

NAUTICA   
NEW YORK CITY TRIATHLON

Presented by **RCN** 

**2010**  
**ATHLETE GUIDE**

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

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# WELCOME & TABLE OF CONTENTS

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Welcome to the 2010 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](http://www.nyctri.com) or join us at [www.facebook.com/nyctri](http://www.facebook.com/nyctri). Contact us if you have any questions [contact@nyctri.com](mailto: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 (Mandatory Athlete Events Bolded—Only some may apply)**

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### **Friday: July 16, 2010**

- 12:00 PM - 8:00 PM The Nautica New York City Triathlon Sports and Fitness Expo, Hilton New York\*: Enter at Rhinelander North on 2<sup>nd</sup> floor and proceed to Americas Hall I & II
- 12:00 PM - 7:00 PM **Mandatory Age Group Briefings** (beginning every half hour—last briefing starts at 7 PM) & **Packet Pickup**, Hilton New York: Americas Hall II
- 1:00 PM Nautica NYC Diaper Derby, Hilton New York: Americas Hall I
- 3:30 PM - 4:15 PM & “Stranded?! Life on the Bike Course with a Flat” info session presented by TOGA
- 5:00 PM – 5:45 PM Bikes, Hilton New York: Americas Hall I
- 7:30 PM Jamaica Underwear Run starts, Central Park: Cherry Hill (registered runners only)

### **Saturday: July 17, 2010**

- 8:00 AM - 9:00 AM Iams Doggy Dash Briefing, Hilton New York: Americas Hall II
- 10:00 AM - 6:00 PM The Nautica New York City Triathlon Sports and Fitness Expo, Hilton New York
- 10:00 AM - 5:00 PM **Mandatory Age Group Briefings** (beginning every half hour—last briefing starts at 5 PM) & **Packet Pickup**, Hilton New York: Americas Hall II
- 10:30 AM - 11:15 AM “Stranded?! Life on the Bike Course with a Flat” info session presented by TOGA
- & 11:30 AM – 12:15 Bikes, Hilton New York: Americas Hall I
- 2:00 PM **Mandatory Para-Tri Handlers Briefing**, Hilton New York: Americas Hall I
- 2:30 PM **Mandatory Para-Tri Athlete Briefing**, Hilton New York: Americas Hall I
- 2:00 PM - 9:00 PM **Mandatory Bike Check-in**, Riverside Park: 79<sup>th</sup> St. Ball Field
- 2:00 PM - 5:00 PM RCN High-Speed Transition Zone Tours, every half hour, Riverside Park & 79th Street
- 4:00 PM **Pro/Elite Age Group Briefing\*\***, Hilton New York: Americas Hall I

### **Sunday: July 18, 2010**

- 4:00 AM - 5:15 AM Athlete Shuttles from Hilton (54<sup>th</sup> St. b/w 6<sup>th</sup> & 7<sup>th</sup>) to Transition (79<sup>th</sup> & Riverside)
- 4:30 AM - 5:45 AM Transition Area Open (T-Red & T-Yellow), Riverside Park & 79th St.
- 5:15 AM--7:00 AM Athlete Shuttles from Hilton (54<sup>th</sup> St. b/w 6<sup>th</sup> & 7<sup>th</sup>) to Swim Start (96<sup>th</sup> & West End Ave)
- 5:45 AM Transition Area Closes. All athletes (w/ the exception of relay bikers & runners) **MUST** vacate Transition Areas to go to swim start.
- 5:50 AM - 8:00 AM Nautica New York City Triathlon Starts, Swim Start at 99th Street & Hudson River
- 7:30 AM - 2:00 PM jetBlue Finish Fest Celebration, Central Park: Dead Road
- 8:00 AM Iams Doggy Dash Start, Central Park: 72<sup>nd</sup> St. Transverse
- 10:00 AM Pro & Elite Age Group Awards, Iams Doggy Dash Awards
- 12:00 PM 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](http://www.nyctri.com)

\*The Hilton New York is located at 1335 Avenue of the Americas (on the corner of 6<sup>th</sup> Ave and W. 53<sup>rd</sup> St.)

\*\*Elite Age Group athletes may choose to attend either a normal Age Group briefing or the Pro/Elite briefing

# PRE-RACE

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## Briefing, Packets & Expo:

Briefings & Packet Pick-up are mandatory for all participants **including all members of a relay team**. 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!

- Briefing
  - Briefings run every half hour during Expo Hours on Friday and Saturday and last 20 minutes. Each athlete must have their hand stamped before leaving the briefing room to prove attendance.
- Packet Pick-up (must show proof of briefing attendance to pick up packet)
  - First, go to the “Yellow Card” station by LAST NAME. Present valid photo ID, sign three waivers\*. 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.
  - Second, go to the “Packet Pick-up” station by RACE NUMBER. Your race number is printed on the Yellow Card you just picked up.
  - **Note:** Age Group participants are placed according to age at the end of the calendar year.
- Expo (Located in Americas Hall I at the Hilton 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.

\*See Appendix C to pre-read the waivers you will be signing.

## 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 run. Use the safety pins we provide or a race belt.
3. Helmet Number – must go on the front of your helmet.
4. Bike Number – goes on the bike frame. **Your bike will not be allowed in/out of transition without it.**
5. Yellow/Red Wrist Band\*\* – must be worn at all times. **No wrist band – No race!**
6. jetBlue Clothing Bag Drop – You will receive a clear plastic bag with your race number printed on a label. 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.**
7. Swim Cap – you must wear your race issued swim cap or you won't be allowed on the start pontoon.

\*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.

\*\*Race Numbers and Wrist Band colors correspond with your assigned transition area (Yellow or Red).

## 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 frame to be allowed into transition. There will be an overnight security detail watching your bikes on Saturday night.
- If you're driving your bike to transition on Saturday, DO NOT stop your car and wait on the 79<sup>th</sup> 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. Personal items should be placed next to the front tire on the ground. You can also place and check on your transition items Sunday morning from 4:30 – 5:45 AM.
- Athletes are not allowed to personally mark their space with balloons or inflatables. No stationary trainers will be allowed in the transition area either.

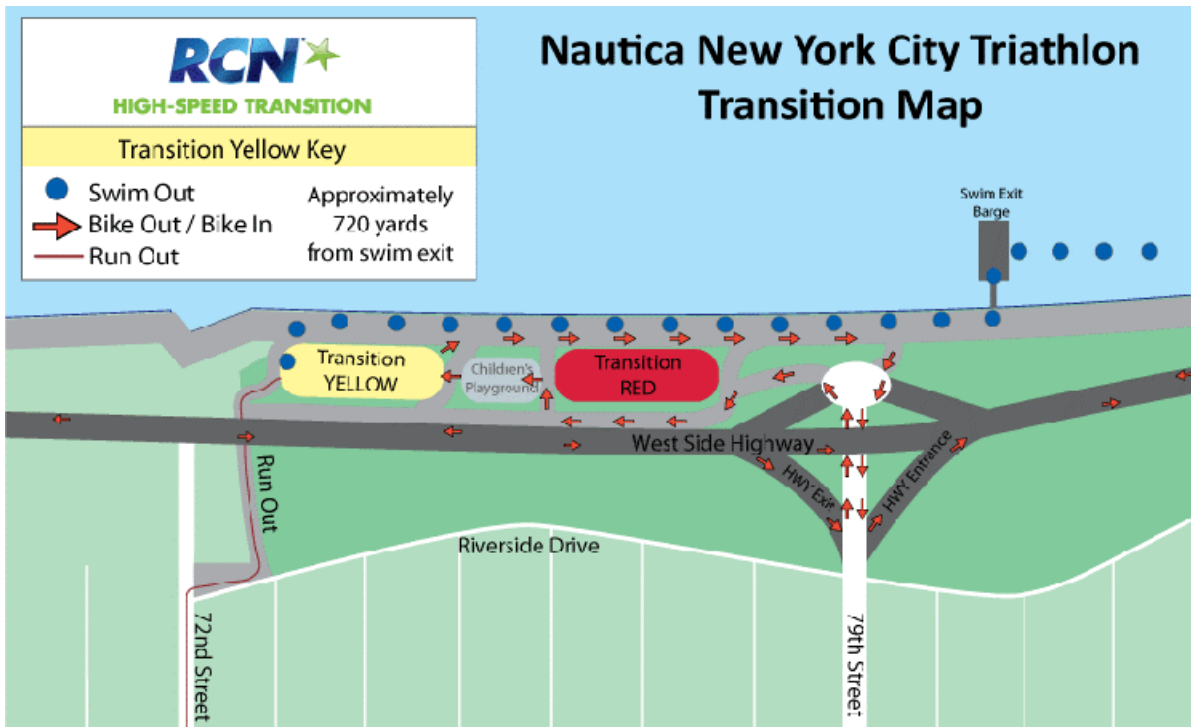
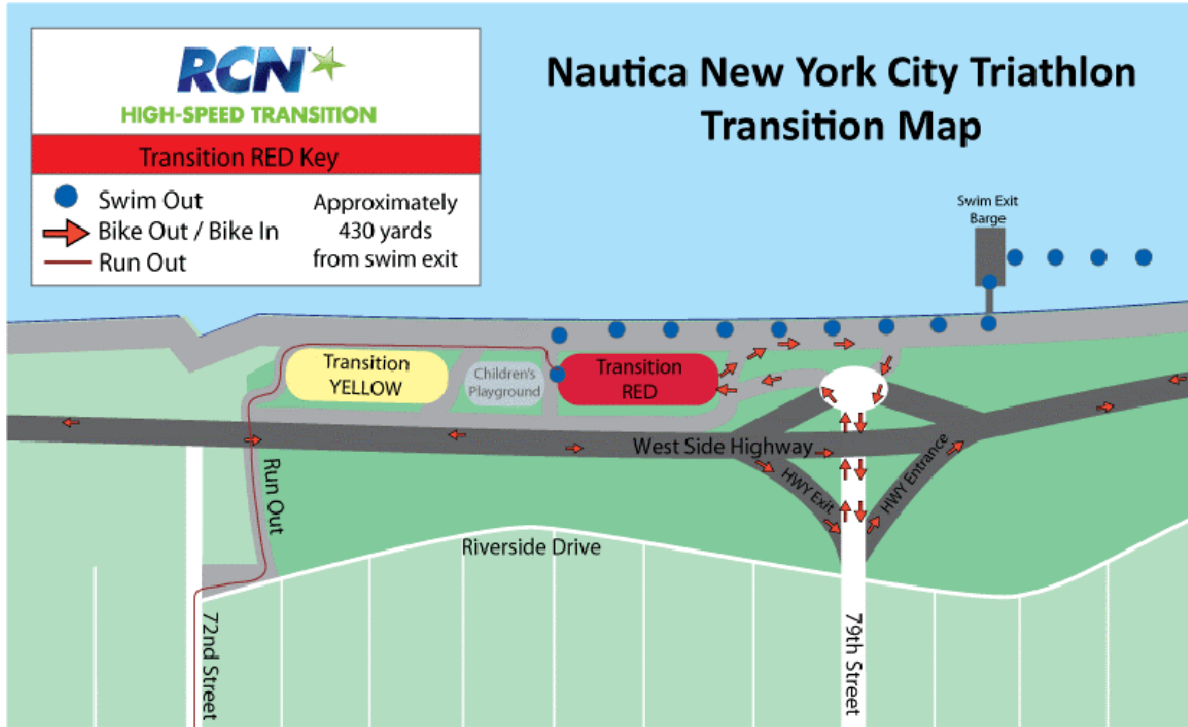
\*See Appendix C for a bike rack picture/explanation

# PRE-RACE – TRANSITION TOURS

## RCN High Speed Transition Tours

Saturday 2:00 PM – 5:00 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 Info Tent at Transitions Yellow & Red



# RACE DAY

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## Race Morning Transition Access:

4:30 AM – 5:45 AM

- 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.
- Follow the volunteers and signs to swim start.
- Listen for final announcements on water temperature and wetsuit legal status (water must be under 78°).
- All relay team bikers and runners **MUST** be in transition *before it locks down at 5:45*.

## Swim Start:

4:30 AM – 8:00 AM

- Get Body Marked\* 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.**
- In-water start for Age Group athletes and dive start for Pro's and Elite Age Group.
- Tips
  - We've been wetsuit legal every year, so chances are likely that you can wear your suit.
  - Hold onto the rope on the front of the barge until the horn blows for your wave to begin.
  - 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. If you miss your wave, you're DQ'd and will not be allowed to start. Start times attached.

\*To save time you can have this done at the Expo or body mark yourself using the information in Appendix C.

## 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 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.
  - Helmet number must be on the front of your helmet and bike number must be on the bike frame.
  - There are 6 very technical turns on the course including bike out, hwy entrance, (2) u-turns on hwy, hwy exit and 79<sup>th</sup> St traffic circle exit. **GO SLOW. Yellow & Red Transitions follow different routes.** Pay attention to signs.
- Course
  - 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 79<sup>th</sup> 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 Citrus 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 Citrus Cytomax, medical support and toilets are available at each AID station along the run course, and ZV7 Energy Gels (blackcurrant & Orange Boost) and ZV8 Energy Bars (Banana Bread, Yoghurt Peach Apricot, and Chocolate Orange) from Zipvit are available at select stations.

### **Finish:**

- Finish Line
  - Receive Finisher Medal, Toyota Towel, bottle of Vitamin Shoppe Water, and 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
  - Get bagels, fruit, Vitamin Shoppe Water, Cytomax.
  - 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.

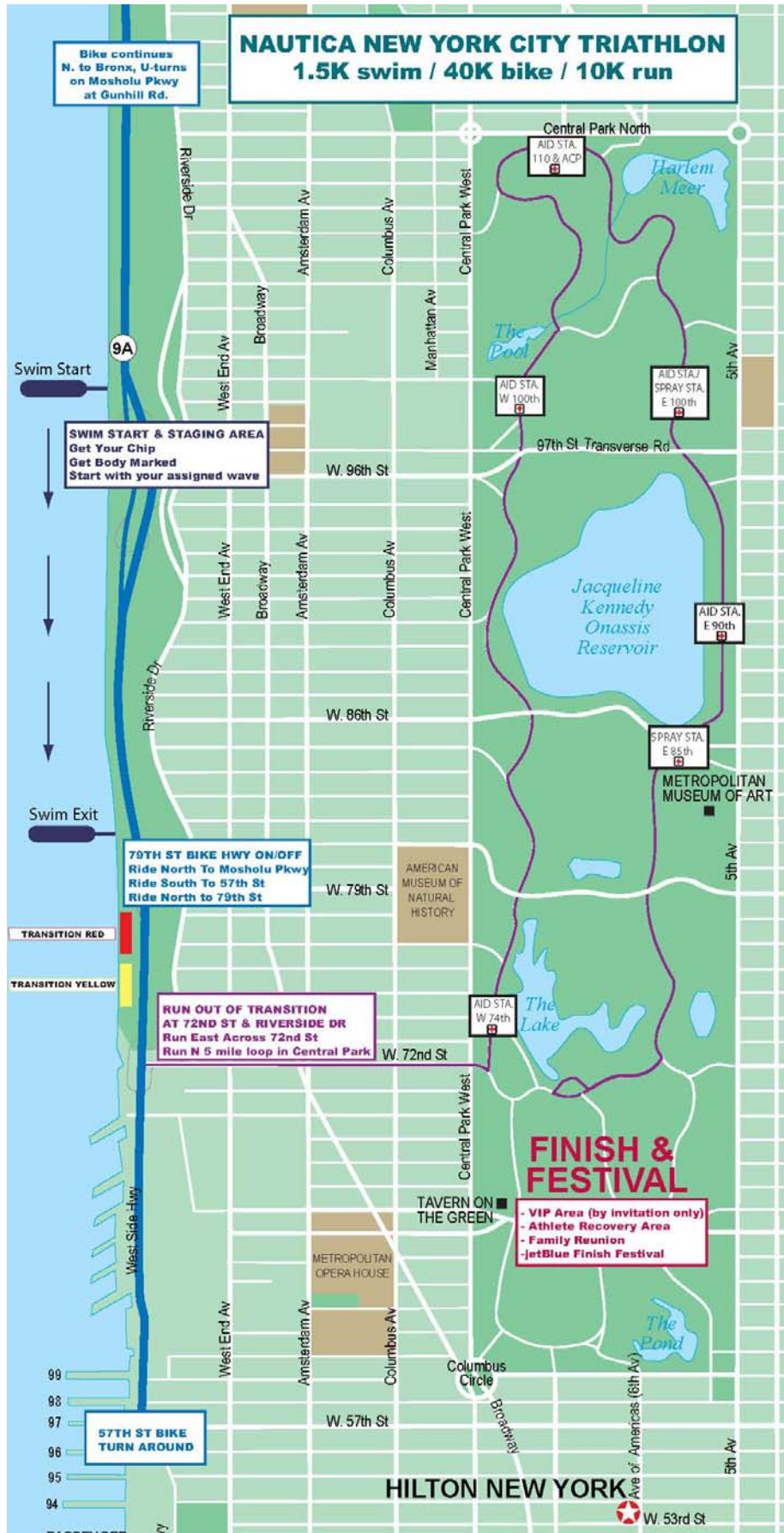
### **jetBlue Finish Festival:**

- YOU DID IT! NOW LIVE IT UP!
  - Call your entourage to meet you from the RCN call center located just inside the finish festival
  - Get your finisher picture taken by Brightroom.
  - Free Massages provided by SISTEM at the far end of the finish festival.
  - Contests, Raffles, and lots of cool stuff
- Results
  - Results will be posted and updated continuously from 8 am to 1 pm
- Awards
  - 10:00 AM: Pro & Elite Age Group Awards; Iams Doggy Dash Awards
  - 12:00 PM: 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. **No athlete can ask someone else 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.

# APPENDIX A: COURSE MAP



## APPENDIX B: SWIM WAVES

1. Per USAT standards, age groups are determined by your age at the **end of the calendar year**. For example, if you turn 30 in 2010, even after July 18, you will still compete in the 30-34 age group.
2. If there is a delay of start of the race, this does *not* mean there will be a delay in your swim wave time. The 3 minutes between waves may be reduced to stay on schedule. If you miss your assigned wave, you *will not* be permitted to leave with another wave and will be DQ'd.

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.

## APPENDIX C: HELPFUL LINKS AND EXTRA CLARIFICATION

### 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 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**

### 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](#).

### 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

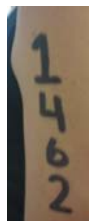
### Body Marking Instructions

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