

Rochester Area Triathletes

Winter Newsletter

December 2017 - March 2018

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RATs Spin and Swim

Happening NOW! Every Friday at the Maplewood YMCA the Rochester Area Triathletes host a Spin and Swim workout where you can stay fit during winter and fine tune your swim. Workout is open to all official RAT members and YMCA members. We spin at 7 pm and swim at 8 pm. Last Spin and Swim is March 30th, 2018. For more information please contact Rachel at rachel.bierasinski@rochestertriathletes.com

RATs Spring Workouts

Stay tuned for information regarding our Spring Workouts. There will be RBRs starting soon that will be held on Sundays and Tuesdays.

Our [Calendar](#) will be updated with these future workouts!



Rochester Youth Triathlon presented by Excellus BlueCross BlueShield



The Rochester Youth Triathlon will be held on Saturday July 28th, 2018 at Genesee Valley Park. Registration opens in March. Stay tuned for more information and check out our [race page](#).

ROC DUATHLON



Join the Rochester Area Triathletes and [I AM ISIAH INC.](#) for the [ROC Duathlon](#) on Saturday, June 2nd, 2018 at Grace and Truth Sports Park 373 North Greece Rd in Hilton NY! Come run and bike to fight mental illness! Bring your friends, form a team and race in memory of someone you love, someone you lost, or for yourself.

THIS EVENT IS FOR ALL SKILL LEVELS! The duathlon features an all cross-country run course and a flat and fast bike course. There are Sprint and Intermediate distances. There is also a relay option available for the intermediate distance.

Come kick off you race season and join us on June 2nd and [register](#) today! Most importantly, all proceeds benefit I AM ISIAH Suicide Awareness and Prevention.

Event	Price
Intermediate Duathlon	\$45
Short Duathlon	\$35
Relay Teams - Intermediate Duathlon	\$60

ROC TRI Presented by SMP



Join the Rochester Area Triathletes and SMP at our 8th annual [Rochester Triathlon](#) at Durand Eastman Beach on Saturday August 25th, 2018. We have Olympic and Sprint distances, relays, and Aquabike race options. [Register](#) by April 30th to take advantage of the early bird discount! For more information please visit our [race website](#). See pricing on the next page.

Event	Price
Sprint Tri and Sprint Aquabike	\$65 Jan 1 - Apr 30 \$80 May 1 - Jun 30 \$90 Jul 1 - Aug 21
Olympic Tri and Olympic Aquabike	\$75 Jan 1 - Apr 30 \$90 May 1 - Jun 30 \$100 Jul 1 - Aug 21
Sprint Triathlon Relay	\$100 Jan 1 - Apr 30 \$115 May 1 - Jun 30 \$125 Jul 1 - Aug 21
Olympic Triathlon Relay	\$115 Jan 1 - Apr 30 \$130 May 1 - Jun 30 \$140 Jul 1 - Aug 21

Dual Race Discount

25% 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 25% off your race entry for the Rochester Triathlon presented by SMP. You **must** be a RATs member to take advantage of this offer. To join or renew your membership visit our [website](#).

How to take part of this offer:

- 1.) Register for the ROC Duathlon
- 2.) Email jstrossman@rochestertriathletes.com to receive your discount code to use for the Rochester Triathlon. **Exceptions:** This offer is limited to individual races, and can be used for either the Sprint or Olympic distances.
- 3.) Register for the Rochester Triathlon using the discount code you received.