

TRIATHLETE INFORMATION GUIDE

As a participant in the inaugural NYRR Sprint Triathlon, you are a part of history. We wish all competitors good luck and look forward to seeing everyone in the future at other NYRR events.

RACE COURSE

• 400-METER SWIM

The swim will take place in the indoor pool at the aquatic center located inside Flushing Meadows Corona Park. Each athlete will seed him/herself according to 400-meter swim time. There will be designated staging areas inside the aquatic center according to pace. Please know your swim time and seed yourself accordingly. Athletes will start individually, entering the pool 10 seconds apart. Each athlete will swim eight lengths of 50 meters each and "snake" their way through eight lanes. Each athlete must swim to the end of each lane. Passing is permitted at any time. No wet-suits, fins, or buoys permitted. Athletes must wear designated swim caps and be body-marked. An NYRR Sprint Triathlon-issued ChampionChip with Velcro band must be worn at all times, including in the pool.

When the swim portion is completed, exit through the door and descend the stairs carefully to the transition area at the bottom of the stairs.

• 10 MILE BIKE

Update: The bike course section of the triathlon has been changed from 12 miles to 10 miles.

Please follow all course marshal instructions.

The bike course will take participants from the transition area to three loops of a flat, technical course. The course is on Perimeter Road inside the park with a small out and back as well as some time spent on park access roads. There are some technical turns and six speed bumps on the course. Participants are required to complete the three loops, then return to the transition area to begin the run. It is the responsibility of the cyclist to count their loops; those who do not complete the three loops will be disqualified. There is also a time limit on the bike course portion. Participants who have not completed the bike course by 10:00 a.m. will need to return to the transition area and begin the run. Participants who do not complete the full course by 10:00 a.m. will not receive a finish time but will be allowed to continue to the finish.

Bike Reclaim: No one is permitted to retrieve their bike until the last bicycle is off the course.

• 5K RUN

Please follow all course marshal instructions.

The 5K course leaves the transition area and runs through Flushing Meadows Corona Park. Follow the designated course cones/markers throughout the park pathways. Mile markers will be displayed on the course. There will be a fluid station near the transition area and at various locations on the course.

PACKET PICK UP

Packet pick up will be held at NYRR headquarters at 9 East 89th Street. Entrants are required to pick up their numbers, scoring chips, and race souvenirs in advance. If you own a ChampionChip, it cannot be used for this race. NYRR will issue you a triathlon ChampionChip. Materials may be picked up on:

- Friday, August 21, 4:00-7:00 p.m.
- Saturday, August 22, 10:00 a.m.-1:00 p.m.

Tent near the transition area on:

- Sunday, August 23, 5:30-6:30 a.m.

A photo ID and USA Triathlon (USAT) membership or one-day license is required for packet pickup.

Because NYRR Sprint Triathlon is a USAT sanctioned event, all competitors must have a valid USAT card. If you do not have one, or if you do not bring it with you, then you must purchase a one-day membership card for \$10 at packet pickup. No exceptions, and no refunds or transfers. To become an annual USAT member, please visit www.usatriathlon.org.

All competitors must pick up their own race-number packet, including ALL individual members of each relay team.

SOLUTIONS TABLE

The solutions/information table will be available at all packet pick up times and locations. Experienced triathletes will be present to answer any questions.

RACE DAY

Packet pick up: 5:30-6:30 a.m.

Transition area opens: 5:30 a.m.

Body marking: 5:30-6:45 a.m.

Pre-race meeting/final instructions (mandatory): 6:45 a.m. in the transition area

Transportation area closes promptly after the pre-race meeting.

RACE NUMBERS

Participants will receive three race numbers that are required to be worn during the race. These numbers should be displayed plainly and unaltered at all times.

Bike frame number: The bicycle frame number must be attached to your bike with the race number clearly visible from both sides of the bike. This number must be affixed to your bike prior to entering the transition area.

Helmet number: The small helmet sticker must be affixed to the front of your bike helmet.

Race number: The 5K race number must be displayed during the entire run segment on the front of your body. Participants can pin the number to their shirt, swimsuit, and jersey, or use a race belt. Safety pins will be available packet pick up.

RELAY TEAMS

Relay teams may consist of two or three members on the team.

- Three person teams: one person swims, one person bikes, one person runs.
- Two person teams: one member does two legs, the second member does one leg.

Only one triathlon ChampionChip with a Velcro band will be issued to the team. Each teammate must hand the chip off to the subsequent teammate in the transition area at the assigned bike rack location.

RACE DAY DIRECTIONS

Please park in Lot F, which is adjacent to the Flushing Meadows Corona Park Aquatic Center.

BY CAR:

From Manhattan and New Jersey:

Take FDR North to Exit 17 on the left toward I-278/ROBERT F. KENNEDY BRIDGE/BRUCKNER EXPWY/TOLL BRIDGE

Merge onto ROBERT F. KENNEDY BRIDGE (TRIBORO BRIDGE)

Merge onto I-278 W toward QUEENS/LONG ISLAND/ NY AIRPORTS

Keep LEFT to take GRAND CENTRAL PKWY E. toward LAGUARDIA airport

Take the I-495/LONG ISLAND EXPWY exit, EXIT 10W-E, toward MANHATTAN/EASTERN LONG ISLAND

Take the I-495 E exit, EXIT 10E, on the LEFT toward EASTERN LONG ISLAND/RIVERHEAD

Take the COLLEGE PT BLVD exit on the LEFT

Turn LEFT onto COLLEGE POINT BLVD.

Turn LEFT onto AVERY AVE. to enter Flushing Meadows Parking Area Lot F

From Long Island:

Take I-495W LONG ISLAND EXPWY

Take EXIT 22B toward COLLEGE POINT BLVD./I-678/ VAN WYCK EXPWY

Stay STRAIGHT to go onto HORACE HARDING EXPY N.

Turn RIGHT onto COLLEGE POINT BLVD.

Turn LEFT onto AVERY AVE. to enter Flushing Meadows Parking Area Lot F

From the Bronx:

Take I-278 E/BRUCKNER EXPY. toward THROGS NECK BRIDGE/NEW ENGLAND

Merge onto I-678 S toward WHITESTONE BRIDGE

Take the COLLEGE PT BLVD. exit, EXIT 12A, toward I-495 E/ LONG ISLAND EXPWY/EASTERN LONG ISLAND

Turn LEFT onto COLLEGE POINT BLVD.

Turn LEFT onto AVERY AVE to enter Flushing Meadows Parking Area Lot F

From Brooklyn & Staten Island:

Take I-278 E/BROOKLYN QUEENS EXPY toward LAGUARDIA AIRPORT/TRIBORO BRIDGE

Take the I-495/LONG ISLAND EXPWY exit, EXIT 35, toward MIDTOWN TUNNEL/EASTERN LONG ISLAND/48 ST

Merge onto I-495 E via EXIT 35E toward EASTERN LONG ISLAND

Take the GRAND CENTRAL PKWY/I-678/VAN WYCK EXPWY exit, EXIT 22A-E

Take the I-495 E/VAN WYCK EXPWY exit on the LEFT toward LONG ISLAND

Take the COLLEGE PT BLVD. exit on the LEFT

Turn LEFT onto COLLEGE POINT BLVD.

Turn LEFT onto AVERY AVE. to enter Flushing Meadows Parking Area Lot F

BY BUS:

Q48 to Roosevelt Avenue and Willets Point Station

BY SUBWAY:

7 train to Willets Point/Shea Stadium;

E, F, V, R trains to 71st Avenue, then take the Q65A bus

WRISTBANDS

Participants will receive a wristband at packet pick up with their race number on it. This wristband designates that you are a participant in the race and permits access to the transition area. It is important to keep the wristband on after the race, as this is necessary for bike removal from the transition area. Transition security will match the wristband to the bike frame number. If either of these is missing, the participant must wait until all bikes have been removed from the area before access is permissible. Anyone not wearing a wristband will not be allowed to participate or enter the transition area.

TRANSITION AREA

All bikes will be racked on race day. The transition area will open at 5:30 a.m. Only participants wearing their wristband will be allowed into the transition area. Participants must also have their bike frame number affixed to their bike. In the transition area, bike racks will be numbered to match the number of each competitor.

When you arrive at your numbered spot, place your gear on the side of the rack, where your number is visible—this is also the side where your bicycle tire should rest. Please be aware of your fellow competitors, as they will be on either side of you.

Other safety items to note are that all bar ends must be solidly plugged, and helmets must be strapped on before going out on road. Riding without a helmet will result in immediate disqualification. Participants may not cycle in the transition area. When leaving the transition area, competitors may not mount bikes until reaching the mount line. When returning from the bike course, dismount before the designated line.

After the race, bikes and equipment may be removed by competitors ONLY. Show your wristband and bike number to security in order to remove your equipment. Friends and family members will not be allowed to remove bikes or equipment.

NYRR is not responsible for lost or stolen bikes, baggage, or personal items.

A pre-race meeting will occur at 6:45 a.m. All athletes must be present in the transition area for the pre-race meeting for final race instructions.

RACE DAY BIKE SUPPORT

Brickwell Cycling and Multisport will provide mechanics near the transition area for any last-minute issues or questions regarding race day needs. They can also provide pre-race triathlon needs at their store in Great Neck. Visit www.brickwell.com for more information.

There will be no course aid from race organizers. Fellow participants can assist each other without penalty. There will be a SAG vehicle following the last cyclist on course to pick up any participants that did not make it back to the transition area.

BODY MARKING

Body marking will take place race morning at the transition area entrance. Participants will not be allowed to race without having their body marked. Do not apply sunscreen or body lotion until after you have been body marked.

SPECIAL NEEDS TABLE

At the swim exit, there will be a special needs table for eyeglasses, medications, or any other special needs items. It is the participant's responsibility to clearly mark any items and place them on the table before beginning the swim.

TIMING, RESULTS, and AWARDS

Participants must use the timing chip they receive at packet pick up or they will not receive a finish time. This competition is timed using the ChampionChip® system. You must complete the event with your chip on or your time will not be recorded. If you own a ChampionChip, it cannot be used for this race. NYRR will issue you a triathlon ChampionChip. Please follow the instructions in your event packet to attach the chip to the accompanying Velcro band. Return the chip and band following the event. Note that you will be charged \$35 if you do not return the chip and band within 20 days.

You will receive five split times and one cumulative finish time. Awards will be given based on cumulative finish time. Split times are as follows: Swim time, transition 1 (swim-bike), bike time, transition 2 (bike-run), run time. Due to the seeded start, there will not be clocks located on the course, only at the finish line. However, per NYRR scoring, your net time will be recorded with your triathlon ChampionChip.

Awards will be given to the top-three overall men, top-three overall women, and top-three overall relay teams.

Age Group categories are 18-19, then every 5 years up to 85+. Your age group category, per USAT rules, is the age you are on December 31, 2009.

DROPPING OUT

If for any reason a participant needs to drop out of the race, it is imperative that they alert any staff or volunteer. Please return your timing chip at the finish line area.

BRIGHTROOM EVENT PHOTOGRAPHY

brightroom™ will photograph all race participants. Make sure your race number is clearly visible on the front of your shirt so you can be identified easily. Please visit http://www.brightroom.com/view_event.asp?EVENTID=54663&PWD= to register; brightroom will e-mail you when your photos are ready.

MEDICAL

There will be a medical tent at the finish and ambulances on the course to attend to any issues that may occur. If any participant needs medical attention during the race, please let any staff or volunteer know and a medical staff member will be sent to you.

USAT COMPETITIVE RULES

This race will be conducted under USA Triathlon (USAT) rules. Please note that all participants must be USA Triathlon members or purchase a USAT one-day membership for \$10. No exceptions will be made. The \$10 one-day membership fee will be collected at number pickup for non-USAT members. The \$10 fee is non-refundable. Please refer to the "Message from the Head Referee" document for a brief explanation of USAT rules. For a complete manual of the USAT Competitive Rules, visit : <http://triathlon.teamusa.org/content/index/1684>

ITEMS TO BRING

Recommended items to bring with you on race day. While the items below are recommended, it is not necessary to bring all of them; bring what you need to compete.

GENERAL

- | | | |
|---|---|--|
| <input type="checkbox"/> USAT membership card | <input type="checkbox"/> Water bottles | <input type="checkbox"/> Anti-chafing product |
| <input type="checkbox"/> Photo ID | <input type="checkbox"/> Gels / bars / salt pills | <input type="checkbox"/> Extra clothes |
| <input type="checkbox"/> Race uniform | <input type="checkbox"/> Sunglasses | <input type="checkbox"/> Athlete Guide / directions (printout) |
| <input type="checkbox"/> Race numbers (bike, run, helmet) | <input type="checkbox"/> Sunscreen | |
-

TRANSITION GEAR

- Towel

SWIM GEAR

- Swim cap
- Goggles

BIKE GEAR

- Bike
- Helmet
- Bike shoes
- Socks
- Bike gloves
- Air pump
- Tools

RUN GEAR

- Running shoes
 - Hat/visor
 - Race number belt and safety pins
-

FINAL INSTRUCTIONS

Welcome to this USA Triathlon-sanctioned event. You are racing under the USAT competitive rules. In order to minimize misunderstandings on race day, take the time to read the following summary of the position violations.

Remember to:

- Ride on the right side of your lane.
- Keep three bike lengths between yourself and the cyclist in front of you.
- Pass on the left of the cyclist in front, never on the right.
- Complete your pass within 15 seconds.

If passed, you must drop completely out of the zone, to the rear, before attempting to re-pass.

Remember that you are racing in a USA Triathlon-sanctioned event and there will be USAT-certified referees on the course to ensure fairness in the competition. There will be NO WARNINGS if you commit a foul during competition. A triathlon is an individual event and you must take personal responsibility to understand the rules and avoid penalties. At the end of the race, all citations noted by the marshals are reviewed by the head referee, who then decides if a penalty should be assessed. The head referee's ruling is final in the case of position violations and there are no protests or appeals of position penalties. Marshals commonly cite the following violations:

Position – riding on the left side of the lane without passing.

Blocking – left side riding and impeding the forward progress of another competitor

Illegal Pass – passing on the right.

Overtaken – failing to drop back three bike lengths before re-passing

Drafting – following a leading cyclist closer than three bike lengths and failing to pass within 15 seconds.

Though position violations carry a time penalty for first offenses, two citations will result in an additional penalty. If you are cited for three violations, you will be disqualified. Be sure to check the penalty sheet before you leave the race site. If you have questions, you may discuss them with the head referee.

Make sure your helmet is a Consumer Products Safety Commission (CPSC)-approved model. All helmets legally sold in the US are CPSC-approved, but if you purchased your helmet in a different country it might be illegal for use in sanctioned events.

While on your bike, always have your chinstrap securely fastened. The chin strap rule is easy to follow, so don't forget—if you do, you will be disqualified.

Wear your race numbers, don't leave your trash on the course, and don't carry or use any portable audio devices.

Remember to treat other athletes, volunteers, and officials with courtesy and consideration. Failure to do so is called unsportsmanlike conduct, and you will be disqualified.

Have a great race,

Head Referee
triathlon@nyrr.org