

NAUTICA   
NEW YORK CITY TRIATHLON

Presented by **RCN** 

**2010**  
**SPECTATOR GUIDE**

**Nautica New York City Triathlon**  
**[www.nyctri.com](http://www.nyctri.com)**  
**212-691-2200**

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Welcome to the 2010 Nautica New York City Triathlon. This guide provides everything you'll need to know to have a great weekend in the city and cheer your buddies through 32 grueling miles of multisport athleticism. Don't forget that the Nautica New York City Triathlon is way more than just a race; it's a weekend party! The party kicks off with the Jamaica Underwear Run in Central Park on Friday night and doesn't stop until after the jetBlue Finish Festival on Sunday. This guide lets you know about all the great events available for athletes' friends and family and provides maps and tips to help you cheer for your loved ones on race day. For extra details and comedy visit our website [www.nyctri.com](http://www.nyctri.com) or join us at [www.facebook.com/nyctri](http://www.facebook.com/nyctri), and contact us if you have any questions at [contact@nyctri.com](mailto:contact@nyctri.com).

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# SCHEDULE OF EVENTS

## Friday: July 16<sup>th</sup>

**12:00 PM – 8:00 PM**



Sports and Fitness Expo at Hilton New York on 1335 Avenue of the Americas (6th Ave/53rd St.). Sample tasty drinks and sports bars while checking out our sponsors' vast array of slick gear.

**1:00 PM**

The 2<sup>nd</sup> Annual Nautica Diaper Derby held at the Expo will feature the country's 30 speediest diaper-clad tots. See future triathlete champions get their first taste of competition.



**7:30 PM**



500 strangers dressed in slightly more than their birthday suits will gather for the Central Park Underwear Run on Cherry Hill. Last year we smashed the Guinness world record for the most people gathered in one place in their underwear; witness history as we repeat the feat this year!

## Saturday: July 17<sup>th</sup>

**10:00 AM – 6:00 PM** The Sports and Fitness Expo will continue at Hilton New York on 1335 Avenue of the Americas. Come check it out and get free swag!

## Sunday: July 18<sup>th</sup>

**5:50 AM - 8:00 AM**



Your friends and family have been anticipating and training for this day for months. Cheer them on as the Nautica New York City Triathlon Starts! Swim Start - 99th Street & Hudson River (see below for race viewing maps and tips!)

**7:30 AM - 2:00 PM**

Enjoy live music, awards, and free goodies at the jetBlue Finish Festival Celebration in Central Park at Dead Road.



**8:00 AM**



Watch as men and women race 5 miles through central park tethered to their Canine counterparts. These dogs have done countless roll-overs and sit-stays to prepare for this day so come out and show your support!

**10:00 AM**

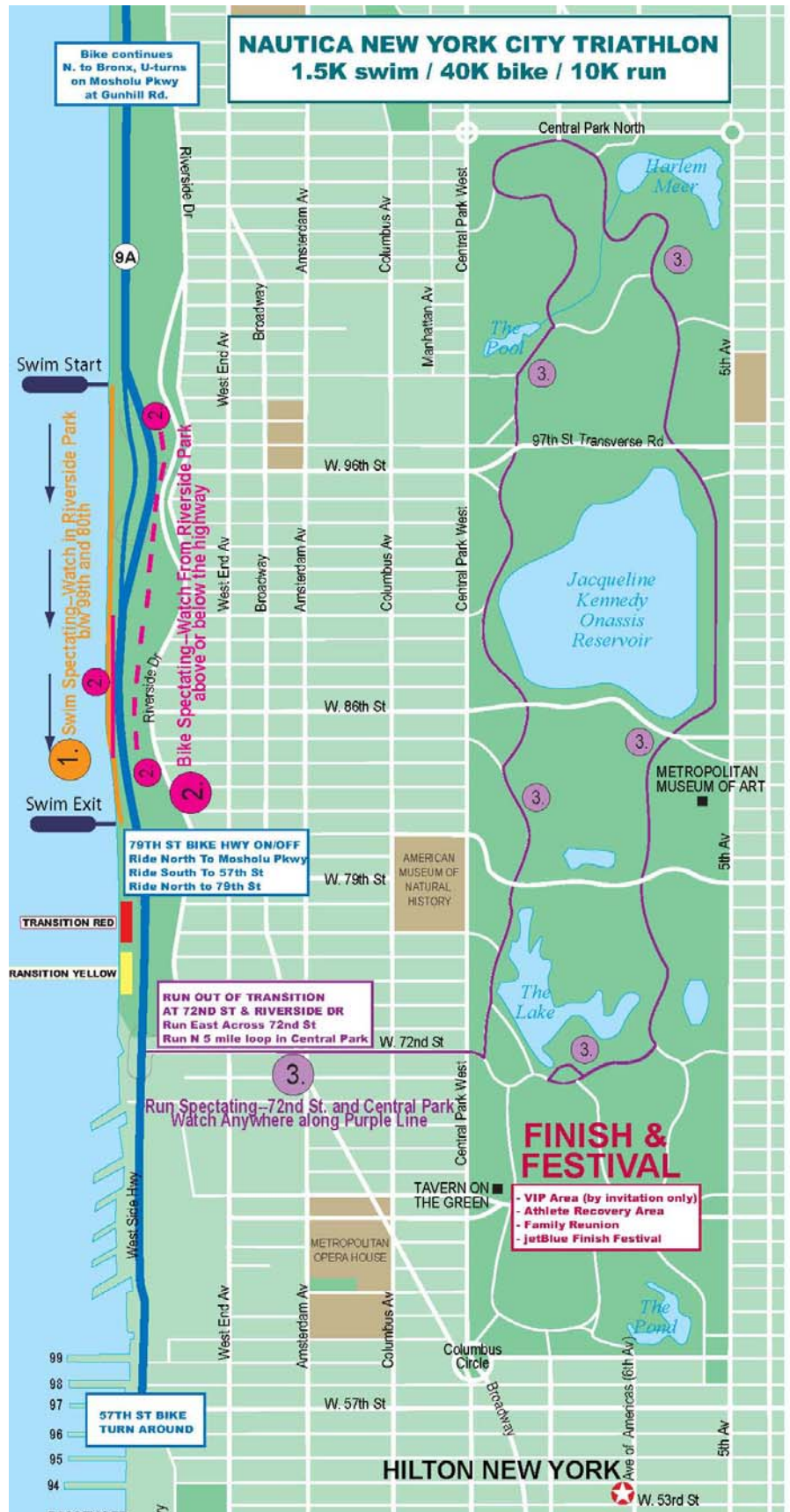
Pro & Elite Age Group Awards & Iams Doggy Dash Awards at jetBlue Finish Fest.

**12:00 PM**

Age Group, Para-Tri and Specialty Awards at the jetBlue Finish Fest.

# WATCHING THE RACE

- **1. SWIM START:** It's only one day so get up at 4:30 am and go with your tri buddy to the swim start at 99<sup>th</sup> St. along the Hudson River. Enter Riverside Park at 97<sup>th</sup> and Riverside Drive or at 96<sup>th</sup> St. just west of West End Avenue. Please follow the marshal's directions. You can view anywhere in the park between 99<sup>th</sup> and 80<sup>th</sup> (You will *not* be allowed to watch along the transition area from 79<sup>th</sup> to 72<sup>nd</sup> St. along the Hudson)
- **2. BIKE:** There is a great view of the bike route in Riverside Park along the water from 84th St. to 90<sup>th</sup> St. You can also cross under Westside Highway at W. 83<sup>rd</sup> St. or W. 96<sup>th</sup> St. and find open viewing areas from the park up above the East side of the highway. (You will *not* be allowed onto Westside Highway to watch the bikers and Southbound lanes will still be open to traffic).
- **3. RUN:** A great place to watch the run is along 72<sup>nd</sup> St. anywhere between Riverside and Central Park's West Entrance. The Central Park entrance is one mile into the run so your pals will still look good (and there's a great hotdog stand on the corner). The final five miles of the run covers the Northern loop of Central Park before finishing on Dead Road. You can watch the runners pass anywhere along the central park course (see map to right).



# RE-CONNECTING & CELEBRATING



- There is an RCN call center located just inside the jetBlue Finish Festival where your loved ones can call you. Keep your cell phone on, describe a meeting place, and wave your signs!
- Meet your friends and family in the designated Family Reunion area
- Guide your cramping, limping, and satisfied loved one to the jetBlue finish festival for live music, awards, and tons of free goodies from our sponsors!

## General Spectator Tips

- Cheer, holler, scream, make signs and encourage everyone! Make some noise, bring a cowbell – come on, your buds just swam, biked, and ran 32 miles!
- Thank the Cops for making the race safe. It doesn't hurt and they don't bite.
- Don't argue with the marshalls – if a marshal says an area is restricted; then it's restricted. We understand "no" is not in a New Yorker's vocabulary. Pretend you're from Iowa.
- Your friend can't go drinking Friday and Saturday night. Don't ask a million questions, ask us. This is not about you; it's about your pal.
- When your delirious loved one says "Don't ever let me do this again" just smile and nod. Tomorrow they'll be on-line registering for more races.
- Any questions? Give us a call at (212)691-2200 or e-mail us at [graham@nyctri.com](mailto:graham@nyctri.com)

# SWIM WAVES

**Note:** You will not know which wave within an age group your athlete is unless you ask him the color of the swim cap he or she received in his or her race packet.

Transition Color	Wave No.	Division	Cap Color	Wave Time
Yellow	1	Pro Men	Red	5:50 a.m.
Yellow	2	Pro Women	White	5:52 a.m.
Yellow	3	Age Group Elite Male	Navy	5:54 a.m.
Yellow	4	Age Group Elite Female	Royal	5:56 a.m.
Yellow	5	Men 55 & Over	Orange	5:59 a.m.
Yellow	6	Men 40-44	Yellow	6:02 a.m.
Yellow	7	Men 40-44	Silver	6:05 a.m.
Yellow	8	Men 40-44	Red	6:08 a.m.
Yellow	9	Women 45-49	Navy	6:11 a.m.
Yellow	10	Women 50 & Over	Purple	6:14 a.m.
Yellow	11	Women 25-29	White	6:17 a.m.
Yellow	12	Women 25-29	Fl_Green	6:20 a.m.
Yellow	13	Women 30-34	Black	6:23 a.m.
Yellow	14	Women 30-34	Fl_Orange	6:26 a.m.
Yellow	15	Women 35-39	Red	6:29 a.m.
Yellow	16	Women 35-39	Silver	6:32 a.m.
Yellow	17	Women 40-44 Athena 40 & Over	Dark Green Dark Green	6:35 a.m.
Yellow	18	Women 40-44 Athena 39 & Under	Royal Royal	6:38 a.m.
Yellow	19	Women 24 & Under Relays/CNN	Fl_Pink Fl_Pink/White	6:41 a.m.
Red	20	PT Ch'ship Qualifiers	Red PT Caps	7:00 a.m.
Red	21	ParaTriathletes	Purple	7:03 a.m.
Red	22	Men 45-49	Yellow	7:06 a.m.
Red	23	Men 45-49	Orange	7:09 a.m.
Red	24	First Responders	Royal	7:12 a.m.
Red	25	Clydes 40 & Over	White	7:15 a.m.
Red	26	Clydes 39 & Under	Navy	7:18 a.m.
Red	27	Men 50-54	Purple	7:21 a.m.
Red	28	Men 35-39	Black	7:24 a.m.
Red	29	Men 35-39	White	7:27 a.m.
Red	30	Men 35-39	Fl_Orange	7:30 a.m.
Red	31	Men 35-39	FL_Pink	7:33 a.m.
Red	32	Men 30-34	Red	7:36 a.m.
Red	33	Men 30-34	Royal	7:39 a.m.
Red	34	Men 30-34	Silver	7:42 a.m.
Red	35	Men 30-34	Fl_green	7:45 a.m.
Red	36	Men 25-29	Purple	7:48 a.m.
Red	37	Men 25-29	Dark Green	7:51 a.m.
Red	38	Men 25-29	White	7:54 a.m.
Red	39	Men 24 & Under	Black	7:57 a.m.

# NAVIGATING THE CITY & MISC

## Transportation:

**Cabs:** Stick out your hand for a \$10 ride from the Hilton to transition. Speak any language you want.

**Public Transportation:** Get a weekend MetroCard and see New York like a local. You can get just about anywhere in NYC via [bus](#) or [subway](#), and you're sure to go home with some much better stories!



Need help knowing which trains or buses to take? Try using HopStop.com:

- [Click here](#) to find directions from anywhere in New York to the **Hilton**
- [Click here](#) to find directions from anywhere in New York to **Transition**
- [Click here](#) to find directions from anywhere in New York to **Swim Start**

## Finish Fest and Expo Sponsors

Don't want to miss your favorite booths? Preview our sponsors who will have booths at the expo [here](#) and see our sponsors who will have tents at the jetBlue Finish Festival [here](#).

**Annnd Finally . . .**

**HAVE FUN!**



**The athletes are here to have a ball so why shouldn't you?**