

NAUTICA 
NEW YORK CITY TRIATHLON

Presented by **RCN** 

2011
ATHLETE GUIDE

Nautica New York City Triathlon
www.nyctri.com
212-691-2200

WELCOME & TABLE OF CONTENTS

Welcome to the 2011 Nautica New York City Triathlon. This guide provides everything you'll need to know about the Triathlon. Just the facts; no fluff. For fluff and comedy, visit our website www.nyctri.com or join us at www.facebook.com/nyctri. Contact us if you have any questions at contact@nyctri.com. We still offer psychology services at swim start if you start to flip out. Everyone in New York has a shrink. Ours are free. Enjoy the race!

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SCHEDULE OF EVENTS

Friday: August 5, 2011

- 12:00 PM - 8:00 PM The Nautica New York City Triathlon Sports and Fitness Expo, Sheraton New York, 811 7th Ave: Enter on 53rd St. at 7th Ave, 2nd floor, Metropolitan Ballroom
- 12:00 PM - 7:00 PM **Mandatory Age Group Briefings & Packet Pickup**, Sheraton NY: Empire Ballrooms East & West (briefings are every hour on the hour from 12 - 4 PM and every half hour from 4 - 7 PM—last briefing starts at 7 PM)
- 1:00 PM Nautica Diaper Derby, Sheraton NY: Metropolitan Ballroom
- 6:30 - 7:15 PM Jamaica Underwear Run Check-In, Central Park: Cherry Hill (registered runners only)
- 7:30 PM Jamaica Underwear Run Start, Central Park: Cherry Hill (registered runners only)

Saturday: August 6, 2011

- 9:00 AM - 10:00 AM Animal Medical Center Doggy Dash Briefing, Sheraton NY: Empire Ballroom West
- 10:00 AM - 6:00 PM The Nautica New York City Triathlon Sports and Fitness Expo, Sheraton NY
- 10:00 AM - 5:00 PM **Mandatory Age Group Briefings & Packet Pickup**, Sheraton NY: Empire Ballrooms East & West (briefings are every half hour—last briefing starts at 5 PM)
- 2:00 PM **Mandatory Para-Tri Handlers Briefing**, Sheraton NY: Riverside Ballroom, 3rd Floor
- 2:30 PM **Mandatory Para-Tri Athlete Briefing**, Sheraton NY: Riverside Ballroom, 3rd Floor
- 2:00 PM - 9:00 PM **Mandatory Bike Check-in**, Riverside Park: 79th St. Ballfield
- 2:30 PM - 5:30 PM RCN High-Speed Transition Zone Tours, Riverside Park & 79th Street
- 3:30 PM Swim Prep Briefing, presented by Swim Free: across from Swim Exit, north of 79th St. Marina
- 4:00 PM **Mandatory Pro Briefing**, Sheraton NY: Riverside Ballroom, 3rd Floor

Sunday: August 7, 2011

- 3:45 AM - 5:15 AM Athlete Shuttles, Sheraton (53rd St btwn 6th/7th Ave) to Transition (79th & Riverside)
- 4:00 AM - 5:15 AM **Yellow Transition Area Open**, Riverside Park & 79th St. (*Please note earlier closure*)
- 4:00 AM - 5:40 AM **Red Transition Area Open**, Riverside Park & 79th St.
- 5:15 AM - 7:00 AM Athlete Shuttles, Sheraton (53rd St btwn 6th/7th Ave) to Swim Start (96th & West End Ave)
- 5:15 AM **Yellow Transition Area Closes**. All athletes (w/ the exception of relay bikers & runners) **MUST** vacate Transition Areas to go to swim start
- 5:40 AM **Red Transition Area Closes**. All athletes **MUST** vacate Transition Areas to go to swim start
- 5:50 AM Nautica New York City Triathlon Start, 99th Street & Hudson River
- 7:30 AM - 1:00 PM JetBlue Finish Festival Celebration, Central Park: Dead Road
- 7:30 AM Animal Medical Center Doggy Dash Start, Central Park: 72nd St. Transverse
- 10:00 AM Pro & Elite Age Group Awards, Animal Medical Center Doggy Dash Awards
- 10:00 AM Bike course: HH Bridge (northbound) cut-off, enforced by Final Course Sweep Vehicle
- 10:15 AM Bike course: Gunhill Rd turnaround cut-off, enforced by Final Course Sweep Vehicle
- 11:00 AM Age Group, Para-Tri, and Specialty Awards
- 11:00 AM - 2:00 PM Bike Check-out, Transition Red & Yellow. **All bikes MUST be removed by 2pm.**
- 4:00 PM Results available at www.nyctri.com

PRE-RACE

Briefings, Packets, & Expo:

Briefings & Packet Pick-up are mandatory for all participants **including all members of a relay team**. Make sure you have your race number with you—you will be getting an email the week before the race with this information. If you forget your race number, we will have computers at the Expo where you can look it up. Friends and family are not permitted in the briefing room—while you're picking up your packet, they can hang out at the Expo and buy you stuff!

- **Briefings**
 - Briefings run every hour, on the hour, from 12 - 4 PM Friday and every half hour from 4 - 7 PM Friday. Briefings run every half hour on Saturday. Briefings run an average of 20 minutes. Each athlete must have their hand stamped before leaving the briefing room to prove attendance. *(Historically our busiest briefings have been 2-4 pm on Saturday, so if you are able to go to another time, we highly recommend it!)*
- **Packet Pick-up (must show proof of briefing attendance to pick up packet)**
 - Athletes will line up by RACE NUMBER. Present valid photo ID and sign two waivers. (You can see the waivers you will be signing in Appendix C.) If you're a USAT member, you must show your valid USAT Member card. If you forgot your USAT Card or did not pre-purchase race insurance, you must pay \$10.
 - Volunteers will put wristbands on all athletes picking up their packets. All athletes must keep their wristbands on until after they pick up their bike from transition on Sunday after the race. NO wristband, NO packet, NO race, NO exceptions.
 - Race Number and Wristband color correspond with your assigned transition area (Yellow or Red).
 - Race age is determined by age at the end of the calendar year.
- **Expo (Located in the Metropolitan Ballroom at the Sheraton New York)**
 - Pick up your "Goodie Bag" and t-shirt
 - There will be an opportunity to get body-marked if you want to save time on Sunday morning.
 - Go Nuts! The Expo's got cool stuff and last minute supplies.

What's In the Packet:

Inside your packet you will find the following:

1. Race Instructions & USAT Official's Notes.
2. Race Bib – you must wear this during the bike and run. Use the safety pins we provide or a race belt. Note: If you are part of a relay, the swimmer's packet will have the swim cap and the biker's and runner's packets will have his or her own corresponding bike and bib numbers.
3. Helmet Number – must go on the front of your helmet.
4. Bike Number – goes on the bike frame or seat post. **Your bike won't be allowed in/out of transition without it.**
5. JetBlue Clothing Bag Drop – You will receive a clear plastic bag with your race number printed on a label. There will also be a space for you to write your cell phone number. Put your extra clothing in here at swim start, drop it in the JetBlue baggage area, and we'll move it to the finish for you. Don't leave valuables as **we're not responsible for lost or damaged items**.
6. Swim Cap – you must wear your race-issued swim cap or you won't be allowed on the start barge.

Bike Check-In:

Saturday 2:00 PM – 9:00 PM

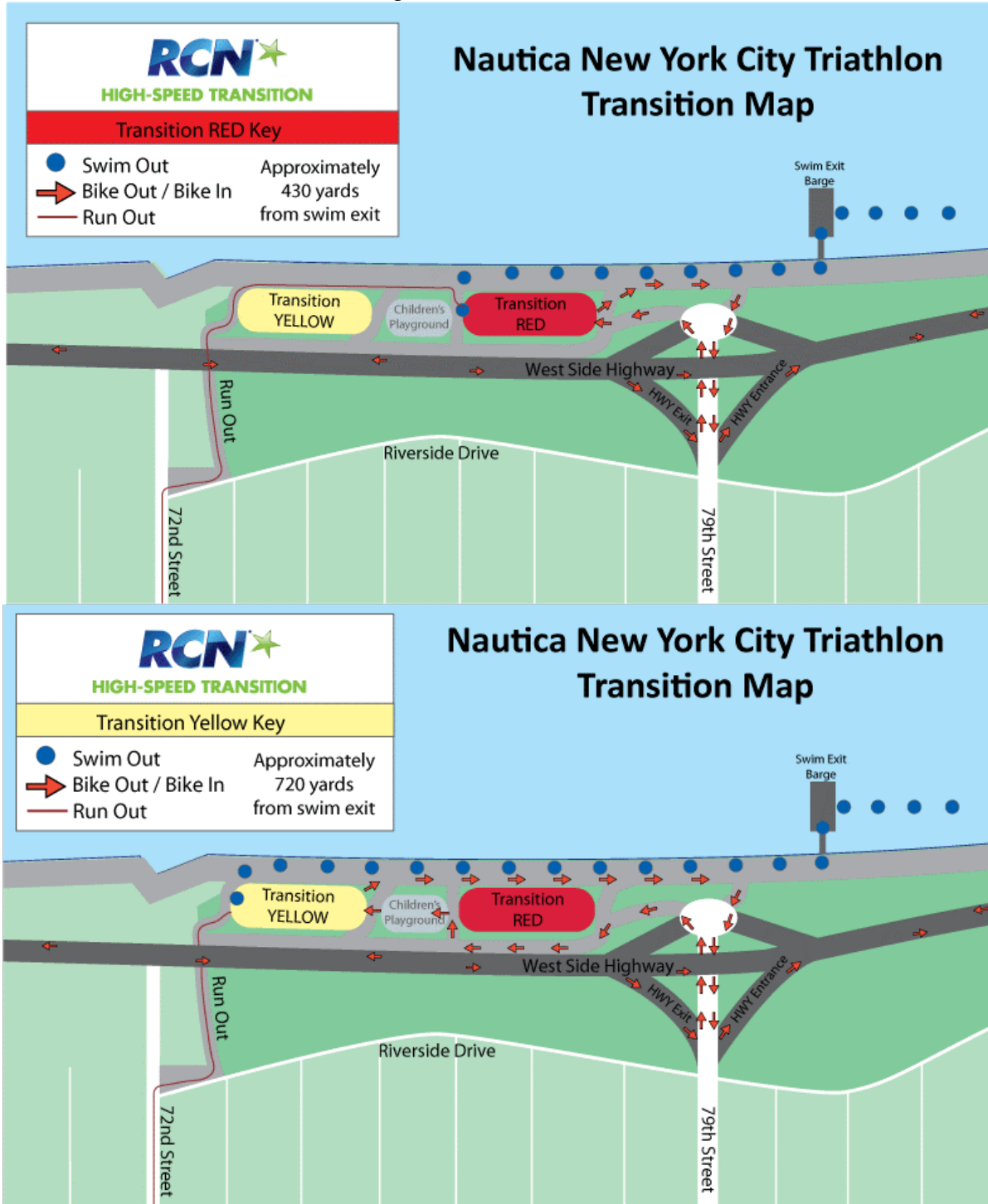
- Bike Check-in is mandatory. **No bikes will be accepted race morning**. The race-issued bike number must be on your bike to be allowed into transition. There will be overnight security.
- A non-racer may check-in a bike if an athlete is unable to do so. Only athletes may check-out their bikes Sunday.
- If you're driving your bike to transition on Saturday, DO NOT stop your car and wait on the 79th St. traffic circle. NYPD is ticketing and towing. Race Officials are pulling race numbers. Not worth it!
- Rack your bike from the seat, facing you. See Appendix C for a bike rack picture and explanation. Personal items should be placed next to the front tire on the ground.
- Athletes are not allowed to personally mark their space with balloons, inflatables, or any other markers. No stationary trainers will be allowed in the transition area either.

PRE-RACE – TRANSITION TOURS

RCN High Speed Transition Tours

Saturday 2:30 PM – 5:30 PM

- There are TWO Transitions: Yellow & Red (see maps below).
- Each Transition has its own unique route. You must be VERY clear on the route. If this is your first time or you need a refresher course, attend one of our many RCN Transition Tours.
- RCN Transition Tours meet at the designated tents at the entrances to Transitions Yellow & Red.



RACE DAY

Race Morning Transition Access:

4:00 AM – 5:15 AM: Yellow Transition

4:00 AM – 5:40 AM: Red Transition

- Don't forget your **swim cap, wrist band, and clothing bag**.
- Place/check your personal race items in Transition by your front tire, on the ground.
- Walk North 1 mile to swim start. Wear comfy shoes. You can leave them in your clothing bag, drop your clothing bag in a clothing truck near the swim start, and pick the bag up at the finish.
- Listen for final announcements on water temperature and wetsuit status (water must be under 78° to be wetsuit legal).
- All relay team bikers and runners **MUST** be in transition areas **before they lock down at 5:15 AM for Yellow Transition and 5:40 AM for Red Transition**.

Swim Start:

4:30 AM – 7:00 AM

- Give yourself LOTS of time to get from Transition in the morning. The new Time Trial start will make things go VERY quickly. It's a 1 mile walk from Transition, plus you need to have time to pick up your timing chip, drop your clothing bag, wait in line at the toilets, if necessary, and you can enjoy some Tropical Fruit Cytomax!
- Transition Yellow closes at 5:15 AM. Transition Red closes at 5:40 AM.
- Get Body Marked (or save time and have this done at the Expo or body mark yourself using the information in Appendix C!) and pick up your race timing chip. You must use the race-issued chip & strap.
- Drop your clear JetBlue clothing bag at the JetBlue Baggage Drop (look for the big trucks on the south side of the tennis courts). Drop your bag in the truck with your corresponding race number.
- Wait in your assigned staging area. **Practice swims are not permitted.**
- Jump start for Age Group athletes; dive start for Pros and Elite Age Group.
- Tips
 - We've been wetsuit legal every year, so chances are likely that you can wear your suit.
 - If you're struggling in the swim, raise and wave your arm to get the attention of one of our many swim support team on kayaks, jet skis, boats, and the seawall. If you need to grab onto a kayak for a second you may do so without being DQ'd, but you can't make progress.
 - Make sure you're on time. Any athletes missing their assigned Age Group/Division start will be held until the last wave in their corresponding transition (yellow transition/red transition) start group. Any athletes missing the **last start** in their corresponding transition start group (yellow transition/red transition) will **not be permitted** to start the race. No refunds. No race. No crying. No exceptions.
 - Don't be surprised by the saltiness of the Hudson River!

Transition & Bike:

- Transition
 - The barefoot run from Swim Exit is 400–700 yards, depending on your transition.
 - Leave your bike in an easy gear. There's a steep technical climb out of Riverside Park.
- Bike Support provided by Toga Bikes, our exclusive race day bike support team
 - Toga Bikes provides bike mechanics at Transition during bike check-in Saturday and on Race Day.
 - Carry tire levers, extra tubes, & pump/CO2. In case of a flat, pull off to side of road, **NOT the middle lane!**
 - Toga Bikes will have support vehicles on the West Side Highway *below* the Henry Hudson Bridge—**there will not be roaming bike support North of the bridge as the road is too narrow for vehicles to safely patrol.**
- Tips
 - Bring two bottles of hydration on your bike.
 - Bring an extra bottle of water to rinse your feet after the barefoot run from swim exit.
 - There are 6 very technical turns on the course including bike out, hwy entrance, two u-turns on hwy, hwy exit, and 79th St traffic circle exit. **GO SLOW. Yellow & Red Transitions follow different routes to transition.** Pay attention to signs.

- Course See the [Bike Elevation Chart here](#) to get an idea of the terrain you can expect.
 - Exit Riverside Park at the 79th St Traffic Circle.
 - Enter the North Bound Lane of the Henry Hudson Parkway (West Side Highway).
 - Bike North to Mosholu Pkwy, U-turn.
 - Bike South to 57th St, U-turn, bike North to 79th St.
 - Exit at 79th St, sharp left turn onto 79th St.
 - Enter Riverside Park at 79th St Traffic Circle. **Go slow.** This is steep and technical.
- AID Stations
 - Water & Tropical Fruit Cytomax are available at Transition Run-In from the swim.
 - No bike bottle exchange on the bike course.

Run:

- Course
 - Run Out of Riverside Park at 72nd St Tunnel.
 - Run East across 72nd St to Central Park.
 - Run Northern 5 Mile Loop of Central Park.
 - Finish on Dead Road.
- AID Stations
 - Water, Tropical Fruit Cytomax, medical support and toilets are available at each aid station along the run course, and Clif Shot Energy Gels (Mocha, Razz, Vanilla, and Citrus) are available at the first Central Park aid station. [Click here for more information about optimizing your performance with Clif Shot Energy Gels.](#)

Finish:

- Finish Line
 - Receive Finisher Medal, Finisher Towel, a bottle of Vitamin Shoppe Water, & a bottle of Cytomax
 - Get your chip removed (or you get charged \$30).
 - See a medic in the medical tent if necessary.
- Athlete Recovery Zone, following Finish Line—only athletes; NO fan clubs
 - Get bagels, fruit, Vitamin Shoppe Water, Muscle Milk, and Muscle Milk Light.
 - Pick up your JetBlue clothing bag (which you dropped off at swim start).
- Family Reunion
 - This is at the Bandshell in Central Park where your fans should meet you.

JetBlue Finish Festival, Results, & Awards

- YOU DID IT! NOW LIVE IT UP!
 - Get your finisher picture taken by Brightroom.
 - Free Massages provided by SISTEM at the finish festival.
 - Contests, raffles, and lots of cool stuff
- JetBlue Timing Receipts & Results
 - Athletes, come to the JetBlue Timing tent located in the JetBlue Finish Festival to pick up your official results! This receipt will give your split and final times and inspire you into 2012!
 - Overall results will be posted & updated continuously, 8 am-12 pm, at the Results tent by the Awards stage.
- Awards
 - 10:00 AM: Pro & Elite Age Group Awards, Animal Medical Center Doggy Dash Awards
 - 11:00 AM: Age Group, Para-Tri, Specialty Awards. Awards must be picked up during the awards ceremony.



Bike Pick Up:

- All bikes must be checked out of Transition between 11am and 2pm.
 - No one will be allowed back into transition to check out his or her bike before 11 a.m.
 - All bikes removed from transition **must** have a bike number matching the athlete's race bib and wrist band. **Only the athlete will be permitted to get his or her bike out of transition.**
- Janus Pedi-Cabs
 - Janus is providing complimentary Pedi-Cabs to Transition from Tavern On the Green. After the JetBlue Finish Festival, walk west to Tavern On the Green and look for the Janus tent.

AWARDS INFORMATION *(Click here for full details)*

PRO

Prize Purse: \$15,500 male and \$15,500 female. Each broken down as follows:

1st: \$8,000 2nd: \$4,000 3rd: \$2,000 4th: \$1,000 5th: \$500

ELITE AGE GROUP

Elite competitors are not eligible for Age Group awards, but the overall winners come from this group regardless of the fastest Age Group times. The winning elite male wins the overall men's race. The winning elite woman wins the overall women's race. Awards will be presented to the top five male and female finishers in the Elite Age Group category. The top ten Elite Age Group male and female finishers qualify for the Elite Age Group division at the Hy-Vee 5150 US Championship race. See Hy-Vee 5150 US Championship prize information [here](#).

AGE GROUP

Awards will be presented to the top three male and female finishers in each of the following age groups: 24 & under, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, and 75-79. The top ten Age Group male and female finishers for each general age group category qualify for the corresponding Age Group division at the Hy-Vee 5150 US Championship race. See Hy-Vee 5150 US Championship prize information [here](#).

CLYDESDALE & ATHENA

Awards will be presented to the top three finishers 39 years and under and the top three finishers 40 years and over for both the Clydesdale and Athena categories. The top ten Clydesdale and Athena finishers qualify for the Clydesdale division or Athena division at the Hy-Vee 5150 US Championship race. See Hy-Vee 5150 US Championship prize information [here](#). In order to be eligible for awards, one must meet the weight requirement at the Packet Pick-up weigh-in.

PARATRIATHLON

- Paratriathlon National Championship Division Awards go to 1st-3rd male and female finishers for all 6 PC categories. All participants are eligible for USA Paratriathlon National Championship awards and ITU World Championship qualification. **Note:** To be eligible for National Championship awards, you must be a U.S. citizen or a U.S. national – someone who has resided in the US for three consecutive years.

- The top ten male and female finishers in each of the six Paratriathlon competition categories in the Accenture Paratriathlon National Championship division qualify for the Physically Challenged (PC) division at the Hy-Vee 5150 US Championship race. See Hy-Vee US Championship prize information [here](#).

- Paratriathlon Open Division (Standup) Awards go to 1st-3rd male and female finishers.

- Paratriathlon Open Division (Handcycle) Awards go to 1st-3rd male and female finishers.

RELAYS

Relay team awards will include top three overall male relay, overall female relay, and overall co-ed relay teams.

JANUS FINANCIAL EXECUTIVE CHALLENGE

Janus will present awards to the top three participants in both male and female categories. The top female and male finisher will also receive a complementary entry into the 2012 Nautical NYC Triathlon.

IVY TRI CHALLENGE

The lowest combined time from the top five finishers from each school count toward the Championship. The top five must include at least one man and one woman. The name of the winning school goes on the perpetual trophy that stays in New York.

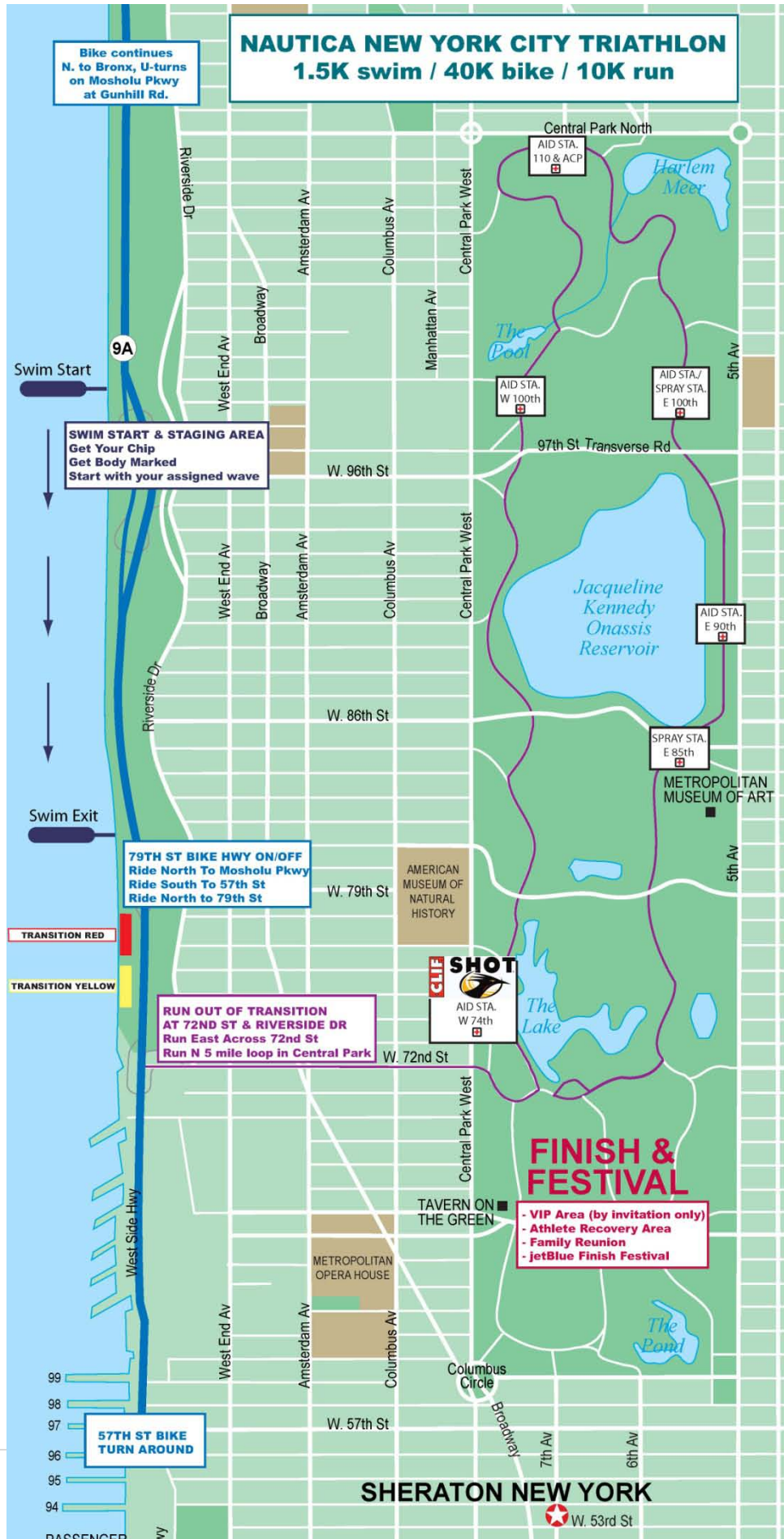
TRI CLUB CHAMPIONSHIP

The club with the most points (based on individual times, see breakdown [here](#)) wins.

FIRST RESPONDERS CHALLENGE

The top three times in each category will determine the winning team.

APPENDIX A: COURSE MAP



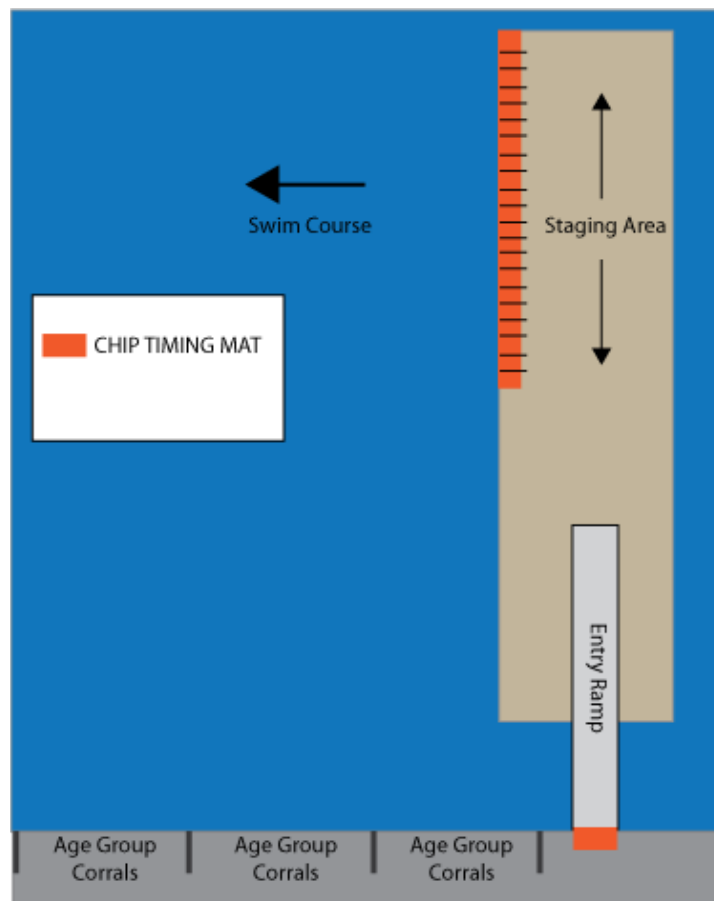
APPENDIX B: TIME TRIAL SWIM START INFORMATION

The Nautica New York City Triathlon is instituting a time trial start in 2011 for several reasons, all good:

- Less congestion in the water – no washing machine effect.
- More streamlined swim start.
- More even dispersion of athletes on the bike.
- Everyone starts sooner, which means everyone finishes earlier – important on a hot day.

INSTRUCTIONS

1. All athletes will be grouped with their assigned Age Group or Division.
2. Per USAT standards, age groups are determined by your age at the **end of the calendar year**. For example, if you turn 30 in 2011, even after August 7th, you will still compete in the 30-34 age group.
3. Age Groups/Divisions will be filed as a group onto the Start Barge. Athletes will enter the water **20 ATHLETES EVERY 10 SECONDS**.
Due to tide shifts, jump start only. No diving. Diving is grounds for Disqualification.
4. Timing mats will be located at the entrance to the Start Barge AND at the starting edge of the Start Barge.
5. All athletes will receive a Champion Chip net time from the moment they leave the mats at the edge of the Start Barge until they cross the Finish Line timing mats. The swim time split will start once the athlete leaves the Start Barge timing mats and will end at the Swim Exit Barge timing mats.
6. Transition Yellow athletes enter the water first. There will be a 20 minute gap between Transition Yellow and Transition Red athletes.
7. Any athlete missing their assigned Age Group start will be held until the last start in their corresponding transition (yellow transition/red transition) start group.
8. Any athletes missing the **last start** in their corresponding transition start group (yellow transition/red transition) will not be permitted to start the race. No refunds. No race. No crying. No exceptions.
9. The Time Trial start will be faster than the wave start format used in past Nautica New York City Triathlons. All athletes will enter the water continuously until the last Age Group in each transition has crossed the start mat. There are no assigned times, so each athlete must be attentive and responsible for being in place when their Age Group turn arrives.



2011 NAUTICA NYC TRIATHLON - SWIM START ORDER

Transition Color	TT Start Group	Division	Cap Color	Start 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	Continuous, 20 athletes every 10 seconds	
Yellow	6	Men 40-44	Yellow		
Yellow	7	Men 40-44	Silver		
Yellow	8	Men 40-44	Red		
Yellow	9	Women 45-49	Navy		
Yellow	10	Women 50 & Over	Purple		
Yellow	11	Women 25-29	White		
Yellow	12	Women 25-29	FL_Green		
Yellow	13	Women 30-34	Lt. Blue		
Yellow	14	Women 30-34	FL_Orange		
Yellow	15	Women 35-39	Red		
Yellow	16	Women 35-39	Silver		
Yellow	17	Athena 40 & Over Women 40-44	Green Green		
Yellow	18	Athena 39 & Under Women 40-44	Royal Royal		
Yellow	19	Women 24 & Under All Relays CNN/Celebrity	FL_Pink FL_Pink White		
					20 min break
Red	20	PT Ch'ship Qualifiers	Red PT Caps		Continuous, 20 athletes every 10 seconds
Red	21	ParaTriathletes	FL Green		
Red	22	Men 45-49	Yellow		
Red	23	Men 45-49	Lt. Purple		
Red	24	First Responders	Royal		
Red	25	Clydes 40 & Over	White		
Red	26	Clydes 39 & Under	Navy		
Red	27	Men 50-54	Purple		
Red	28	Men 35-39	Lt. Blue		
Red	29	Men 35-39	White		
Red	30	Men 35-39	FL_Orange		
Red	31	Men 35-39	FL_Pink		
Red	32	Men 30-34	Red		
Red	33	Men 30-34	Royal		
Red	34	Men 30-34	FL_green		
Red	35	Men 30-34	Silver		
Red	36	Men 25-29	Purple		
Red	37	Men 25-29	White		
Red	38	Men 25-29	Green		
Red	39	Men 24 & Under	Lt. Blue		

APPENDIX C: HELPFUL LINKS AND EXTRA CLARIFICATION

Transportation:

- Cabs: Stick out your hand for a \$10 ride from the Sheraton 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 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 **Sheraton**
 - [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**

Waiver Transcripts

- Want to read the waivers you will be asked to sign at packet pick-up before you are stuck in line with tons of anxious athletes behind you? Pre-read copies of the waivers [here](#).

JetBlue Finish Fest and Expo Sponsors

- See who will be at the expo so you don't miss out! [Click here](#).
- Preview our sponsors who have tents in the JetBlue Finish Festival! [Click here](#).



Bike Rack Explanation

- Find the rack number that matches your bib number
- Rack your bike by the seat so that the front of the seat is hanging over the rack number and facing you, and your front wheel is resting on the ground (see picture to the left)
- Put personal items on the ground next to your front tire.
- Remember we do not allow balloons, inflatables, or personal markers, so memorize your number and position and look at the number signs on the end of each rack to find your bike.

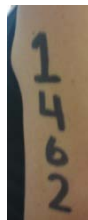
Body Marking Instructions

1. Write your Race # **vertically** on your **left** arm:
2. Write your Race # **horizontally** on your **left** hand:
3. Write your Race Age* **horizontally** on your **left** calf:

1. Left Arm

2. Left Hand

3. Left Calf



*Your Race Age is your age at the end of the calendar year



Clif Bar is proud to be the Official Bar & Gel of the 2011 NYC Tri. Four flavors of CLIF SHOT® Energy Gel will be at the 1st Aid Station in Central Park –snag one as you fly on by! [Find more information on Clif SHOT here!](#)