



TOUGHMAN[®]

2023 TRIATHLON

ATHLETE GUIDE

SEPTEMBER 16-17, 2023

HARRIMAN STATE PARK, NY

SCHEDULE

**SCHEDULE IS SUBJECT TO CHANGE*

FRIDAY, SEPTEMBER 15, LAKE WELCH, HARRIMAN STATE PARK

12:00pm - 6:00pm..... Packet Pickup for All Races
Registration Tent, Lake Welch, Harriman State Park, Body Marking available

SATURDAY, SEPTEMBER 16, LAKE WELCH, HARRIMAN STATE PARK

5:00am - 6:45am..... Olympic Transition Open and Body Marking

5:00am - 6:00am..... **ONLY VIP RACE DAY PACKET PICKUP**

7:00am..... **OLYMPIC TRIATHLON
AND OLYMPIC AQUABIKE BEGINS**

7:00am - 10:30am..... Park closed to traffic

Please note Lake Welch Parkway will be closed to traffic so enter on Route 106.

10:00am - 11:30pm TOUGHKids Pick up Only, Olympic Post Race Food

10:00am Transition Open for Bike Removal ONLY. No earlier.

11:00am - 11:40am TOUGHKids Bike Racking, Olympic Finished and Olympic Awards Ceremony

12:00pm - 2:00pm TOUGHKIDS RACE

Park will be closed to car traffic. Please leave the park before or after this time since the kids race takes place in the parking lot.

Transition will NOT be open till 2:00pm to remove Toughkids bikes.

2:00pm..... TOUGHKids Awards

8:00am - 6:00pm..... Race Vendor Expo

2:00pm - 6:00pm Packet Pickup for Sunday Races ONLY

Registration Tent, Lake Welch, Harriman State Park. Racking of Long Course Biked allowed.

SUNDAY, SEPTEMBER 17, LAKE WELCH, HARRIMAN STATE PARK

5:00am - 6:30am **ONLY VIP RACE DAY PACKET PICKUP**

5:00am - 6:45am..... Transition Open. Body Marking

5:00am - 3:00pm..... V.I.P. Tent Open

6:45am - 1:00pm..... Transition closes - All athletes head to the beach
(will reopen after the last runner leaves transition)

6:30am - 6:50am Swim warm up allowed

6:45am..... Opening Ceremonies on the beach. **Please note the main entrance will be closed to traffic so enter on Route 106.**

7:00am..... **TOUGHMAN RACE BEGIN**

7:30am..... **Duathlon Bike will begin in the transition area.**

Time Trial format- 3 riders per 5 sec

8:00am - 3:00pm..... Race Vendor Expo open

10:45am Male Winner expected

11:20am Female Winner expected

12:30pm- 3:30pm..... Post-Race Food

1:00pm..... Awards Ceremony begins

3:15pm..... RACE ENDS

4:00pm..... Festivities conclude



RACES

RACE DISTANCES

TOUGHMAN Olympic Triathlon: Swim 1.5km, Bike 40km, Run 10km

TOUGHMAN Olympic Aquabike: Swim 1.5km, Bike 40km, Walk 100 yards through finish chute and be awarded your metal.

TOUGHMAN Long Course Duathlon: Bike 56 miles, Run 13.1 miles

TOUGHMAN Long Course Triathlon: Swim 1.2 miles, Bike 56 miles, Run 13.1 miles

TOUGHMAN Long Course Aquabike: Swim 1.2 miles, Bike 56.1 miles, Walk 100 yards through finish chute and be awarded your metal.

Each race will have open racking.

For Aquabike your FINISH time will be calculated as the time when you **CROSS into T2**, BUT we encourage you to leave the transition area and come down the Finish Chute so that our announcer can announce your name and you can get a Finishers photo post race. This is where we can cheer for your accomplishment.



RACE DAY CHECKLIST

SWIM

- Timing Chip
- Swimsuit
- Body Glide
- Wetsuit
- Goggles
- Goggle defogger
- Swim Cap
- Towel
- Squirt water bottle
- Small tub for water

BIKE

- Bike
- Bar ends plugged
- Bike computer re-set
- Bike number affixed
- Bike shorts
- Bike shirt
- Bike helmet
- Bike pump

RUN

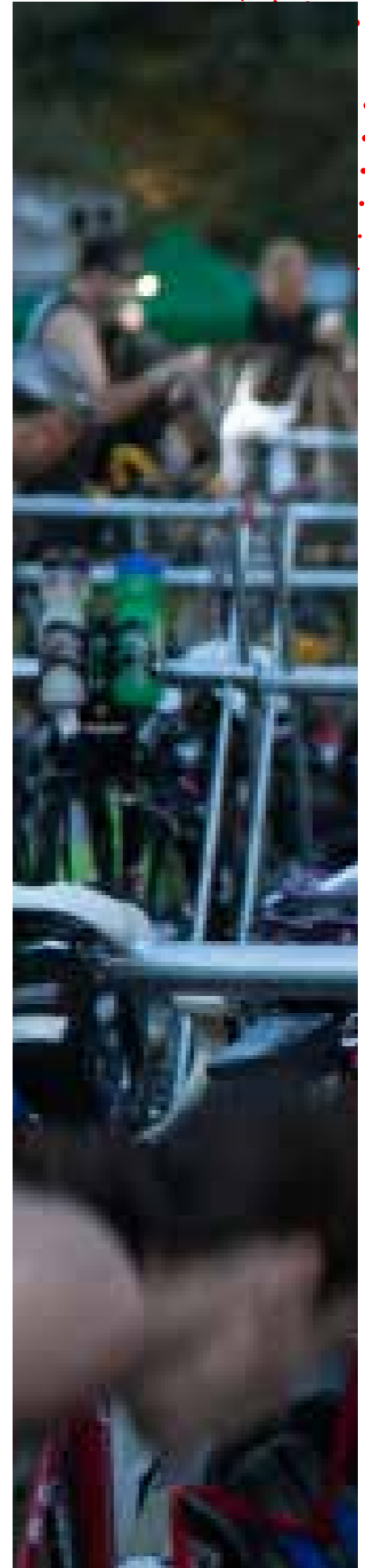
- Running shoes
- Running shorts
- Running shirt
- Running socks
- Visor / Hat
- Lubricant in heel or toe
- Race number
- Energy source for run

LOST AND FOUND

TOUGHMAN Triathlon is not responsible for lost or stolen items. We will offer a lost and found box for items turned in at the Volunteer Tent.

TRANSITION AREA

- Bag or backpack
- Energy source
- Sunscreen
- Extra water bottle
- Extra Towel
- Safety Pins
- Jacket / Sweatshirt
- Post race clothes
- Cell phone
- Small amount of cash
- Car key
- Proper psi in bike tires
- Spare tube, CO₂ cartridges and inflater
- Tire wrenches
- Water bottle and energy drink
- Energy source / Salt Tablets
- Sunglasses



TRANSITION AREA

- Transition closed from 6:45am-10:00am on Saturday and 6:45am-1:00pm on Sunday.
- Open Racking for 2023
- Extra equipment is not allowed in transition (e.g. bike trainer)
- Check bike, pump tires. Mechanics will be available next to the transition
- Bike must have a BIKE FRAME NUMBER attached in order to enter transition
- Spectators are NOT allowed in the transition area
- To remove your bike from transition, your bike ticket must match bike number

EXPO

RACE EXPO IS OPEN

9/15 Friday... 12pm-5pm

9/16 Saturday 8:00am - 6:00pm

9/17 Sunday.8:00am - 3:00pm

- Products will be available to purchase, view or sample (bring cash and credit card)
- TOUGHMAN Shop will have adult and children's apparel as well as cowbells and accessories.
- Look for "Make-a-Sign" tent at the Expo where your family can make signs to cheer on race day.



RACE MORNING: PRE-RACE

SATURDAY, SEPTEMBER 16, LAKE WELCH, HARRIMAN STATE PARK

- 4:30am..... Park Opens
- 5:00am..... Transition Opens
Olympic Rack Bikes
- 6:45am..... Head to the beach.
Opening Ceremony begins.
Transition Closes.
Only relay members may remain in transition
- 7:00amOlympic Triathlon and Olympic AquaBike Swim Start

SUNDAY, SEPTEMBER 17, LAKE WELCH, HARRIMAN STATE PARK

- 4:30am..... Park Opens
- 5:00am..... Transition Opens & Body Marking
- 6:20am..... Swim warm-up approved from 6:20 – 6:45am
in designated Warm-up Zone only
- 6:45am..... Transition area closes.
Only relay members may remain in transition

- **Pre race Nutrition available: Water only**
- Arrive early race morning to avoid the rush and get a convenient parking spot
- Body Marking available inside transition
- Bike mechanic will open in Transition Area at 5:00am for any last minute, pre-race purchases, or mechanical issues.
- Photographers at • Swim exit • Bike course • Run course • Finish Line • Awards Stage
- Plenty of bathrooms all over site – see site map
- Hand sanitizer is located at Medical Tent, Registration, and Transition Area.



TIMING CHIPS

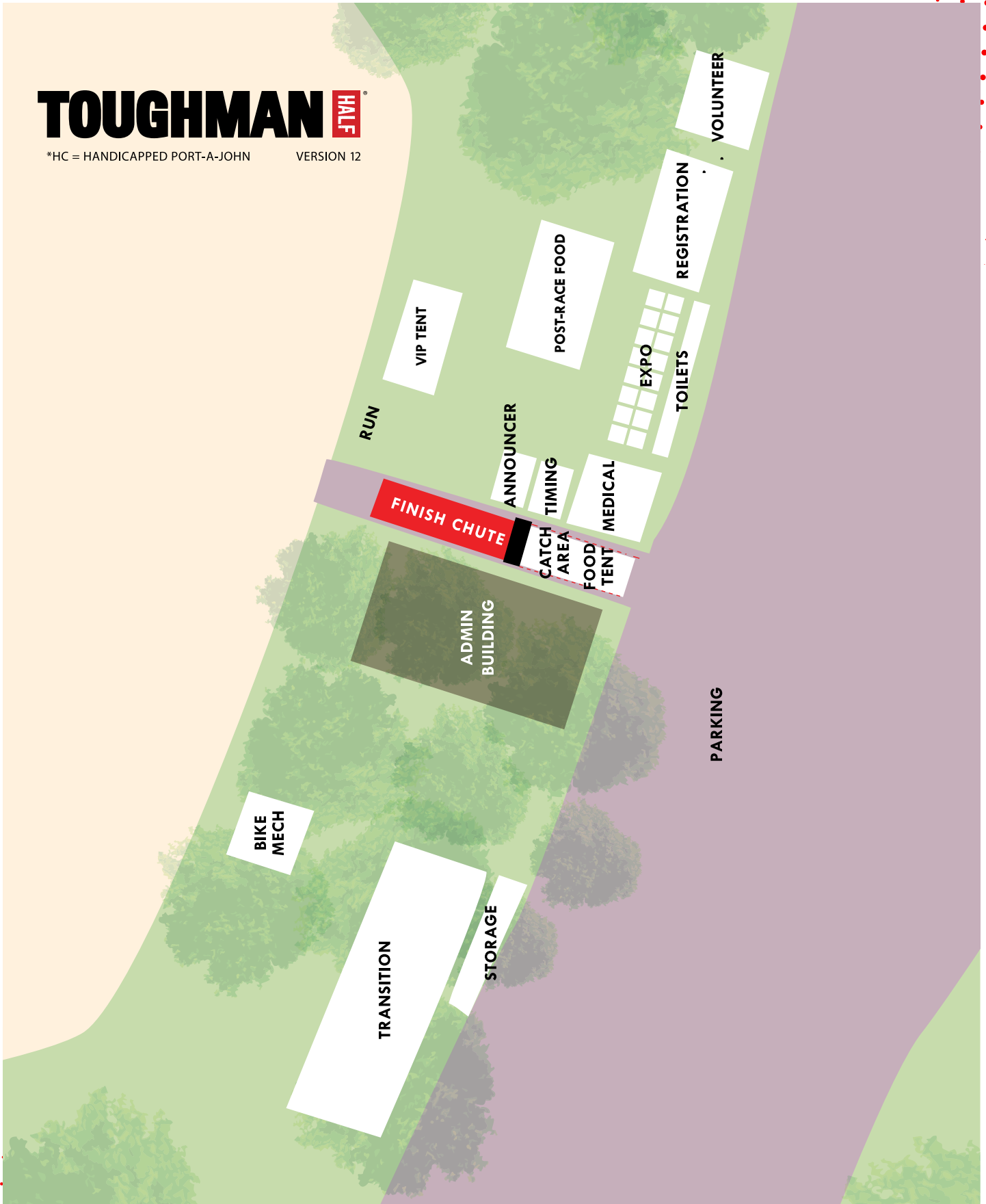
- Your disposable timing chip will be in your race packet
- If you have an issue race morning go to the Chip table in the Registration Tent. See the map on the next page
- Wear your Timing Chip around your ankle under your wetsuit.
NO CHIP = NO TIME or AWARDS
- Relay Team members will pass the chip at T1 and T2
- If you do not finish the race (DNF) you MUST turn your chip in to the nearest volunteer
- If you are pulled from the course: your chip will be removed by staff



TOUGHMAN HALF

*HC = HANDICAPPED PORT-A-JOHN

VERSION 12



SATURDAY, SEPTEMBER 16
LAKE WELCH, HARRIMAN STATE PARK

5:00am..... Transition opens. Olympic Rack Bikes
 Head to the beach.

6:15am..... Opening Ceremony begins

6:45am..... Transition Closes

7:00am..... Olympic Swim Start
 (8 Waves, 1st wave is College)

- Guests can be with you on the beach for ceremony, but not in the swim corrals
- Swim start is a land start
- Freshwater swim with current to bring you into shore
- Turnaround will be marked by a **GREEN** buoys is for the Olympic Swim.
- Paddle boards, jet ski, kayakers and a marine patrol boat in water for assistance/guidance/emergency
- If you have problems in the swim, call to a kayaker who will get you to a boat (you will DQ if taken aboard), but not DQ if you just hold on, to catch your breath,
- Swim finish marked by a huge TOUGHMAN inflatable arch and ambulance flashing lights
- LABEL YOUR WETSUIT WITH YOUR NAME before Race Day. Black wetsuits all look alike in transition
- Swim cut off is 1 hour 10 mins for the Olympic from when you enter the water.*

WAVE	OLYMPIC RACE	CAP COLOR	TIME
1	COLLEGE MALE	LIGHT BLUE	7:00 AM
2	COLLEGE FEMALE	GREEN	7:03 AM
3	AQUABIKE	PURPLE	7:06 AM
4	M 25-29	BLUE	7:09 AM
4	M 35-39	BLUE	
5	M 30-34	WHITE	7:12 AM
5	M 50-54	WHITE	
5	M 55-59	WHITE	
6	F 30-34 / F 34-39	YELLOW	7:15 AM
6	M 17-19	YELLOW	
6	M 20-24	YELLOW	
6	M 60-64 / M 65-69	YELLOW	
6	M 70+	YELLOW	
7	M 40-44 / M 45-49	GOLD	7:18 AM
8	F 17-19	PINK	7:21 AM
8	F 20-24 / F 25-29	PINK	
8	F 40-44 / F 45-49	PINK	
8	F 50-54 / F 55-59	PINK	
8	F 60-64 / F 65-69	PINK	
8	F 70+	PINK	

TRANSITION – T1

- Carpet and fencing will mark the path from the beach to the transition area
- Kiddy pools available to wash your feet
- Volunteers will peel off your wetsuit if you want: lay down on designated area and your wetsuit will be removed (speeds up your T1)
- Helmets **must be worn at all times from leaving transition to returning to transition. Helmets must be buckled before exiting T1**
- Walk or jog with your bike in the transition lanes to the designated Bike Mount area before riding
- T1 Cutoff is 10 mins after last swimmer exits water

Nutrition available: Water ONLY

SUNDAY, SEPTEMBER 17
LAKE WELCH, HARRIMAN STATE PARK

6:45am..... Transition closes.
 Head to the beach.
 6:45am..... Opening Ceremony
 begins

7:00am..... Race begins!

12:10pm (or 5 hours after the last wave started their swim) - the bike cut off is enforced: all remaining cyclists on the bike course will be pulled via a sag vehicle and returned to transition*

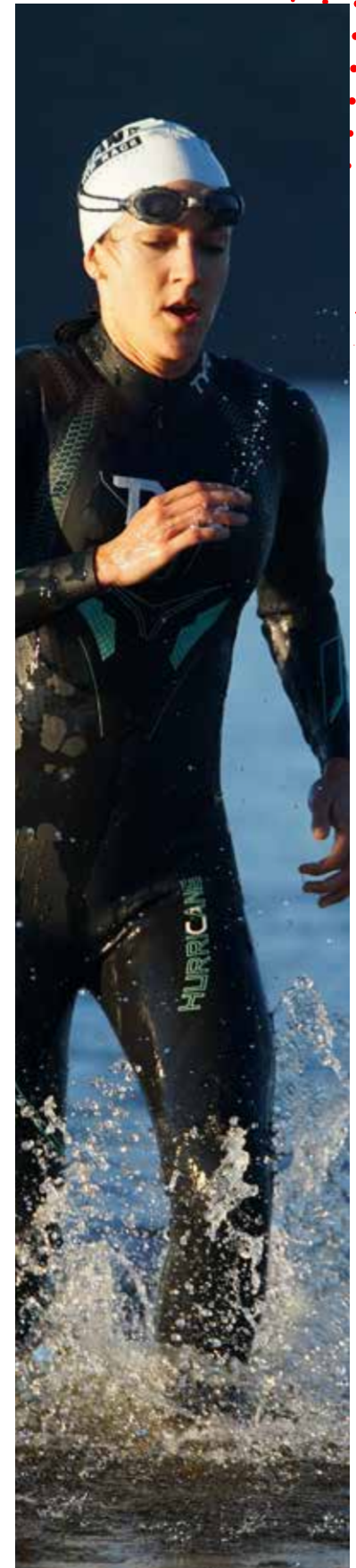
- Guests can be with you on the beach for ceremony, but not in the swim corrals
- Swim start is a land start
- Freshwater swim with current to bring you into shore
- 12 large buoys that you will keep on your **left**
- Turnaround will be marked by a **YELLOW** buoy
- Paddle boards, lifeguards, and a marine patrol boat in water for assistance/guidance/emergency
- If you have problems in the swim, call to a kayaker who will get you to a boat (you will DQ if taken aboard), but not DQ if you just hold on, to catch your breath,
- Swim finish marked by a huge TOUGHMAN inflatable arch and ambulance flashing lights
- LABEL YOUR WETSUIT WITH YOUR NAME before Race Day. Black wetsuits all look alike in transition
- Swim cut off is 1 hour 10 mins from when you enter the water.*

TRANSITION – T1

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- Walk or jog with your bike in the transition lanes to the designated Bike Mount area before riding
- T1 Cutoff is 10 mins after last swimmer exits water

Nutrition available: Water ONLY

TMN HALF	WAVE	CAP COLOR	TIME
ELITE	1	LIGHT BLUE	7:00 AM
M 35-39	1	LIGHT BLUE	
M 25-29	1	LIGHT BLUE	
AQUABIKE	2	PURPLE	7:05 AM
M 30-34	3	LIGHT GREEN	7:10 AM
M 50-54	3	LIGHT GREEN	
M 55-59	3	LIGHT GREEN	
F 30-34	4	RED	7:15 AM
F 34-39	4	RED	
M 17-19	4	RED	
M 20-24	4	RED	
M 60-64	4	RED	
M 65-69	4	RED	
M 70+	4	RED	
RELAY TEAMS	5	RED	7:20 AM
M 40-45	5	RED	
M 45-49	5	RED	
F 17-19	6	GREEN	7:25 AM
F 20-24	6	GREEN	
F 25-29	6	GREEN	
F 40-44	6	GREEN	
F 45-49	6	GREEN	
F 50-54	6	GREEN	
F 55-59	6	GREEN	
F 60-64	6	GREEN	
F 65-69	6	GREEN	
F 70+	6	GREEN	
DUATHLON	7	TRANSITION AREA	7:30 AM



LONG COURSE DISTANCE BIKE

- Follow the volunteer instruction
- Police and bike marshals will man the course
- ALWAYS stay to the right to let others pass
- There will be 1 motorcycle, plus 1 sweeping sag vehicle
- Course is well marked with signs, arrows and volunteers
- Bottle Exchange & portojohns at the 20 mile and 40 mile mark
- There will be a NO PASS ZONE strictly enforced from mile 3.5-4 (downhill Lake Welch Parkway)
- All USAT rules will be in enforced with USAT officials on motorcycles
- 3 bike shops support the bike course
- Bike cutoff of is 5hrs from your entrance into the swim*

Nutrition available: Water and Gatorade Endurance. Popup Bottles 23.7 oz (Fits in water bottle cage)

T2 - TRANSITION

- Walk or jog with your bike from the Dismount line to the transition area
- There are 7 Athlete-only portojohns inside transition
- Aquabike finish time is once you cross T2. Exit T2 and take the walk of fame to the finish line



BIKE COURSE AND PROFILE

Please keep in mind these following safety tips, to ensure that everyone maximizes their bike goals and we minimize any accidents or injuries:

1. Stay to the RIGHT, unless you are passing. There are some narrow sections with two-way traffic where this will be very important. Slower cyclists need to be aware that there will potentially be faster cyclists that will need to pass. Please give them plenty of room to your left.
2. Faster cyclists passing on the left should provide a friendly warning.
3. Earphones are not allowed and illegal per USAT rules.
4. No riding 2-3 aside –this is a race **not** a ride.

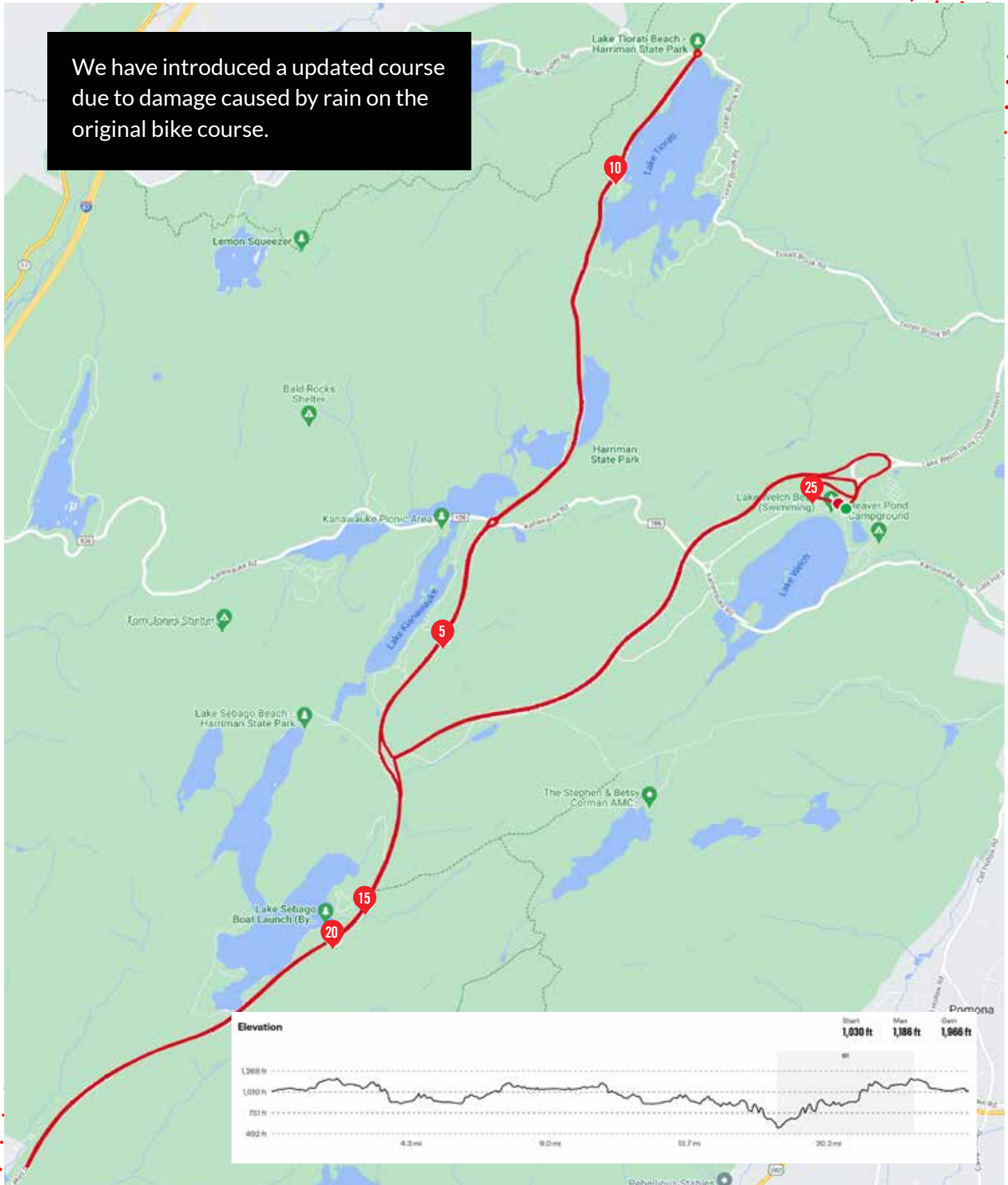


OLYMPIC TRIATHLON AND OLYMPIC AQUABIKE SWIM: 1.5 KM

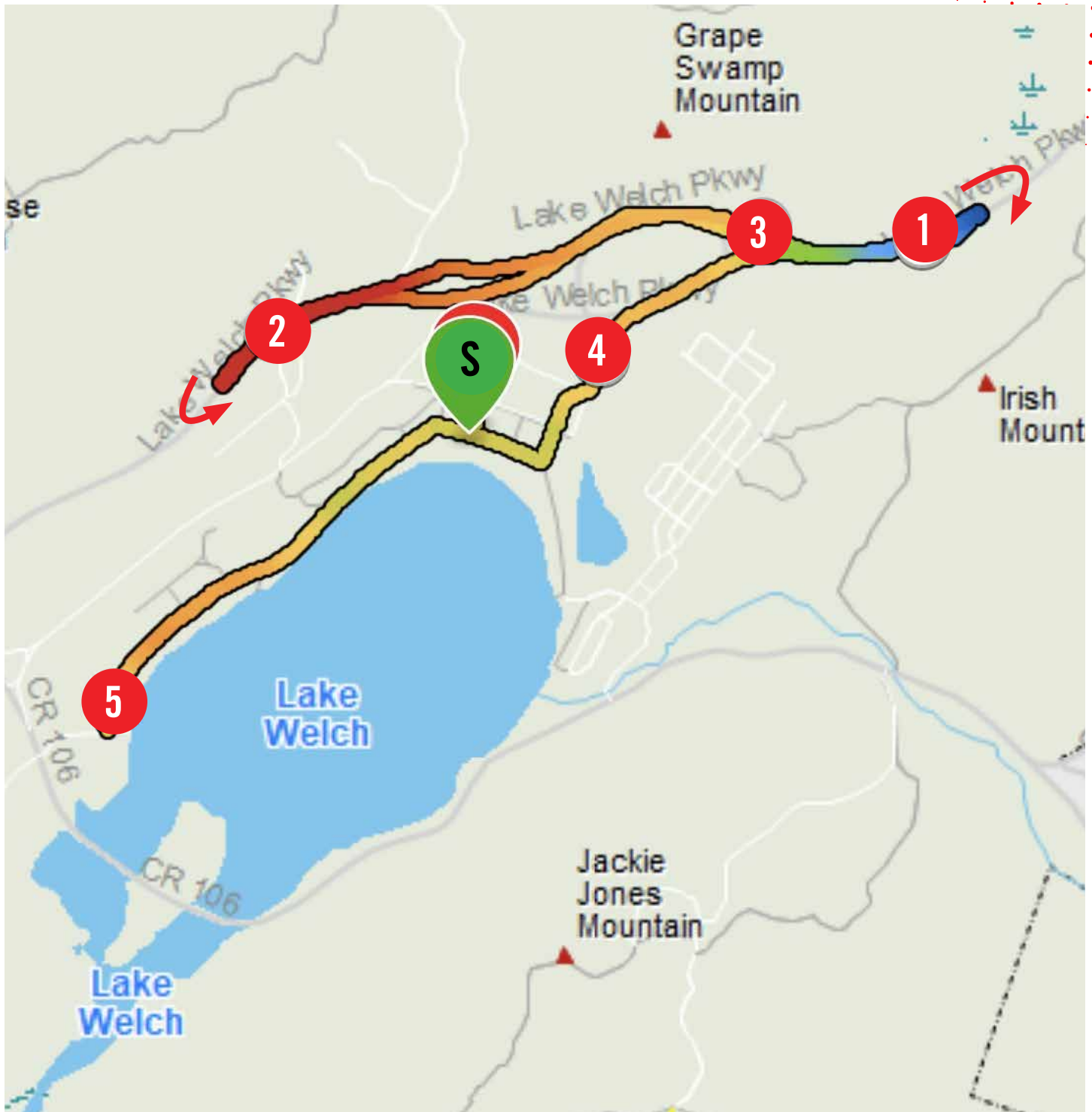


OLYMPIC TRIATHLON BIKE AND OLYMPIC AQUABIKE COURSE - 40KM

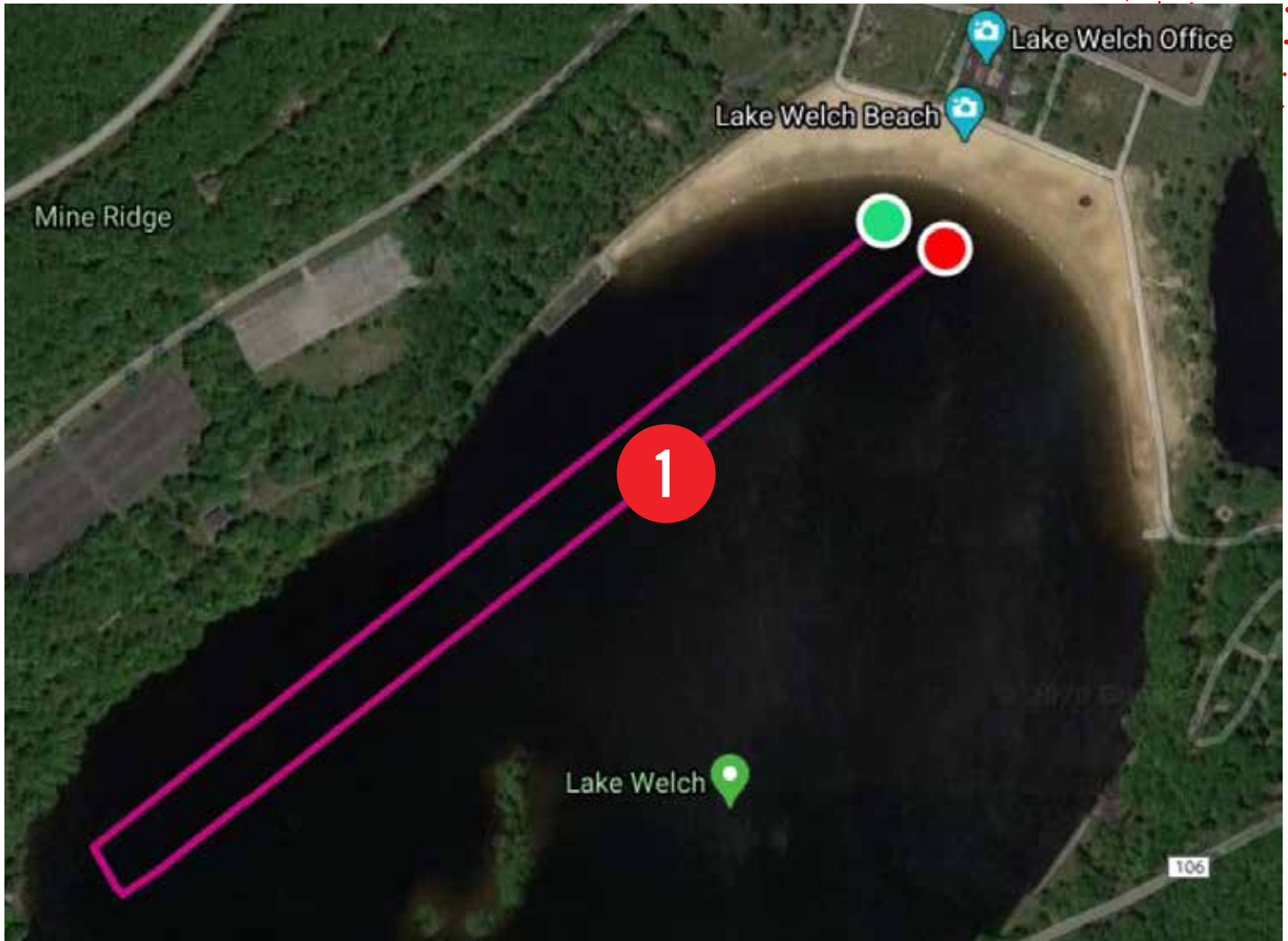
We have introduced a updated course due to damage caused by rain on the original bike course.



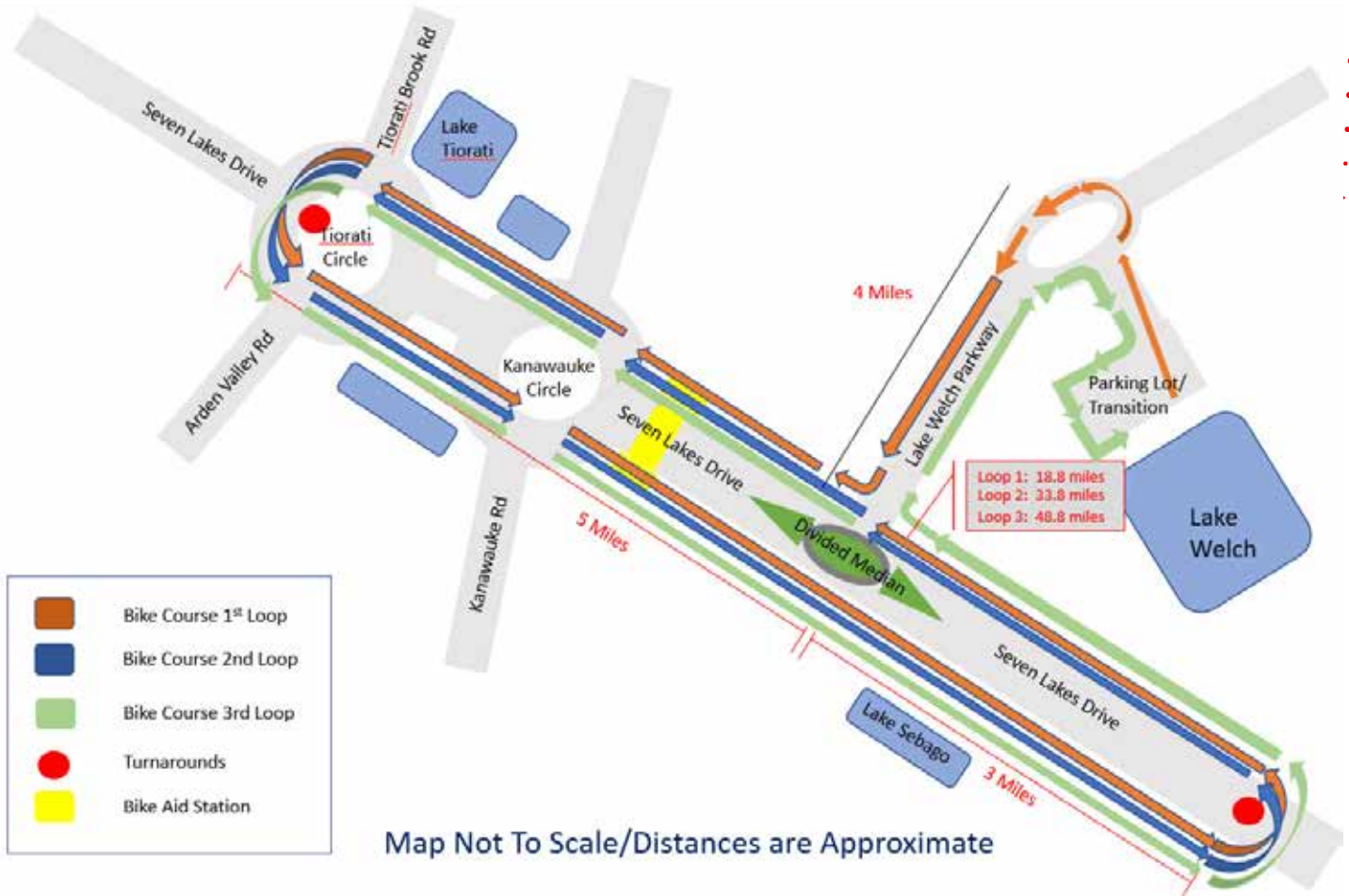
OLYMPIC RUN COURSE - 10KM



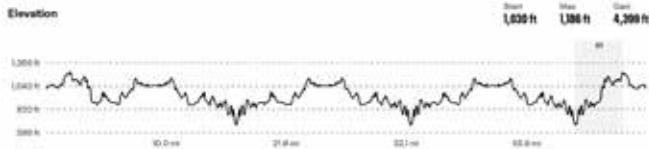
LONG COURSE TRIATHLON AND LONG COURSE AQUABIKE SWIM - 1.2 MILES



LONG COURSE TRIATHLON, DUATHLON & AQUABIKE BIKE COURSE - 55.6 MILES

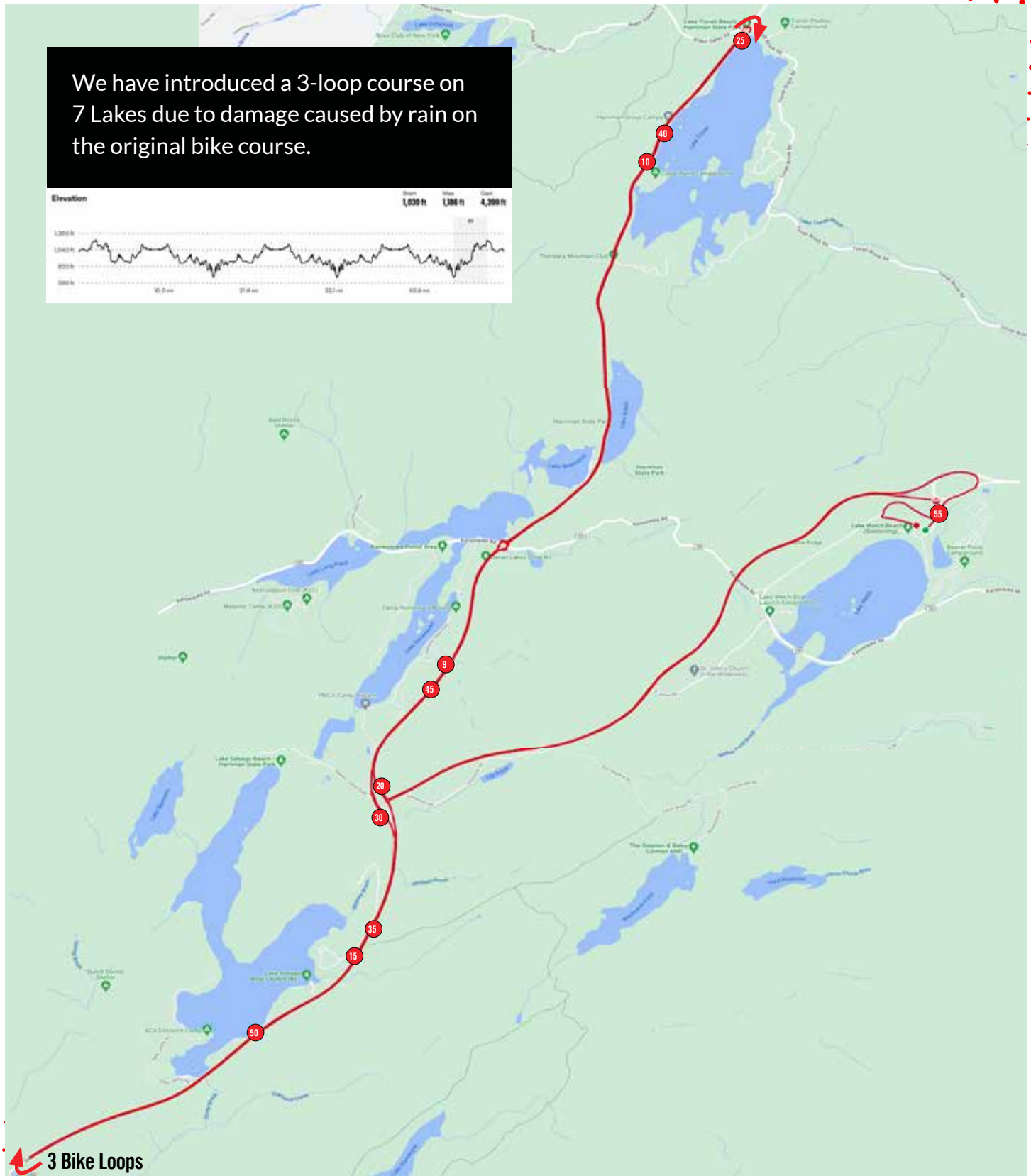
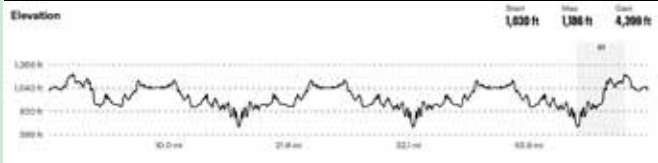


We have introduced a 3-loop course on 7 Lakes due to damage caused by rain on the original bike course.



LONG COURSE TRIATHLON, DUATHLON & AQUABIKE BIKE COURSE - 55.6 MILES

We have introduced a 3-loop course on 7 Lakes due to damage caused by rain on the original bike course.



GET LIVE RACE RESULTS VIA OUR WEBSITE BY PR TIMING

Check our homepage
on race day and track
athletes.



LONG COURSE DISTANCE RUN

- Follow cones and arrows at ALL times on the run course and obey all course marshal directions
- Aid stations at least every mile on the run course
- Dispose of gel packets and cups near the aid stations (Remember, throwing any trash on the course not designated as an aid station is subject to a USAT penalty)
- There will be 2 lead cyclists for male and female lead runners
- There will be portojohns at approx. the 2, 4, 6, 8, 10, and 11mile marks
- **Over 300 volunteers** on the run course will cheer you on and entertainers to keep you motivated
- Total race cutoff of 8hrs from your entrance into the swim*

NUTRITION AVAILABLE: Water, Cola, Gatorade Endurance, Hammer Gels

* We reserve the right to remove an athlete from the course and DNF the athlete if our course staff determines that there is no possibility of you finishing the discipline or race before the posted cut-off times based on your location, the time and average speed to that point.



FINISH LINE & ATHLETE RECOVERY ZONE

As you cross the finish line you enter the Athlete Recovery Zone where you get:

- Finisher's medal
- Chip removed
- Bananas and Bagels
- Photos are taken of all athletes crossing the finish line
- Catchers if you need medical assistance

Nutrition available: Water, Gatorade Endurance, bagels, fruit, and bars.

- Please leave the Recovery Zone ASAP so other athletes can come through
- You will be able to take individual athlete photos at our Media Backdrop next to the awards stage prior to the Awards Ceremony
- Northwell Mobile Trauma Unit
- Medical Team and EMS

SPECTATORS

- Family & friends are **not** allowed inside the Zone
- V.I.P. tent available on Sunday only for walk-ins (\$40); space limited
- Dogs are not allowed at the park
- Cross only at designated cross walks when crossing race course



POST-RACE

V.I.P. TENT

- Open 5am - 3pm only on Sunday
- Tented area at the finish area with tables, chairs, food and drink
- Wristbands are available on raceday (\$40 - cash only); if space available
- If you purchased a V.I.P. upgrade, your wristbands will be inside your packet

POST-RACE FOOD

Post-race food will be provided by Bear Mountain Inn and is only free to athletes (incl. in entry fee) and volunteers with 1 ticket.

AWARDS

- Awards Ceremony will start at 11:00am on Saturday and 1:00pm on Sunday
- Overall, age group, and special division awards.
- Overall top 5 men and 5 women

21+ BEER GARDEN

21+ Beer Garden is only for Sunday's Long Course.

- Beer only served to Athletes and Volunteers over 21, with a valid wristband
- Beer is not for sale to spectators

Non-alcoholic beer will served on Sunday

POST RACE

- If you are part of a Tri Club – look for your club's tent in "Club Row" by transition
- Transition closes at 11:00am on Saturday and 3:45pm on Sunday – you must remove ALL items by that time
- Complete results will be posted at approximately 5:00pm at: TOUGHMANTri.com – although updates are posted during the race.



MEDALS 4 METTLE

Please donate your “earned” medals to Medals 4 Mettle for a child with cancer either at the bag pickup on Saturday, September 16th or Sunday Post TOUGHMAN NY Championship race on September 17th.

Medals4Mettle (M4M) is a non-profit organization that facilitates the gifting of marathon, half marathon, and triathlon finishers’ medals. Runners from around the world give their hard earned medals to Medals4Mettle. Our worldwide network of physicians and volunteers then awards these medals attached to a Medals4Mettle ribbon to children and adults fighting debilitating illnesses who might not be able to run a race, but are in a race of their own just to continue to live their life. It is in honor of this mettle and courage in bravely facing these challenges that these are awarded a medal.

LEARN MORE AT WWW.MEDALS4METTLE.ORG



TOUGHMAN[®] **SHOP**

OPEN FRIDAY 12PM - 5PM

SATURDAY 8AM - 6PM

SUNDAY 6AM - 3PM



SPONSORS

<p>Morgan Stanley</p>	 <p>NASSAU ANNUITY</p>	 <p>MORGANFRANKLIN CONSULTING <small>A Visa Company</small> CYBERSECURITY SERVICES</p>
	 <p>BORNBOUND — WE ARE BORN BOUND —</p>	
 <p>RENPHO</p>	 <p>J2 DESIGN NYC</p>	

START
TOUGH.
FINISH
TOUGHER.

TOUGHMANTRI.COM

TOUGHMAN, TOUGHTEEN and TOUGHKids would like to thank the Palisades Parks Dept. and Lake Welch staff.