

2021 SPECTATOR GUIDE



Congratulations! Someone you know is participating in the Verizon New York City Triathlon on July 11, 2021. That makes you a pretty lucky person to know such a badass.

You want to make sure you get a glimpse of your superstar athlete's performance, but you are not sure how to do that without getting lost, missing them completely, or worse having them miss you in the obscurity of the crowds. Well, now it's your turn to train on how to be the best spectator you can be...AND STICK TO COVID SAFETY PROTOCOLS for an extra layer to the competition.

SAFETY PROTOCOLS

Similar to many other large-scale events underway and upcoming, the NYC Triathlon was specifically designed this year to create an environment where COVID Safety Guidelines can be better upheld. Numerous race protocols (see end of this document) have been implemented for the protection of all athletes, staff, and spectators. This includes the reconfiguration and restriction from additional areas to which spectators would normally have access.

The goal? To prevent large crowds from gathering. Physical distancing must be maintained, as well as wearing facial coverings when in locations where there is a higher density of people for those unvaccinated or who may be vulnerable. To help you prepare in advance for these circumstances and other event information, we've pulled together a few things you should know about race weekend.

SATURDAY, JULY 10, 2021

Packet Pick-Up & Bike Check-In for Athletes (Riverside Park Baseball Fields at 103rd Street)

All athletes are required to pick up their packets and check-in their bikes on Saturday, July 10, 2021 between 11:00am – 9:00pm. You may accompany your athlete to the park, but we discourage you from entering the Packet Pick-Up area taking place on the lower level.

Instead, consider heading to the Upper Promenade where you'll find a wide expanse, park benches and an excellent view of the participants below in action. You'll also find [Ellington in the Park](#) where you can grab a drink and a bite to eat while your athlete walks through the pre-race check-in process.



Access from Ellington (from the north) at 105th & Riverside - walk down to 103rd St. for Packet Pick-Up and 101st St. for Transition. Or coming from the east (i.e. Central Park), access from W 99th St., turn right to walk up to Packet Pick-Up or Transition on Upper Promenade.

Know what your triathlete is wearing to keep better track of them amongst other athletes. Watching where he/she/they racks their bike within Transition will come in handy for finding them as they exit the swim and transition to the bike portion on race day.

Please note the bike transition area is absolutely off limits to everyone, pets and children included, except for the athletes.

SUNDAY, JULY 11, 2021

Race Morning (Riverside Park Soccer Fields at 101st Street)

It's 5:30am. Race day begins where you left off yesterday – watching your athlete from the Upper Promenade as they go through last-minute prep in Transition. Again, for better tracking, know what your triathlete is wearing but also know their bib number. *If you have them, bring binoculars.* All athletes (except those participating in the Bike/Run - No Swim event) must exist transition at 7:15am to head to the Swim Start at 81st St.

If your athlete is participating in the Bike/Run (no swim) option, they will remain in their designated transition area on 101st street just north of the International athlete transition area until their 8:00am start.

It'll be a long day, starting before the public food stands set up, so pack enough snacks and hydration for yourself and your athlete. Yes, you'll be carrying quite a bit of baggage for your beloved athlete.

About the Course

The course is **BIG**. Your athlete will be swimming .93 miles (1500m), biking 24.8 miles (40K) and running 6.2 miles (10K). You'll want to familiarize yourself with the course map (see end of this document). But you will not be able to see them for at least two-thirds of the event.

The Swim Start from 79th St – 83rd St and Swim Exit from 98th – 100th St. are areas entirely locked down from viewing. These are athlete ONLY areas. The lower level of the park along the water will remain open to the public from 83rd St. – 98th St. But in all honesty, all heads really look the same bobbing in the water, especially when everyone is wearing the same color swim cap of their division.

If you could even get to a point on the bike course, all you would see is blur speeding past you at up to 20mph. Besides, we don't want a repeat of the Tour De France World's Worst Fan debacle!

One option to follow your athlete is to use split tracking which will provide updates on his/her/their approximate whereabouts of your athlete. Each time an athlete crosses one of the timing mats on-course, their time will be recorded and reflected on [this page](#).

Please Note: tracking is not "live" - updates will take a several minutes to process.

The best option for an athlete sighting is on the run course. A few locations with visibility include:

- Along 96th St between Riverside Drive & Central Park West
- Anywhere along the route in Central Park.
- Convenient would be at 72nd Street Transverse - you'll be able to spot your athlete heading south on the West Drive, then you can walk to the East Drive to see them northbound and southbound, and then meander over to the Finish Line to see them achieve their glory moment!

Plan your spot and tell your athlete where you are going to be. Consider bringing a flag, balloons, or other landmark even a fatigued competitor can spot from far away. And don't forget to cheer for everyone you see pass by!

The Finish Line (Central Park at 72nd Street Transverse, Center Drive near Naumburg Bandshell)

Due to public health and safety protocols, we will not be hosting the Finish Festival as we've seen it in prior years. There will be no live music and group gatherings are discouraged. But while you wait for your athlete, feel free to visit some of our sponsors and vendors offering deals and sampling their products from 8:00 AM – 3:00 PM. Buy a commemorative piece of apparel from our official Merchandise Store to congratulate your athlete. And take plenty of photos! There will be backdrops near the Athlete Baggage tent where you may take photos together.

The Family Reunion area will be located at the southeast end of the venue near the baggage tent. If not there, a place to meet up should be decided with your athlete before the race because it's very crowded with over 2,000 participants, plus staff and volunteers.

The event concludes at 4:00pm. All athletes must return to Riverside Park between 1:00 – 4:00 PM to retrieve their bikes from Transition. No athlete will be allowed into Transition prior to 1:00 PM or after 4:00 PM. We recommend that you accompany your triumphant athlete back to the Transition area, providing praise and support (Literal support! Help them carry something).

SPECTATOR TIPS

Cheer, holler, scream, high-five everyone! Make some noise. Bring a cowbell! Thank the NYPD for making the race safe and volunteers for helping support all of our athletes as they take on this beast! Do not argue with the race marshals. If a marshal says an area is restricted, then it is restricted. No exceptions.

TRANSPORTATION

Cabs

- Stick out your hand. It is approximately \$15-20 for a ride from Sheraton New York Times Square Hotel to Transition (101st Street & Riverside Drive). Speak any language you want.
- To Swim: 83rd St. & Riverside Drive
- To Run: 96th St. & Central Park West, anywhere along the route in Central Park
- To Finish Lin: Central Park & 72nd St. – walk to the 72nd St. Transverse

Public Transit

Get a 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? [Visit NYC MTA](#).

LIVE RESULTS

Unofficial live results can be accessed throughout the day directly from your mobile phone through the QR codes posted on signage throughout the Finish Festival or via this link: [2021 Verizon New York City Triathlon Results](#). Official results will be posted on the NYC Triathlon website at 4:00 PM on race day (www.nyctri.com)

So, there you have it. Just like our athletes, you now have all vital event information to better assist your event viewing pleasure. Your cooperation and support in upholding all safety and race protocols is crucial for the success of our event. We are thrilled to be able to welcome our athletes and energetic spectators like yourself to the Big Apple for what we know will be an exciting experience for all!

SPECTATOR SAFETY PROTOCOLS

Physical Distancing

All unvaccinated and vulnerable participants, staff and spectators will be expected to maintain 6 feet of physical distance at all times except when it is not physically possible (i.e. during the swim portion of the event) at which time, masks covering the mouth and nose will be required.

Facial Coverings

Masks will be required in areas where there could be a high density of individuals for those unvaccinated or vulnerable.

Hygiene

Handwashing Stations (non-potable) and Sanitizing Stations will be placed near restrooms and throughout the event area.

Regular cleaning and disinfection of highly touched surfaces will be conducted.

Food and Beverage

All onsite food will be pre-packaged and individually wrapped. Event-provided food, water and Gatorade are for athletes ONLY. Spectators are encouraged to bring their own snacks and filled reusable water bottles.

Full safety protocols may be found in the 2021 Athlete Guide on our [website](#).

