

The Athlete Guide below will answer many if not all of your questions. If it does not answer them all, please feel free to contact us at any time with any questions or concerns you might have. More information can always be found on the race website and we promise timely updates will be posted on the Westchester Facebook page race week. Have a great race!

Friday, September 22nd			
Start	End	Event	Location
3:00 PM	7:00 PM	Packet Pick-up, Kids Triathlon, Super Sprint, Olympic	Rye Town Park
Saturday, September 23rd			
Start	End	Event	Location
5:00 AM	5:45 AM	Super Sprint Pre-Paid Race Day Packet Pick-Up ONLY	Rye Town Park
7:00 AM	8:15 AM	Official Start evoJets Super Sprint	Playland
6:30 AM	7:00 AM	Kids Triathlon Pre-Paid Race Day Packet Pick-Up ONLY	Rye Town Park
8:30 AM	10:30 AM	Official Start ONS Kids Triathlon	Playland
12:00 PM	5:00 PM	Olympic Packet Pick-Up	Rye Town Park
12:30 PM	5:00 PM	Transition Open to Rack Bikes	Transition
Sunday, September 24th			
Start	End	Event	Location
5:00 AM	6:30 AM	Transition Open	Transition
5:00 AM	5:30 AM	Pre Paid Race Day Packet Pick-Up Only	Rye Town Park
6:15 AM	6:30 AM	Swim Warm-up	Oakland Beach
6:40 AM	6:50 AM	Mandatory Pre-Race Meeting	Oakland Beach
7:00 AM		Official Start evojets Westchester Triathlon	Oakland Beach
8:30 AM		Post Race Party	Rye Town Park
11:00 AM	12:00 PM	Transiton Open to retrieve gear and bikes	Transition
11:15 AM		Westchester Awards Ceremony	Rye Town Park

Packet Pick-Up

- **Friday, September 22nd from 3:00 p.m. - 7:00 p.m.** at Rye Town Park. 95 Dearborn Avenue, Rye, NY 10580 (Race Venue)
- **Saturday, September 22nd from 5:00 a.m. – 7:00 a.m. for Kids Triathlon and Super Sprint** at Rye Town Park **Kids Triathlon and Super Sprint Race Day packet pick-up is for athletes that registered for this option ONLY!**
- **Saturday, September 22nd from 12:00 p.m. – 5:00 p.m. for Olympic Triathlon** at Rye Town Park. 95 Dearborn Avenue, Rye, NY 10580 (Race Venue)
- **Sunday, September 23rd from 5:00 a.m – 5:30 a.m** (For athletes that registered for this option only! If you did not pay for this at time of registration, this is not an option and you must pick up your packet on Friday or Saturday.)

Bring your photo ID with you! You are required to show it when you pick up your packet. Every participant must present his or her photo ID at packet pickup. If you are an annual member of USA Triathlon, you **MUST** present your USAT card **AND** a photo ID. If you forget, you will be charged for a one-day membership (\$15).

Not all members of a relay team have to show up at the same time. Each member will be given his or her own packet. If any one member of the team does not check in or sign the USAT waiver, the team will not be allowed to participate.

You will receive a race packet, which will include a run number, a bike number, timing chip, body tattoos, and safety pins and wave-specific colored swim cap.

Chip Timing

The race will be chip-timed. Your timing chip will be activated at packet pick up. **DO NOT FORGET YOUR CHIP RACE MORNING.** Timing chips will attach to your **LEFT** ankle and are to be worn for the duration of the race. The chip **IS NOT** disposable. All chips are to be returned in the proper bin located in the finish corral.

If you have to drop out of the race, you will need to report to a race official as a DNF (This lets us know that you are safely off the course). You will need to return your chip at this time.

Lost Chip Fee is \$125.00

Transition Area, Body Marking, and Pre-Race Meeting

The Transition Area will open at 5:00 a.m. and will close promptly at 6:30 a.m. Body marking tattoos are included in your race packet. A body-marking tent will be located in transition for those who registered for race day packet pick up. All athletes, including relay members, must be body-marked to participate.

A swim warm-up from the beach will be available from 6:00 a.m. – 6:30 a.m. After this time, competitors must clear the water.

There will be a mandatory pre-race meeting at 6:40 a.m. on Oakland Beach (Swim Start). All racers, including relay members, must be there at this time. The first wave of swimmers will go off at 7:00 a.m.

Race Numbers

You are required to display your race number at all times while competing.

You will receive temporary race tattoos that go on both shoulder and your right calf. Even though the race is chip timed, you need to display your number the entire race. During the bike portion, your number must be displayed on your bike using the bike

frame sticker you are given at registration. During the run, you must wear your race bib on your front. This is especially important for the finish. Smile!

SWIM WAVES

As part of the Westchester Triathlon ongoing race development and improvements, we will be using a “Rolling Swim Start”. This method has become commonplace across the globe in triathlons, with positive feedback.

What is a rolling start?

Athletes will line up according to their **REALISTIC** predicted swim time by self seeding. We will have corrals with corresponding 100yd paces. Every five seconds we will send out three athletes. It will take approximately 20 minutes to get the entire field across the swim start line.

Please note, the predicted swim time DOES NOT have to be communicated to the race officials in advance.

Why change to a rolling start?

- It increases safety and reduces anxiety in the swim
- It allows athletes to swim at their own ability and improves the overall swim experience
- It defuses the drafting problem on the bike course

Do middle of the pack swimmers have any advantage by starting in the front part of the field?

No, it is actually quite the opposite. If a middle of the pack swimmer starts in the front part of the field, she/he will be passed by hundreds of fast swimmers which poses a needless risk for all involved parties.

PLEASE BE HONEST TO YOURSELF AND LINE UP ACCORDING TO YOUR REALISTIC EXPECTED SWIM TIME!

Venue Information

Playland Park
1 Playland Parkway
Rye, NY 10580

From New York

Bronx - Take the Bronx River Parkway North to the Cross County Parkway East to the Hutchinson River Parkway North to Mamaroneck Avenue Exit 23 S. Stay on this for one mile and take I-95 North to Playland Parkway, Exit 19.

Brooklyn - Take the Triborough Bridge North to the Cross Bronx Expressway East to I-95 North to Playland Parkway, Exit 19.

Queens - Take the Cross Island Parkway North to the Throgs Neck Bridge to I-95 North to Playland Parkway, Exit 19.

Manhattan - Take the Westside Highway North to the Cross Bronx Expressway East to I-95 North to Playland Parkway, Exit 19.

From New Jersey

Take the George Washington Bridge to the Cross Bronx Expressway East to I-95 North to Playland Parkway, Exit 19 - or - Take the Tappan Zee Bridge East to the Cross Westchester Expressway (287 East) to I-95 South to Playland Parkway, Exit 19.

From Connecticut

Take I-95 South to Playland Parkway, Exit 19. or Take the Merritt Parkway to the Cross Westchester Expressway (287 East) to I-95 South to Playland Parkway, Exit 19.

Parking

Race day parking is at Playland. Please follow the signs that say Parking with directional arrows on them. It is imperative that you follow the directions of the police and parking staff. DO NOT pull into the first spot you think you see! We thank you in advance for respecting the guidelines and being courteous to the parking staff.

DO NOT TRY TO PARK AT Rye Town Park on race day! The parking attendants have heard all the excuses of why they should let you in. If you think they haven't heard all the excuses, we have filled them in with the ones they don't know. So please don't try it!

COURSE INFORMATION

Swim Course

Starting on Oakland Beach, athletes will complete the (1.5K) .90 mile counter clockwise course mostly inside the break wall. Swimmers leave the jetty to make two left hand turns before heading back to shore and finishing on Playland beach. Average water temperature for September is mid-to-high 60s, but can be colder depending on the weather leading up to race day.

Pre-Race Warm Up

We highly recommend getting into the water prior to your swim wave start. The beach area is open for warm up starting at 6:15 a.m.

Swim Start

When you arrive at the swim start, you will line up in a chute according to your expected 100yd pace or expected finish time. You will walk single file through a chute and then be sent off 3 at a time every 5 seconds. Listen for the command to enter the water. Large buoys will mark the course and you will keep them TO YOUR LEFT the entire time.

If you are in need of assistance during the swim, raise your arms in the air or swim to the nearest kayak/boat. You are allowed to stop and rest on the boat without a penalty as long as you do not make forward progress.

Once the race has begun, the Transition Area will be CLOSED—even for athletes who are not starting until one of the later waves. All athletes must be set-up, body-marked, and in attendance at the pre-race meeting in order to compete. Late arrivals will be prohibited from entering Transition, for safety and timing purposes.

When you reach the beach, follow the boardwalk and chute into the Transition Area. If you wish to have a towel or eyeglasses for the end of the swim, you may leave it on the beach.

The time cut-off for the swim is one hour after the last person has entered the water. If you have not completed the distance in that time, you will be required to exit the water. You will be allowed to continue the race. However, your time will be considered “unofficial” and you will not be eligible for awards.

Aquabike

The Aquabike course is the same as the Triathlon, minus the run. Aquabike athletes will race alongside triathletes until the end of the bike. They will dismount their bike and re-rack them in transition. Aquabike times are captured at the bike end point. However, we encourage all athletes to run, walk, jog, crawl or roll across the finish line to get your finisher award.

Relays

The chip hand-off will take place at the relay's designated rack spot for swim to bike and bike to run. Cyclists must leave the bike racked until they receive the chips! Relay members should leave the Transition Area once they complete their leg of the race. They can retrieve their bike when the Transition Area opens, after the last cyclist has returned.



Transition Area

You will enter transition at the entrance nearest the beach after the swim and exit the opposite end for the bike. The finish of the bike is the same as the start, at the top of Playland. You must re-rack your bike in the same spot where it was originally located after you return from your ride.

You will be assigned to a specific bike rack based on your race number. If you put your bike in the incorrect spot, it will be moved to the correct spot. You cannot use

balloons or signage to mark your spot. No one is allowed into the Transition Area except for athletes and race staff/volunteers.

Transition is a busy place. Please be aware of other athletes at all times. Related to this, be sure to respect other competitors' space. Please do not move anyone else's things without permission and do not let your belongings take up more than your fair share of space. There is no riding your bike in the Transition Area, as it poses a danger to the other athletes - you should walk or run your bike to the mount line outside of transition. Your helmet **MUST** be buckled before you get on your bike, otherwise you will be disqualified.

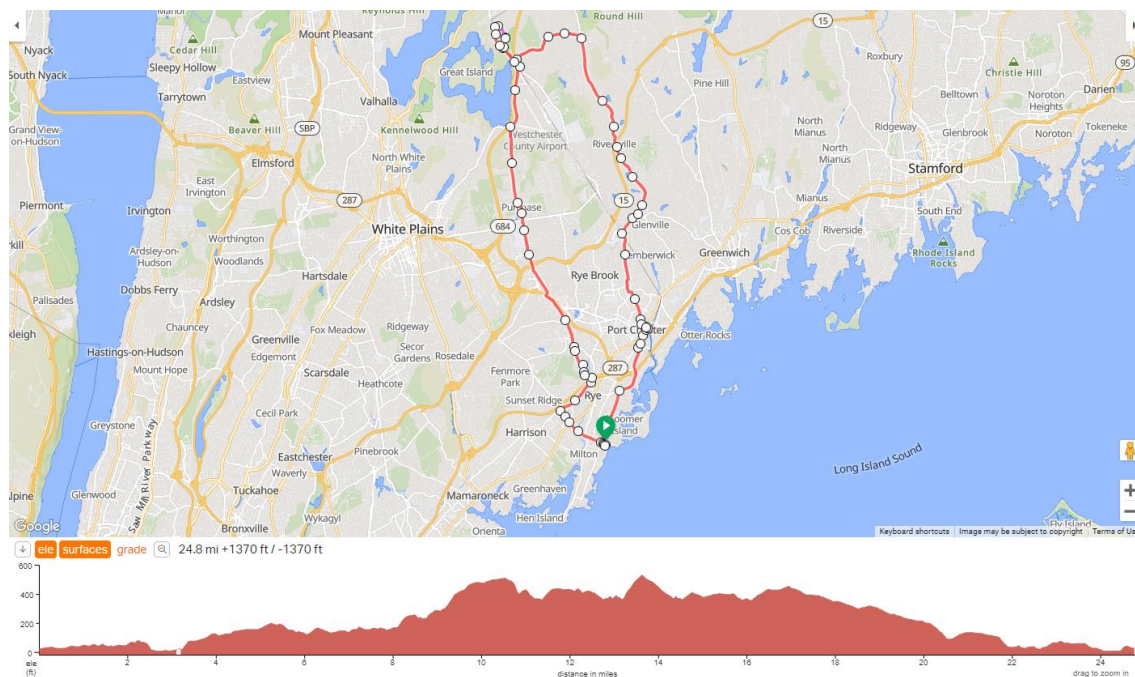
Bike Course

The 40K (24.8-mile) bike course is a challenging course through the beautiful countryside of Connecticut and New York that includes rolling terrain and Claire's climb, a 0.5 mile hill with average grade of 5.2%. The course will be marked with arrows on the pavement, cones and signs. Police and volunteers will control every major intersection. It is the police's discretion as to whether bike traffic can proceed safely. DO NOT go through a staffed intersection without police or volunteer approval! Please pay attention to the course signs, arrows on the road, and volunteers warning you about upcoming changes in speed and bumpy/uneven pavement. **You must obey the volunteers/police and abide by traffic laws at all times. THIS IS NOT A CLOSED COURSE!**

If you have mechanical or you see someone who needs assistance, please notify the nearest volunteer/officer so a support vehicle can be dispatched. We cannot guarantee that the mechanic will be able to fix your bike out on course, so you should bring a flat kit with you.

When you finish the ride, you must dismount your bike before the dismount line. **Note that we said BEFORE the dismount line!** Coming in hot and out of control only makes sense if you are a comet. Please remember to rack your bike back in your assigned spot!

All athletes must complete the bike course by 11:30 a.m. If you are still on course after this time, you will be allowed to finish the race, but your time will be "unofficial" and you will not be eligible for any awards.



Run Course

The course is 10K (6.2 miles) long. The course features closed roads and lots of spectator support! There will be volunteers along the route to make sure that you are staying on-course and not cutting corners. Follow the volunteers, arrows, and signs.



Aid Stations

Gatorade and water will be available at four (4) designated aid stations throughout the run.



POST-RACE INFORMATION

Post-Race Recovery

All finishers will be welcome to visit our recovery area and massage therapists. There will be snacks, pizza and beverages available for all competitors in the post-race area. And beer if you are 21 years of age or older!

Retrieving gear from the Transition Area

We understand you will want to retrieve your bike and clothing after the race. We also want to be respectful to participants who started later than you and are still competing. Therefore, we will only allow a few athletes in at a time to get anything except bikes, such as clothes and bags, before the last bicyclist completes T2. Once all of the athletes return from the bike course, you will be allowed to retrieve your bike. The 'entrance/exit' facing Rye Town Park in transition will serve as the athlete entrance and exit both pre and post race! DO NOT try to exit transition via the BIKE OUT!

Awards

Awards start at 11:30am in Rye Town Park adjacent to the finish line. There are awards for the top three men and women overall and the top three finishers in each age category. There will also be awards for the top Aquabikers (Top 3 male and female), and top three Relay teams.