

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

What time does the race start?

The race starts at 8:00 AM. All athletes for both the Sprint and Intermediate distances, individual and relays, should be on the beach by 7:40 AM for the mandatory athlete meeting. 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. For directions, navigate to 1302 Lake Shore Blvd, Rochester NY 14617.

What time will the Transition Area open and close on race morning?

Transition will open at 6:00 AM and close at 7:30 for both the Sprint and Intermediate races. Please have everything that you need to start the race with you before Transition closes. After the race starts, only relay members will be allowed into Transition. It will be a "clutter-free" Transition, there will be a bag drop area for you to place anything that you will not need during the race.

Is there a Mandatory Athlete's Meeting?

Yes, a Mandatory athlete's meeting will take place for all athletes next to Transition, 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 24th (4pm to 7pm). Stock up on anything you need for the race, and be sure to thank Towpath for their support! 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, 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 show ID to receive the relay team packet!** Relay members can show up individually to show their ID, but the packet can only be picked up after the last team member has shown ID.

Do I need to be an annual USAT member to register for the race?

No. If you do not have a currently active annual USAT membership (every member of a relay must have their own USAT membership), then you must pay the one-day membership fee.

What if I forget my annual USAT membership card?

USAT has a smartphone app that can display your membership card. If you can't show proof of membership, you will have to pay the one day USAT membership fee.

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. We order the shirt quantities based on registrations.

I would like to volunteer or have a friend or family member who would like to volunteer.

GREAT!!! 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. We will have lights set up over the transition area.

Where can we park?

Parking for athletes will be at the East end of Lot A and in all of Lot B. We ask that non-athlete vehicles park in Lot C. Once parked, no vehicles will be allowed to leave the parking area until the roads open back up at 11:00 AM.

When will the roads be closed and reopened?

Roads are closed at 7:30 AM and reopen at 11:00 AM. Lake Shore Blvd / Sweet Fern Rd will be closed from Culver Rd to St Paul Blvd. 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 non-emergency 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! New for this year, we plan to have a couple of the restrooms accessible from transition for athlete use only.

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 of the path near Transition.

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.

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?

The official answer is no. Because we have athletes walking down to the beach to start their race, along with athletes running up from the beach after completing their swim, there is no path for spectators to get back and forth between the beach and transition. Only athletes may use the path to the beach near transition. There are excellent vantage points to watch the swim from the top of the hill.

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 Intermediate distance and one loop for the Sprint distance.

What is the bike course?

Check out our maps at the Rochester Triathlon webpage. The bike course has some hills but is pretty fast. You'll follow Lake Shore Boulevard west until a U-turn at Washington Avenue, sending you back east on Lake Shore. You will ride past transition, then take a right turn onto Log Cabin Road, climbing up Log Cabin and then coming down Pine Valley Road. This will shoot you back out onto Lake Shore and return to transition. You will complete two loops (20km) of this course for the Sprint distance and four loops (40km) for the Intermediate distance.

Is the bike course closed to traffic?

Yes, we are once again proud to offer our athletes the only car-free bike course in the area. We ask athletes to ride in the traffic lanes, NOT on the shoulders. This is for two reasons: First, the shoulders have not been swept, so there could be gravel, glass, and other things you don't want to ride through. Second, in the unlikely event of an emergency, we will guide the vehicle out using the shoulder. You still need to look where you are going, but odds are very high you will not see a car during your race. Again, athletes should ride in the traffic lanes for this race!

What is the run course?

Check out our maps at the Rochester Triathlon webpage. The run starts along the paved beach path in the park. The 10km run course will have a climb through the woods, then some hills through an adjacent neighborhood, returning the same way. The 5km course is flatter, with the turnaround before the hills.

Is there a bike course time cut-off?

Our permit for closure of Lake Shore Blvd expires at 11:00am. If the Race Director or Bike Course Director determines that an athlete may not be able to finish his or her final bike loop by 11:00am, the athlete will be removed from the race. The decision of the Race Director or Bike Course Director in this case is final. If you don't think you can finish all four loops of the Intermediate race before the cutoff, please consider switching to the Sprint distance race. We really don't want to pull anyone from the course, but we can't risk our athlete's safety or our permit for next year's race. Once you're out on the run course, there is no cutoff (as long as you keep moving).

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 Intermediate distance run course, as well as at the finish line.