

2015 Rochester Triathlon Presented by the Rochester Area Triathletes and SMP

Saturday, August 22nd, 2015

What time does the race start? This USAT sanctioned race starts at 8:00 AM. All athletes for both the Sprint and Olympic distances, individual and relays, should be on the beach by 7:40 AM for athlete instructions.

Where is the transition/race site located? The race will start and finish in Durand Eastman Park on Lake Ontario. Race headquarters and the transition area will be set up just West of Parking Lot A (1302 Lake Shore Blvd, Rochester NY 14617). There is a parking and race site map at the end of this FAQ.

What time will the transition area (TA) open and close on race morning? The TA will open at 6:00 AM and close promptly at 7:30 for both the Sprint and Olympic races. Please have everything that you need to start the race with you before the TA closes. After the race starts, only relay members will be allowed into the TA. It will be a "clutter-free" TA so there will be a bag drop area for you to place all your bags, buckets, wagons and anything that you will not need during the race. If you have a caddy carrying your equipment, he or she is not allowed to be stored in transition or the bag drop area.

Is there an Athlete's Meeting? Yes, an Athlete's Meeting will take place for all Sprint and Olympic distance participants on the beach, at the swim start, at 7:40am.

How many splits will we receive? ScoreThis!!! will be doing five splits: swim, bike, run, T1 and T2 along with the total time for the course.

Where is packet pickup? Packet pickup will take place at Towpath Bike located at 3 Schoen Place, Pittsford, NY 14534, (585) 381-2808 on Friday, August 21st (4pm to 7pm). Stock up on tubes, nutrition, apparel, or a new bike if you're that kind of athlete. Race morning packet pickup takes place from 6:00-7:15 AM by the transition area.

What do I need to bring to packet pickup? Every athlete needs to present a valid photo ID to pick up your packet. If you forget your photo ID we will ask you to go get it. You cannot race without an ID, no exceptions. If you are a minor, you must bring your parent or guardian with you who has a valid photo ID. All members of a relay team must be present and all show ID to receive your packet!

Do I need to be an annual USAT member to register for the race? No you do not. If you do not have a USAT number (every member of your relay must have their own USAT number), then register as a non-USAT member and pay the one-day registration price of \$12.

What if I forget my annual USAT membership card? We will ask you to go get it, download a temporary card from the USAT website or pull it up on your phone. If you can't do any of those things you will have to pay the additional \$12 fee for the one-day license.

Can I pick up a packet for a friend or spouse? No, you may not pick up a packet for anyone else. USAT states that all athletes must pick up their own packets in person. If you are on a relay team, all members must show ID before the packet can be released.

Can I change my t-shirt size? No.

I would like to volunteer or have a friend or family member who would like to volunteer. GREAT!!! You're now awesome in our book! This event would not be possible without volunteers! Send an email to: volunteer@rochestertriathlon.com and we will place you in a fun and exciting spot on the course.

Will it be dark when we arrive at 6:00 AM? Yes. The sunrise is at 6:23 AM and will be beautiful.

Where can we park? Parking for athletes will be at the East end of Lot A and in all of Lot B (see map at end of this FAQ). Parking for family, friends, visitors and volunteers will be in Lot C (leave a few extra minutes to walk down). If you stay late to enjoy a swim or picnic in the park, then you should follow all posted parking rules.

Where are the restrooms located? There will be several portable restrooms located near the transition area in parking Lot A. Having a roll of toilet paper in your tri bag is always a good idea!

Does the swim start on the beach or in the water? The swim start is in the water, which will be roughly waist deep.

Can I do a warm-up swim? Yes. Designated warm-up is from 7:00AM-7:30AM. All athletes must be out of the water at that time to listen to the safety meeting at 7:40AM.

Is this a deep or shallow water swim? The swim start will be in waist deep water and will continue that way for about 50-100 yards. You will swim in roughly 10 to 20 feet of water for the remainder of the swim. Sharks do not usually come into water this shallow.

What will the water temperature be at this race? Lake Ontario water temperatures are charted on-line at <http://www.wbuf.noaa.gov/laketemps/laketemps.php>. The website provides historical data as well as current data. Based on past years, the water should be in the low 70's. Wet-suit use follows USAT rules.

What is the swim course? Check out our maps at the [Rochester Triathlon webpage](#). The swim will head northeast from the beach for approximately 300 meters, turn left around a large orange buoy and head west for approximately 225 meters, then turn left around the next orange buoy and swim straight in to shore. You will complete two of these loops for the Olympic distance and one for the Sprint distance.

What is the bike course? The [bike course](#) is new this year! It has a few rolling hills but is mostly flat and fast. You'll follow Lake Shore Boulevard westward until a turn-around right before Washington Avenue sending you back east on the same street, pass the transition area, then turn south onto Log Cabin Road, turn north onto Pine Valley Road, which then becomes Lake Shore Boulevard and comes back to the park on Lake Shore Boulevard. You will complete two loops (20km) of this course for the Sprint distance and four loops (40km) for the Olympic distance.

What is the run course? Check out our maps at the [Rochester Triathlon webpage](#). The 10km run course will have some rolling hills on the paved path along the beach, followed by a climb through the woods, then gentle hills through an adjacent neighborhood, returning the same way. The 5km course will turn around in the woods and head back on the paved beach path.

Will there be aid stations on the run course? There will be water provided outside of transition, at approximately 2km and 4km for the Sprint distance and at approximately 2km, 4km, 6km, 8km on the Olympic distance run course, as well as at the finish line. Weather depending, there will also be an optional water arch to run under at 2km on the run course and prime rib served at 13km.



Lot A west end: Ambulance, transition Area exit, port-o-potties, etc

Lot A east end: Parking for athletes

Lot B: Parking for athletes and extra-long vehicles

Lot C: (unmarked on this map, but right after Lot B) is further east and will be for family, friends, visitors and volunteers. Leave a few extra minutes to walk down to the transition area.

Note: Please watch for update FAQs as the race prep continues. Final race information will be emailed to participants prior to the race.

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