

Rochester Area Triathletes

Summer Newsletter

2017



Rochester Youth Triathlon

The **Rochester Youth Triathlon** is for youth 6 to 17 years old and features the only Teen Super Sprint in New York State! If you can swim, ride a bike, and run (or walk), **come out and give it a tri!**

All participants will get a t-shirt (register by June 30 to be guaranteed t-shirt size) and finisher's medal. The top three finishers for boys and girls in the Teen Super Sprint will receive trophies.

This event is held at Genesee Valley Park on Saturday July 22nd, 2017 at 8:30 AM (participant check-in starts at 7:15 AM). The **swim** is in the 50 meter outdoor pool. The **bike** ride is on paved bike trails along the Genesee River. The **run** is on paved trails and sidewalks in the park.

There are three distances to choose from:

- 1.) **Short Course** is a 50 meter swim + 2.2 mile bike ride + 0.5 mile run
- 2.) **Long Course** is a 100 meter swim + 4.3 mile bike ride + 1 mile run
- 3.) **Teen Super Sprint** (for 13-17 year olds only) is a 300 meter swim + 6.4 mile bike ride + 1.8 mile run

| Registration Fees | | | | |
|--------------------------|------------------------------------|--------------------|-----------------------------|--------------------|
| | City of Rochester Residents | | Regular Registration | |
| | Cost until 6/30/17 | Cost after 6/30/17 | Cost until 6/30/17 | Cost after 6/30/17 |
| Short Course | \$5 | \$10 | \$15 | \$20 |
| Long Course | \$5 | \$10 | \$15 | \$20 |
| Teen Super Sprint | \$7 | \$12 | \$20 | \$25 |

Register by June 30 to be guaranteed your t-shirt size. Registration closes Thursday, July 20 at 11:59 PM. For event details and a link to registration, go [here](#).

Please consider **volunteering** at this event to help make a safe and fun race for the participants! If you are interested in volunteering, please e-mail the Volunteer Coordinator at kidsvolunteer@RochesterTriathletes.com

Questions? E-mail kidstri_info@RochesterTriathletes.com



Rochester Triathlon 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.



Sprint Distance Course Description

- 750m (0.47 mi) swim in Lake Ontario ([map](#))
- 20km (12.4 mi) bike course (2 loops) ([map](#))
- 5km (3.1 mi) run on rolling paved trails through leafy Durand Eastman Park ([map](#))

Olympic Distance Course Description

- 1500m (0.94 mi) swim (2 loops) in Lake Ontario ([map](#))
- 40km (24.8 mi) bike course (4 loops) ([map](#))
- 10km (6.2 mi) run on rolling paved trails and residential roads of the Sea Breeze district ([map](#))

Price Schedule

(Plus USA Triathlon 1 day membership fee if applicable)

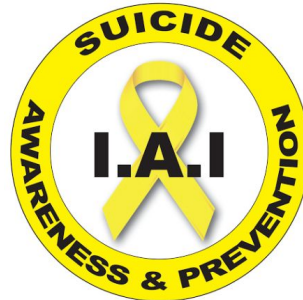
| | Cost until 6/30/17 | Cost 6/30/17 - 8/14/17 |
|---|--------------------|------------------------|
| Sprint Tri and Sprint Aquabike | \$80 | \$90 |
| Olympic Tri and Olympic Aquabike | \$90 | \$100 |
| Sprint Triathlon (Relay) | \$115 | \$125 |
| Olympic Triathlon (Relay) | \$130 | \$140 |

We will need about 150 **volunteers** to help on the day of the event (rain or shine!) and even some the day before. If you are interested in volunteering, please e-mail:

volunteer@rochestertriathlon.com



ROC DUATHLON and 5k Trail Run/Walk



Rochester Area Triathletes and [I AM ISIAH INC.](#) hosted the ROC Duathlon and 5k Trail Run/Walk on June 4th at Grace and Truth Park 373 North Greece Rd in Hilton NY. Despite the cold and rainy weather over 70 participants came to race and helped fight mental illness! Thank you to all our participants, volunteers, and sponsors!!

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

Race Discount

50% off the ROC TRI if you registered for the ROC Duathlon!

The Rochester Area Triathletes are proud to be offering a race discount for current RATs members. If you signed up for the ROC Duathlon you can 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 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

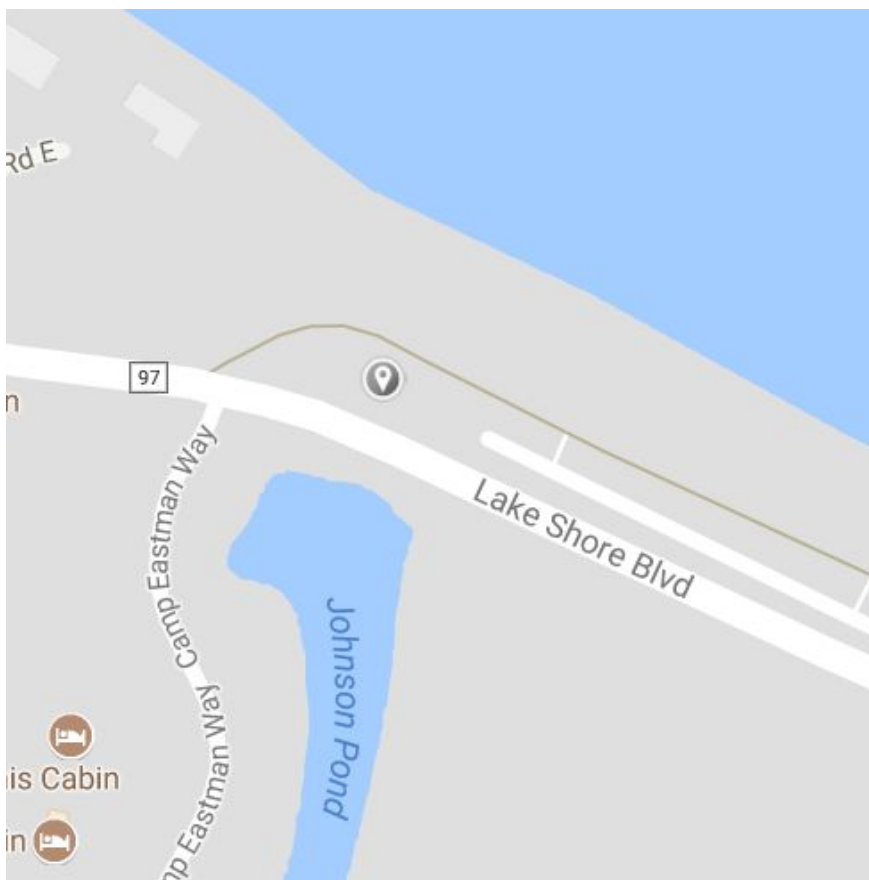
[Register today on our website](#)



Summer Workout Series

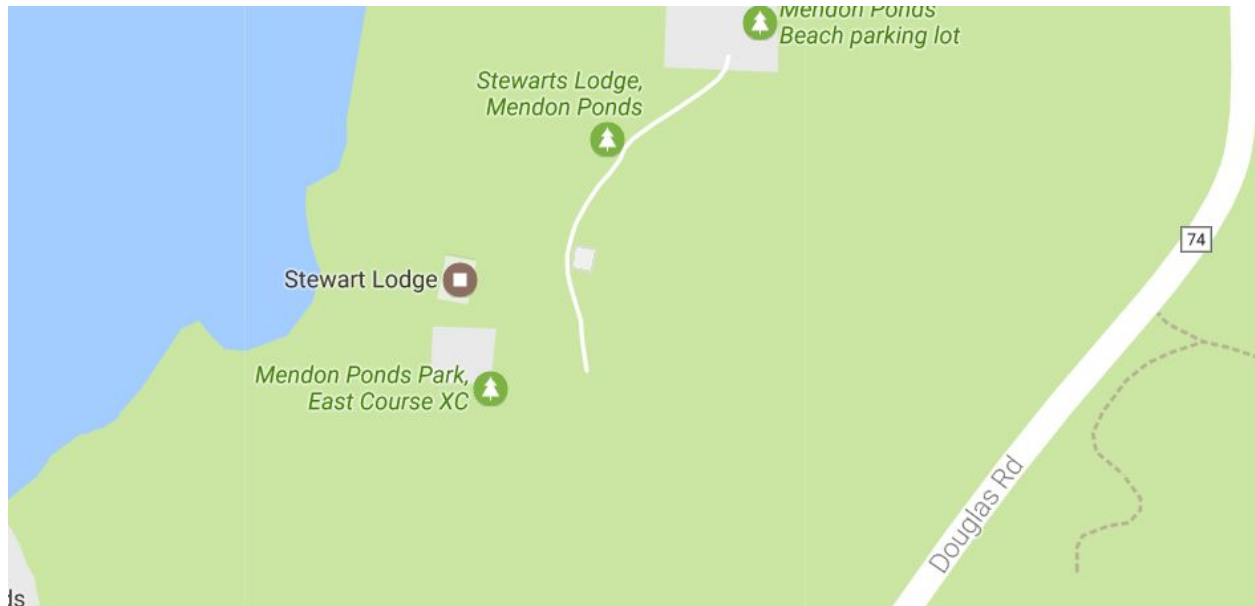
Durand Workout

The Rochester Area Triathletes will be meeting every Sunday for a Swim-Bike-Run starting June 25th, 2017. The workout starts at 8 am so arrive at 7:45 am to set up. You can find us across from Johnson Pond at the beginning of the bike path near the beach sign at Durand Eastman Beach.



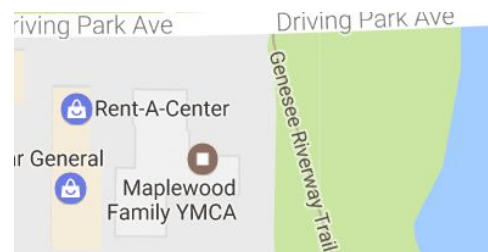
Mendon Workout

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.



Other Workouts

Durand Swim Workout

Thursday Long Swim workouts are being suspended due to high water levels in Lake Ontario. Currently there is no beach area to observe swimmers. The forecast is for water levels to remain high into August. Check [RATs calendar](#) for updates.

Drop-Ins for Drop-Outs (DIDO) Swimming

Anyone can drop-in to an instructional workout with DIDO at any time for \$12 drop in rate. If you don't want to have the instruction from Coach Mike, RATs are welcome to swim alongside the DIDO swimmers to be in a group. We don't want you to swim alone! If a swim workout is called on the [DIDO FB](#) page, that is not instructional time, anyone can attend, no fee. Contact Coach Mike for more information: coachmikebaxter@gmail.com

Long Bike Rides

Meet fellow RATs on Saturday mornings at 8:15 am at Thornell Farm Park in Pittsford. The Rides are approximately 3 hours and is an out and back route. Mostly country roads with low traffic and some hills. Stay after the ride to reward yourself with Pittsford Dairy or somewhere else afterwards with the group. Contact bparameter@hotmail.com for more information.



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

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

