERMONY	DURAND
11:30AM	12:00PM	INTERMEDIATE AWARDS / STATE CHAMPION CEREMONY	DURAND



OVERALL AWARDS

- **NY State Champions:** Top 3 Females & Males from OPEN Intermediate race
- **NY State Champions:** Top 3 Females & Males from OPEN Sprint race
- **NY State Athena Champions:** Top 3 Females from ATHENA Intermediate race
- **NY State Athena Champions:** Top 3 Females from ATHENA Sprint race
- **NY State Clydesdale Champions:** Top 3 Males from CLYDESDALE Intermediate race
- **NY State Clydesdale Champions:** Top 3 Males from CLYDESDALE Sprint race
- **Masters Champion:** Top 1 Male & Female over 40 from AGE GROUP Intermediate race
- **Masters Champion:** Top 1 Male & Female over 40 from AGE GROUP Sprint race
- **Paratriathlete Champions:** Top 3 Females & Males from PARATRIATHLETE Sprint race
- **High School Champions:** Top 3 Females & Males from HIGH SCHOOL Sprint race
- **College Champions:** Top 3 Females & Males from COLLEGIATE Sprint race

AGE GROUP WINNERS

TOP 3 Females & Males from AGE GROUP Sprint & Intermediate Races

Under 24	50 - 54
25 - 29	55 - 59
30 - 34	60 - 64
35 - 39	65 - 69
40 - 44	70 - 74
45 - 49	75 + Over



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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

Water Temp average is 72 degrees at
Durand in late August

- ☐ Goggles
- ☐ Swim cap
- ☐ Ear/Nose plugs
- ☐ Towel
- ☐ Allergy medicine
- ☐ Nausea medicine

Bike

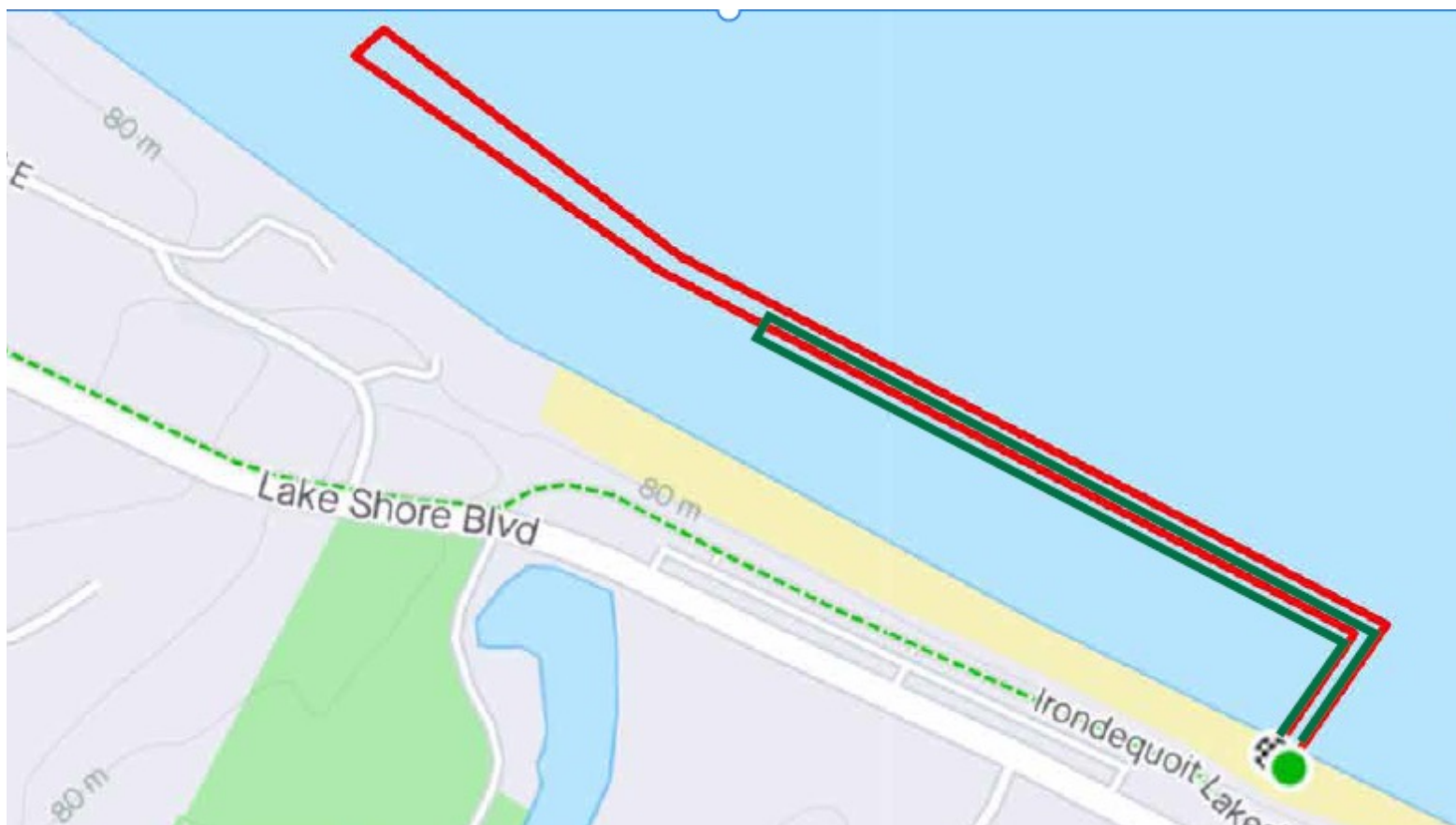
- ☐ Pump
- ☐ Gels/energy bars
- ☐ Water bottle(s)

- ☐ 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 sleeve

Missing something? Towpath Bike will be on hand for any bike issues and Rochester Running Company will have a store in the athlete village.



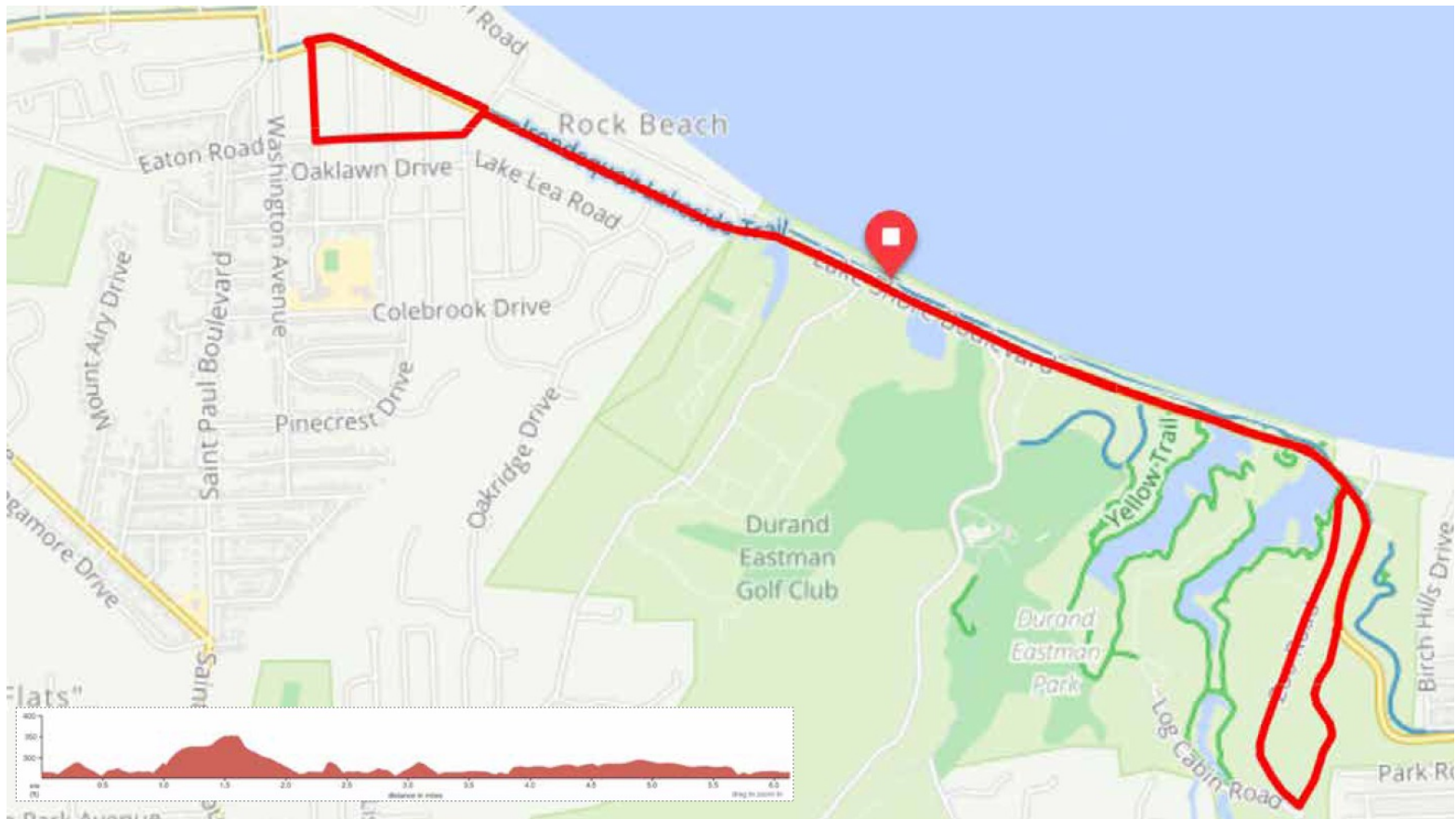
*swim course subject to change based race day conditions

Intermediate: 1,500 meters

Sprint: 750 meters

- In-water swim start at Durand Eastman Beach
- Upon swim exit you will run up a carpeted walkway to the Transition area
- Swim Caps colors will be assigned by distance at check-in

Note: Any clothing left on the beach found after the race will be donated to a local shelter.



INTERMEDIATE – 24 MILES (4 LOOPS)
SPRINT – 12 MILES (2 LOOPS)

- Starting to your right out of transition headed to Rock Beach
- Turn left onto Montcalm Drive
- Turn left onto Eaton Road
- Turn left onto Rock Beach Road
- Turn right onto Lake Shore Boulevard, CR 97
- Turn right onto Zoo Road
- Turn left onto Pine Valley Road
- Merging left onto Lakeshore and back toward transition area
- 1 Loop = 6 miles

2023 ATHLETE GUIDE RUN COURSE

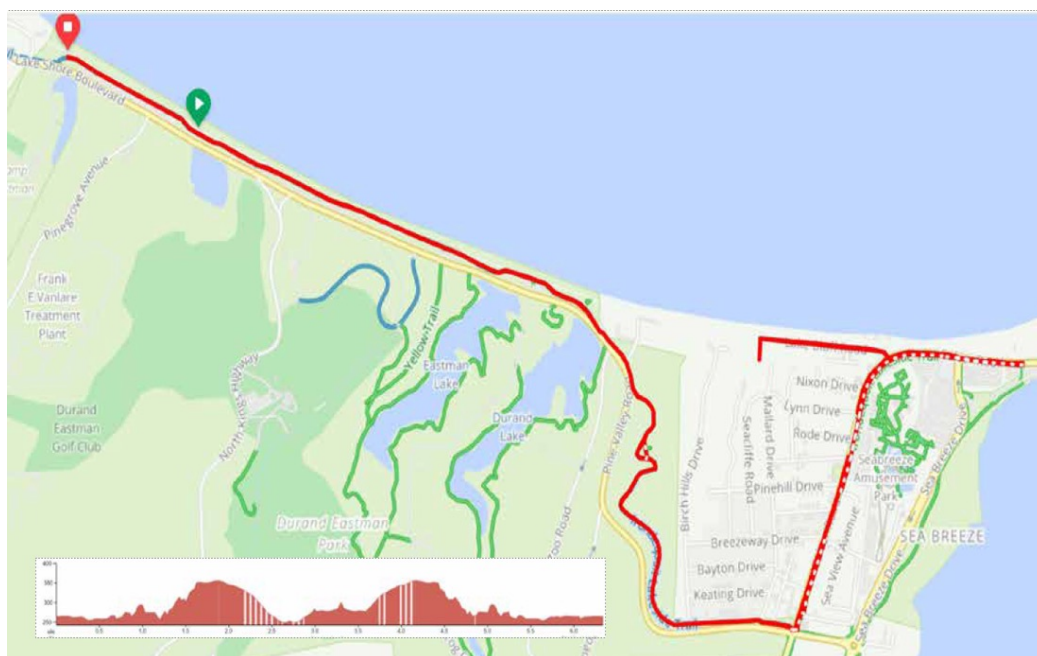


SPRINT 5k (3.1 miles)

- 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 aide stations 2 times on the Sprint Course

INTERMEDIATE 10k (6.2 miles)

- Exit transition area and head east on the pathway
- Turn left onto Culver Road, CR 120
- Make a U Turn on Culver Road
- Turn right onto Lake Bluff Road
- Make a U Turn on Lake Bluff Road
- Turn sharp right onto Culver Road, CR 120
- Turn right onto pathway until Finish
- You will pass aide stations 5 times on the Intermediate Course



AID STATIONS INCLUDE

- Water
- Gatorade Endurance
- Maurten Gels



2023 ATHLETE GUIDE ONE LAST THING

THANK YOU

TO ALL OF THE SPONSORS, VENDORS, PARTNERS, VOLUNTEERS, AND FRIENDS OF THE
rochester area triathletes

