

FAQ - Rochester Triathlon Presented by the Rochester Area Triathletes and SMP

Fourth Saturday in August

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

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. Athletes should be at the race site by 7:00 AM as road closures start at 7:30 AM.

Where is the transition/race site located?

The race will start and finish at Durand Eastman Beach on Lake Ontario across from Camp Eastman. 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 a Mandatory Athlete's Meeting?

Yes, a Mandatory Athlete's Meeting will take place for all Sprint and Olympic distance participants next to the TA, near the stage, 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 25 th (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! Relay members can show up individually to show their ID, but only after the last member has shown up can the packet be released.

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 \$15.

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 \$15 fee for the one-day license. This is a USAT sanctioned race and a USAT membership is a requirement of USAT.

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 approximately 6:27 AM and will be beautiful. 30 minutes prior to sunrise is considered Civil Twilight and it's generally light enough to see the ground.

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. Once parked, no vehicles will be allowed to leave the parking area until the roads open back up at 11:00 AM. No exceptions unless you are in an ambulance, which we hope you won't be. :)

When will the roads be closed and reopened?

Yes. Roads are closed at 7:30 AM and reopen at 11:00 AM. Roads are closed down Lake Shore Blvd., Pine Valley Rd., and Sweet Fern Rd., and at the intersection of St. Paul/Lake Shore Blvd and Sweet Fern Rd./Culver Rd. Please inform spectators to adjust their arrival/departure accordingly. Everyone should plan to be at the race site by 7:00 AM including spectators. No vehicles will be allowed on the road from 7:30 AM to 11:00 AM.

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! Most athletes consider a wetsuit a portable restroom. Ever wonder why the swim start is so warm? It's not because it's shallow.

Does the swim start on the beach or in the water?

The swim start is in the water, which will be roughly waist deep. Swim queuing is at the top near transition area.

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.

Are spectators allowed on the beach?

No. Unfortunately due to high water levels this year, and limited beach real estate, spectators are not permitted on the beach. However, there are multiple places spectators can watch athletes in the water from viewing areas near transition.

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?

Check out our maps at the Rochester Triathlon webpage. The bike course 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.

What is the bike course cut-off?

Disclaimer: The race director has the right to remove athletes from the bike course, at his/her own discretion. The road reopens No Later Than 11:00 AM. If you have not started your last lap with sufficient time to finish the course by 11:00 AM under the discretion of the Race Director, he/she will ask you to discontinue the bike course. Please pick your distance accordingly.

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 imaginary 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) is further east from Lot B and will be for family, friends, visitors and volunteers. Leave a few extra minutes to walk down to the transition area.