



ATHLETE GUIDE

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

WELCOME & TABLE OF CONTENTS

Welcome to the 2009 Nautica New York City Triathlon. The 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. Contact us if you have any questions 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, July 24, 2009

- 12:00 PM - 8:00 PM UnitedHealthcare Sports and Fitness Expo at Sheraton New York on 53rd & 7th Ave
- 12:00 PM - 7:00 PM Mandatory Age Group Briefings (beginning every half hour), followed by Packet Pickup at the Sheraton New York & Towers, 2nd Floor.
- 1:00 PM Huggies Little Movers Diaper Race, Sheraton New York & Towers, 2nd Floor
- 7:30 PM Central Park Underwear Run, Cherry Hill, Central Park (registered participants only)

Saturday, July 25, 2009

- 8:00 AM - 9:00 AM Iams Doggy Dash Briefing, Sheraton New York, 2nd Floor
- 10:00 AM - 6:00 PM UnitedHealthcare Sports and Fitness Expo at Sheraton New York on 53rd & 7th Ave
- 10:00 AM - 5:00 PM Mandatory Age Group Briefings (beginning every half hour) followed by Packet Pickup at the Sheraton New York, 2nd Floor
- 11:00 AM Para-Tri Handlers Meeting, Riverside Ballroom, 3rd Floor, Sheraton New York
- 11:30 AM Para-Tri Athlete Meeting, Riverside Ballroom, 3rd Floor, Sheraton New York
- 1:00 PM - 4:00 PM BodyworksMD and Jack Rabbit Sports Present
“The Year of Prevention: How to Stay Healthy with Training and Competing,”
Moderator: Dr. Mark Klion, Co-Medical Director, Nautica NYC Triathlon
(Riverside Ballroom, 3rd Floor, Sheraton New York)
- 2:00 PM - 9:00 PM Mandatory Bike Check-in / Riverside Park & 79th Street Ball Field
- 2:00 PM - 5:00 PM RCN High-Speed Transition Zone Tours, every half hour / Riverside Park & 79th Street
- 4:30 PM Pro/Elite Age Group Briefing, Riverside Ballroom, 3rd Floor, Sheraton New York

Sunday, July 26, 2009

- 4:00 AM - 5:30 AM Athlete Shuttles from Sheraton on 53rd St bwn 6th & 7th to Transition (79th & Riverside)
- 4:30 AM - 5:45 AM RCN Transition Area Open / Riverside Park & 79th Street, T- Red & T-Yellow
- 5:30 AM - 7:00 AM Athlete Shuttles from Sheraton to Swim Start (96th & West End Ave)
- 5:45 AM RCN Transition Area Closes. All athletes MUST vacate Transition Areas.
- 5:50 AM - 8:00 AM Nautica New York City Triathlon Starts / Swim Start - 99th Street & Hudson River
- 7:30 AM - 2:00 PM JetBlue Airways Finish Fest Celebration / Central Park at Dead Road
- 8:00 AM Iams Doggy Dash Start
- 10:00 AM Pro & Elite Age Group Awards, Iams Doggy Dash Awards
- 12:00 PM Age Group, Para-Tri and Specialty Awards
- 12:00 PM - 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

Briefing, Packets & Expo

Briefings & Packet Pick-up are mandatory for all participants. Friends and family can hang out at the Expo and buy you stuff!

1. Briefing
 - a. 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.
2. Para-Tri/Handler Briefing
 - a. Mandatory for all handlers and PT athletes, the PT Handler Briefing is at 11:00 a.m. and the PT Athlete Briefing will follow at 11:30 a.m.
3. Packet Pick-up (must show proof of briefing attendance to pick up packet)
 - a. First, go to the “Yellow Card” station by LAST NAME. Present valid photo ID, sign the Swim Waiver. If you are 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.
 - b. Second, go to the “Packet Pick-up” station by RACE NUMBER. Your race number is printed on the Yellow Card you just picked up.
 - c. Third, go to the “Goodie Bag and T-shirt” station.
 - d. Note: Age Group participants are placed according to age at the end of the calendar year.
4. Expo
 - a. Go Nuts! We’ve 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 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 & luggage tag – clear plastic bag with your race number printed on a label. This is what you put your extra clothing in at swim start. You drop it at swim start, we move it to the finish. Don’t leave valuables as we’re not responsible for lost or damaged items.
 7. Race Guide – fits in your pocket. Don’t leave home without it.
 8. Swim Cap – you must wear your race issued swim cap or you won’t be allowed on the start pontoon.
- *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

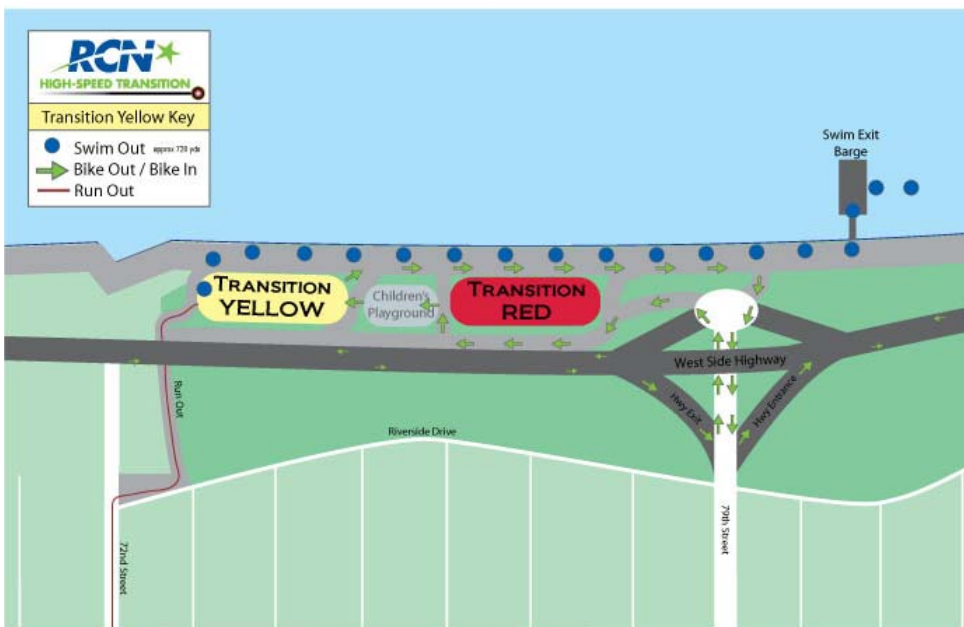
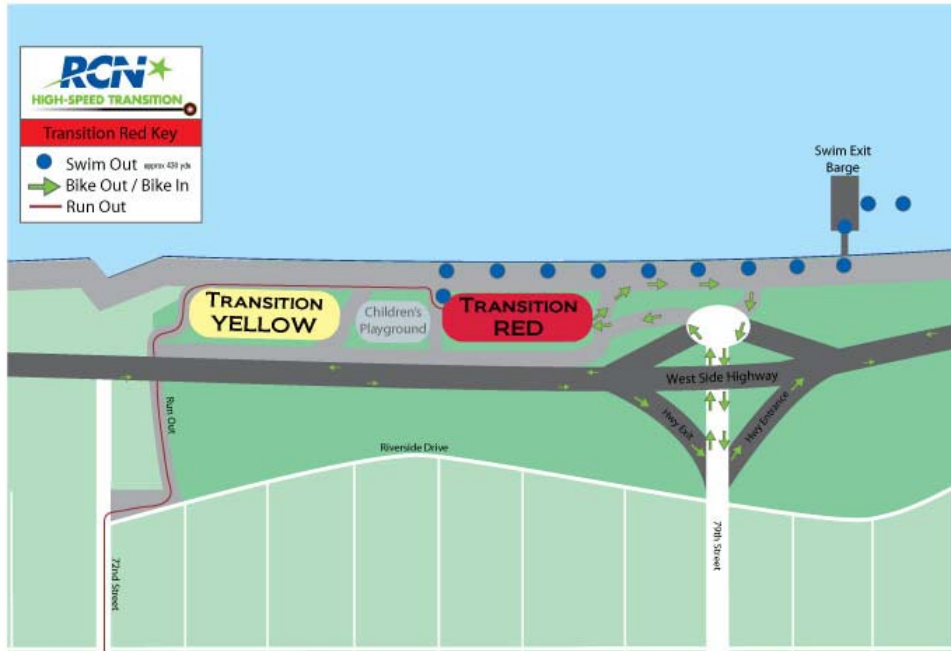
1. Bike Check-in is mandatory. No bikes will be accepted race morning. The race-issued bike number must be on your bike frame to be allowed into transition.
2. If you’re driving your bike to transition on Saturday, DO NOT stop your car and wait on the traffic circle. NYPD is ticketing and towing. Race Officials are pulling race numbers. Not worth it!
3. Rack your bike from the seat. Personal items should be placed by the front tire on the ground. You can also place and check on your transition items Sunday morning from 4:30 – 5:45 AM.

PRE-RACE – Transition Tours

RCN High Speed Transition Tours

Saturday 2:00 PM – 5:00 PM

1. There are TWO Transitions: Yellow & Red (see maps below).
2. 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.
3. RCN Transition Tours meet at the Info Tent at Transitions Yellow & Red



RACE DAY

Race Morning Transition Access

4:30 AM – 5:45 AM

- Don't forget your Swim Cap, Wrist Band and Clothing Bag.
- Drop/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.

Swim Start Open*

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.
 - Make sure you're on time. If you miss your wave, you're DQ'd. Start times attached.

Transition & Bike

1. Transition
 - a. The barefoot run from Swim Exit is 300 – 400 yards, depending on your transition
 - b. Leave your bike in an easy gear. There's a steep technical climb out of the park
2. Bike Support, provided by Toga Bikes, our exclusive race day bike support team
 - a. Carry extra tubes & pump/CO2. In case of a flat, pull off to side of road, NOT middle lane!
 - b. Toga Bikes will have 2 support vehicles on the West Side Highway
 - c. Toga Bikes provides bike mechanics at Transition during bike check-in Saturday and Race Day
3. Tips
 - a. Two bottles of hydration on your bike
 - b. An extra bottle of water to rinse your feet after the barefoot run from swim exit
 - c. Helmet number must be on the front of your helmet and bike number must be on the bike frame
 - d. There are 6 very technical turns on the course including bike out, hwy entrance, (2) u-turns on hwy, hwy exit and 79th St traffic circle exit. GO SLOW. Yellow & Red Transitions follow different routes. Pay attention to signs.
4. Course
 - a. Exit Riverside Park at the 79th St Traffic Circle
 - b. Enter the North Bound Lane of the Henry Hudson Parkway (West Side Highway)
 - c. Bike North to Mosholu Pkwy, U-turn
 - d. Bike South to 57th St, U-turn, bike North to 79th St
 - e. Exit at 79th St, sharp left turn onto 79th St
 - f. Enter Riverside Park at 79th St Traffic Circle. Go slow. This is steep and technical.

5. Aid Stations
 - a. Water & Cytomax are available at Transition Run-in from the swim
 - b. No bike bottle exchange on the course

Run

1. Course
 - a. Run Out of Riverside Park at 72nd St Tunnel
 - b. Run East across 72nd St to Central Park
 - c. Run Northern 5 Mile Loop of Central Park
 - d. Finish on Dead Road
2. Water Stations
 - a. Water and Cytomax are available at each mile along the run course.

Finish

1. Finish Line:
 - a. Receive Finisher Medal, Toyota Towel, bottle of Vitamin Shoppe Water and Cytomax
 - b. Get your chip removed (or you get charged \$30)
 - c. See a medic in the medical tent if necessary
2. Athlete Recovery Zone, following finish line:
 - a. Get bagels, fruit, Vitamin Shoppe Water, Cytomax
 - b. Pick up your Jetblue clothing bag (which you dropped off at swim start)
 - c. Call your entourage from the RCN call center to meet you at Family Reunion
3. Family Reunion
 - a. This is at the Bandshell in Central Park. This is where your fans should meet you.
4. Jetblue Finish Festival
 - a. Get your PARTY ON!

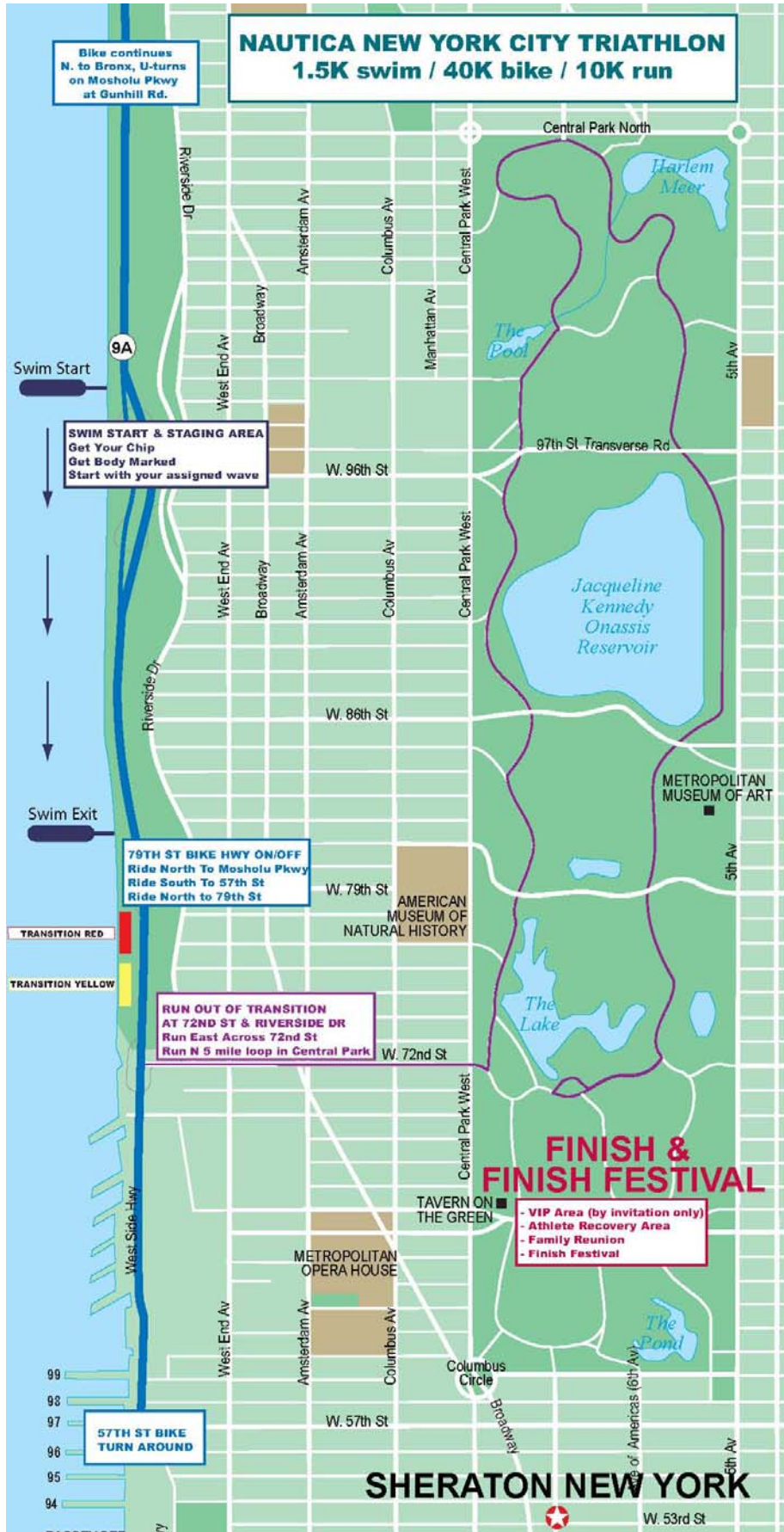
JET BLUE Finish Festival

1. YOU DID IT! NOW LIVE IT UP!
 - a. Get your Finisher Picture Taken
 - b. Massages provided by the Swedish Institute of Massage Therapy
 - c. Food, food, food!
 - d. Live entertainment
 - e. Contests, Raffles, and lots of cool stuff
2. 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

1. All bikes must be checked out of Transition between 12pm and 2pm.
 - a. **Only athletes with corresponding race numbers may remove bikes & items.**
2. Janus Pedi-Cabs
 - a. 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

NOTE: Age groups are determined by your age at the end of the calendar year. If you turn 30 in 2009, even after July 26, you will still compete in the 30-34 age group.

Transition Color	Wave No.	Division	Cap Color	Wave Time
Yellow	1	Pro Men	Red	5:50 a.m.
Yellow	2	Pro Women	White	5:53 a.m.
Yellow	3	Age Group Elite Male	Navy	5:56 a.m.
Yellow	4	Age Group Elite Female	Royal	5:59 a.m.
Yellow	5	Men 55 & Over	Orange	6:02 a.m.
Yellow	6	Men 40-44	Yellow	6:05 a.m.
Yellow	7	Men 40-44	Silver	6:08 a.m.
Yellow	8	Men 40-44	Red	6:11 a.m.
Yellow	9	Women 45-49	Navy	6:14 a.m.
Yellow	10	Women 50 & Over	Purple	6:17 a.m.
Yellow	11	Women 25-29	Red	6:20 a.m.
Yellow	12	Women 25-29	FL_Green	6:23 a.m.
Yellow	13	Women 30-34	Black	6:26 a.m.
Yellow	14	Women 30-34	FL_Orange	6:29 a.m.
Yellow	15	Women 35-39	White	6:32 a.m.
Yellow	16	Women 35-39	Silver	6:35 a.m.
Yellow	17	Women 40-44	Green	6:38 a.m.
Yellow	18	Women 24 & Under Relays	FL_Pink FL_Pink	6:41 a.m.
Red	19	ParaTriathletes	Red PT Caps	7:00 a.m.
Red	20	Men 45-49	Yellow	7:03 a.m.
Red	21	Men 45-49	Green	7:06 a.m.
Red	22	First Responders	Royal	7:09 a.m.
Red	23	Cly/Ath 39 & Under	White	7:12 a.m.
Red	24	Cly/Ath 40 & Over	Navy	7:15 a.m.
Red	25	Men 50-54	Purple	7:18 a.m.
Red	26	Men 35-39	Black	7:21 a.m.
Red	27	Men 35-39	White	7:24 a.m.
Red	28	Men 35-39	FL_Orange	7:27 a.m.
Red	29	Men 35-39	FL_Pink	7:30 a.m.
Red	30	Men 30-34	Red	7:33 a.m.
Red	31	Men 30-34	Royal	7:36 a.m.
Red	32	Men 30-34	Silver	7:39 a.m.
Red	33	Men 30-34	FL_green	7:42 a.m.
Red	34	Men 25-29	Orange	7:45 a.m.
Red	35	Men 25-29	Purple	7:48 a.m.
Red	36	Men 25-29	White	7:51 a.m.
Red	37	Men 24 & Under	Black	7:54 a.m.