

Rochester Area Triathletes

# Spring Newsletter

2017

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## ROC DUATHLON and 5k Trail Run/Walk

Join Rochester Area Triathletes and [I AM ISIAH INC.](#) for the [ROC Duathlon and 5k Trail Run](#) on June 4th at Grace and Truth Park 373 North Greece Rd in Hilton NY! Come walk, run and bike to fight mental illness! Bring your friends, form a team and walk in memory of someone you love, someone you lost, or for yourself.



THIS EVENT IS FOR ALL SKILL LEVELS! Our athletes will be well fed! There will be sushi from California Rollin' Inc., subs from DiBella's Subs and Wegmans and salad from CoreLife Eatery! Foodlink will be joining us with their Mobile Food Pantry, supplying our athletes with snacks and water! We have raffles and prizes from area retailers including an overnight stay at the new del Lago Resort & Casino!

The duathlon features an all cross-country run course and a flat and fast bike course. There is Sprint and Intermediate distances. There is also a relay option, a 5k run/walk for adults and persons of 18 years of age and under! There is something for everyone!

Come kick off your Tri season and join us on June 4th! Our registration fees were just reduced by \$10. Most importantly, all proceeds benefit I AM ISIAH Suicide Awareness and Prevention.

[Like Us On Facebook](#)  
[Follow Us On Twitter](#)

## ROC TRI Presented by SMP

Join Rochester Area Triathletes and SMP at our annual Triathlon at Durand Eastman Beach on Saturday August 26th, 2017. We have Olympic and Sprint distances, relays, and Aquabike race options.

The first 40 registrants receive a free pair of touchscreen compatible winter training gloves provided by SMP. Participants

registered by August 1st will receive a Surprise Technical Race Shirt, and participants registered by August 14th will receive a Technical Race Shirt.



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## Race Discount

### 50% off the ROC TRI when you register for the ROC Duathlon!

The Rochester Area Triathletes are proud to be offering a race discount for current RATs members. Sign up for the ROC Duathlon and receive 50% off your race entry for the Rochester Triathlon presented by SMP.

#### How to take part of this offer:

- 1.) Register for the ROC Duathlon
- 2.) Email [rob.smura@rochestertriathletes.com](mailto:rob.smura@rochestertriathletes.com) to receive your discount code to use for the Rochester Triathlon.
- 3.) Register for the Rochester Triathlon using the discount code you received.

#### Exceptions:

- This offer is limited to individual racers, and can be used for Sprint/Short and Intermediate/Olympic distances.
- You need to be a RATs member to take advantage of this offer. To join or renew your membership visit our website

[Register today on our website](#)

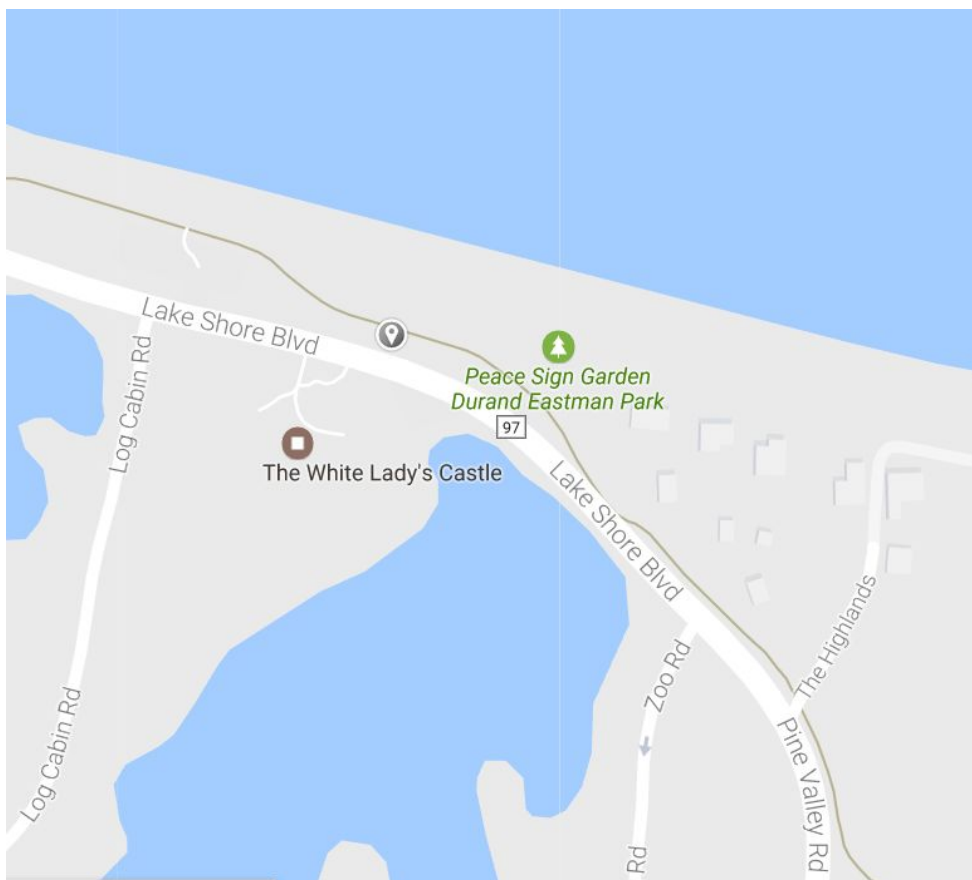


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## Spring Workout Series

### Durand Workout

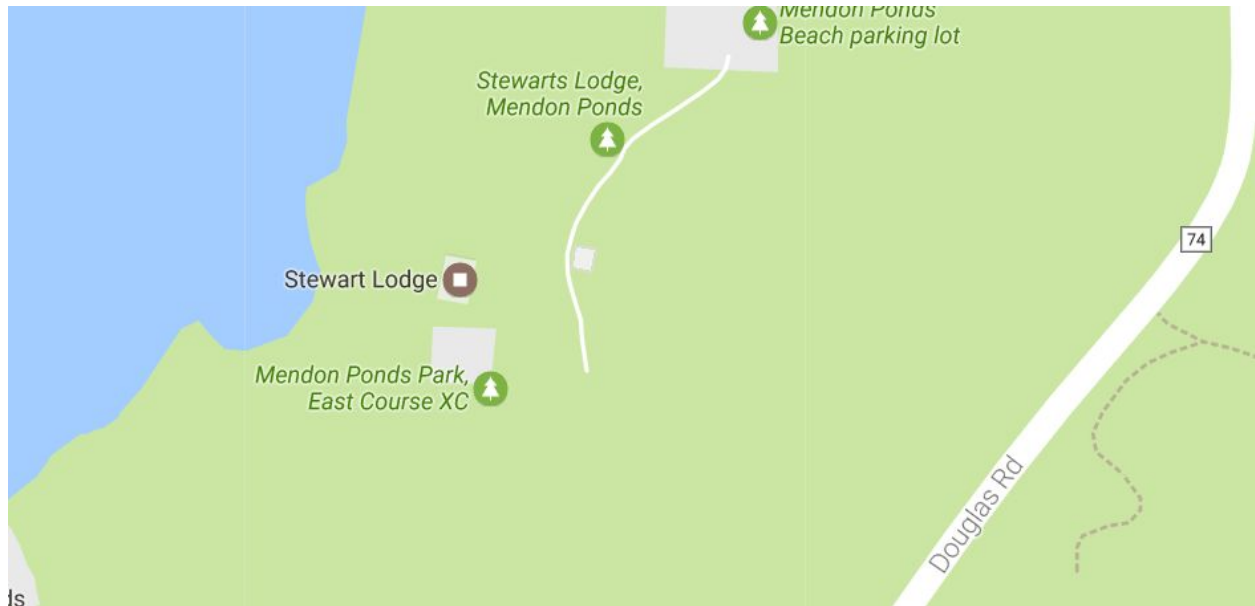
The Rochester Area Triathletes will be meeting every Sunday for a Run-Bike-Run starting April 16th, 2017. When the water temperatures increase we will change the workout to a Swim-Bike-Run. The workout starts at 8 am so arrive at 7:45 am to set up. You can find us across from The White Lady's Castle at Durand Eastman Beach.



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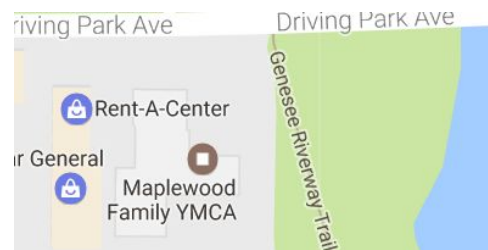
## Mendon Workout

Join us every Tuesday for a Run-Bike-Run starting April 18th, 2017. The workout starts at 6:30pm so arrive at 6:15pm to set up. You can find us near Stewart Lodge at Mendon Ponds Park.



## Maplewood YMCA Workout

Join us every Friday night at 8:30 pm at the Maplewood YMCA in Rochester for a swim workout coached by Peter Sichak. Need swimming tips and tricks? This workout is a great place to start.



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## Upcoming Workouts

### Durand Swim Workout

When water temperatures increase we will begin our Durand Eastman Beach Thursday night Swim workouts. You can choose to swim up to 2 miles in open water with us. Our tentative start date is late June - early July depending on water temperature. Stay tuned for updates on this workout start date!

## RATS Membership

### Join Today!

A RATS membership provides you with discounts at local shops, races and group workouts. Join today to take part of all that RATS offers! There is no processing fee thanks to Score This! Not a RATS member? *Come to any of our workouts and try us out before you join!*

#### Our low-cost membership prices are:

1 year individual - \$30

3 year individual - \$65

1 year family - \$40

3 year family - \$85

1 year student (24 and under) - \$20

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For more information on workouts, races, and sponsors visit our [website](#). Get Out and Tri!

