

**TOUGHMAN®**

**TRIATHLON**

# **ATHLETE GUIDE**

**HARRIMAN STATE PARK, NY**





# SCHEDULE

\*SCHEDULE IS SUBJECT TO CHANGE

## FRIDAY, SEPTEMBER 11

**Location:** Lake Welch, Harriman State Park

**12:00 pm – 4:00 pm:** Packet Pickup for All Races

**12:00 pm – 4:00 pm:** TOUGHMAN Shop is Open

## SATURDAY, SEPTEMBER 12

**Location:** Lake Welch, Harriman State Park

**12:00 pm – 4:00 pm:** Packet Pickup for TOUGHMAN Olympic and TOUGHMAN Half

**8:00 am - 4:00 pm:** TOUGHMAN Shop is Open

## SUNDAY, SEPTEMBER 13

**Location:** Lake Welch, Harriman State Park

**5:00 am – 6:30 am: VIP Race Day Packet Pickup Only**

**5:00 am – 6:45 am:** Transition Open and Body Marking

**6:30 am – 6:50 am:** Swim Warm-Up Allowed

**6:45 am:** Opening Ceremonies on the Beach.

Please note: Main entrance closed to traffic; enter via Route 106.

**6:45 am – 1:00 pm:** Transition Closes — All athletes head to the beach (Transition will reopen after last runner leaves)

**7:00 am – 10:30 am:** Park closed to traffic.

Please note: Lake Welch Parkway will be closed to traffic; enter via Route 106.

**7:00 am: Olympic Triathlon and Olympic AquaBike Start**

**7:15 am: Olympic Duathlon Bike Start**

(Time Trial Format — 3 riders every 5 seconds)

**7:30 am: TOUGHMAN Half Triathlon and Aquabike Race Begins**

**7:50 am: TOUGHMAN Half Duathlon Bike Start**

(Time Trial Format — 3 riders every 5 seconds)

**11:00 am – 11:40 am:** Olympic Finish and Awards Ceremony

**10:00 am:** Transition Open for Bike Removal ONLY (No earlier)

**10:30 am:** Post-Race Food for Olympic Tri

**11:00 am:** TOUGHMAN Olympic Awards Ceremony Begins

**6:00 am – 3:00 pm:** Race Vendor Expo Open

**11:15 am:** Half Male Winner Expected

**11:50 am:** Half Female Winner Expected

**12:30 pm – 3:30 pm:** Post-Race Food

**1:00 pm:** TOUGHMAN Half Awards Ceremony Begins

**3:30 pm:** Race Ends

**4:00 pm:** Festivities Conclude





## Races and Distances

### **TOUGHMAN Collegiate Triathlon**

Swim 1.5km, Bike 40km, Run 10km

### **TOUGHMAN Collegiate Duathlon**

Bike 40km, Run 10km

### **TOUGHMAN Collegiate Aquabike**

Swim 1.5km, Bike 40km

### **TOUGHMAN Collegiate Relay**

Swim 1.5km, Bike 40km, Run 10km

### **TOUGHMAN Olympic Triathlon**

Swim 1.5km, Bike 40km, Run 10km

### **TOUGHMAN Olympic Aquabike**

Swim 1.5km, Bike 40km

Walk 100 yards through finish chute to be awarded your metal.

### **TOUGHMAN Olympic Duathlon**

Bike 40km, Run 10km

### **TOUGHMAN Olympic Relay**

Swim 1.5km, Bike 40km, Run 10km

### **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 to 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.



# PACKET PICKUP

## FRIDAY, SEPTEMBER 11

**Location:** Registration Tent, Lake Welch, Harriman State Park  
**12:00pm–4:00pm:** ALL RACES

## SATURDAY, SEPTEMBER 12

**Location:** Registration Tent, Lake Welch, Harriman State Park  
**12:00 pm – 4:00 pm:** Packet Pickup for TOUGHMAN Olympic and TOUGHMAN Half  
Please note: Absolutely no swimming will be allowed on Saturday at the race site, as the course is being set up.

## SUNDAY, SEPTEMBER 13

**Location:** Registration Tent, Lake Welch, Harriman State Park  
**5:00am - 6:30am:** ONLY VIP RACE DAY Packet Pickup.  
Absolutely **NO** swimming will be allowed on Saturday at the race site as the course is being set up. You must pick up your own packet – **NO ONE ELSE CAN PICK UP FOR YOU!**

- You need **PHOTO ID** to collect your packet. If you are a **USA Triathlon member you MUST bring your card or show on your phone**. If you lost your card or its expired, bring a copy or renewal receipt: [usatriathlon.org](http://usatriathlon.org)
- Relays do NOT have to come together to pick-up their packets and the team captain cannot pick up the whole team's packet. Each member must pick up their own packet.
- Wristbands must be worn from the time you pick up your packet until after the race is over. **NO EXCEPTIONS.**
- We will gladly exchange your T-shirt size after the race on Sunday. Stop by the registration tent with your current shirt.

# RACE PACKET

## ENCLOSED IN EACH ATHLETE'S PACKET WILL BE

- Swim Cap
- Bike Frame #
- Helmet #
- Disposable Chip
- Wristband #
- Swim Cap: You must wear your assigned Swim Cap – no substitutions/color changes.
- Long Sleeve SHirt

## RACE DAY MARKING

- Skin (body marking)
- Bike frame & Bike helmet
- Front of run shirt /Race belt with Bib (not back); Bib # has a medical alert form on the back for you to complete.

### THE WRISTBAND GRANTS YOU

- Access in/out of Transition Area
- 21+ Beer Garden (Sunday ONLY)
- To race on the course
- Receive an Award

### POST RACE FOOD

Your racing bib has a tear off for the post-race food to be redeemed at the bbq area.

### SAFETY PINS

Pins are available at Packet Pick-up in the event you need them, but are not inside your packet.



# TRANSITION AREA

- Transition closed from 6:45am-1:00pm on Sunday.
- Open Racking
- Extra equipment is not allowed in transition (e.g. bike trainer)
- Check bike, pump tires. Mechanics will be available on Sunday only 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

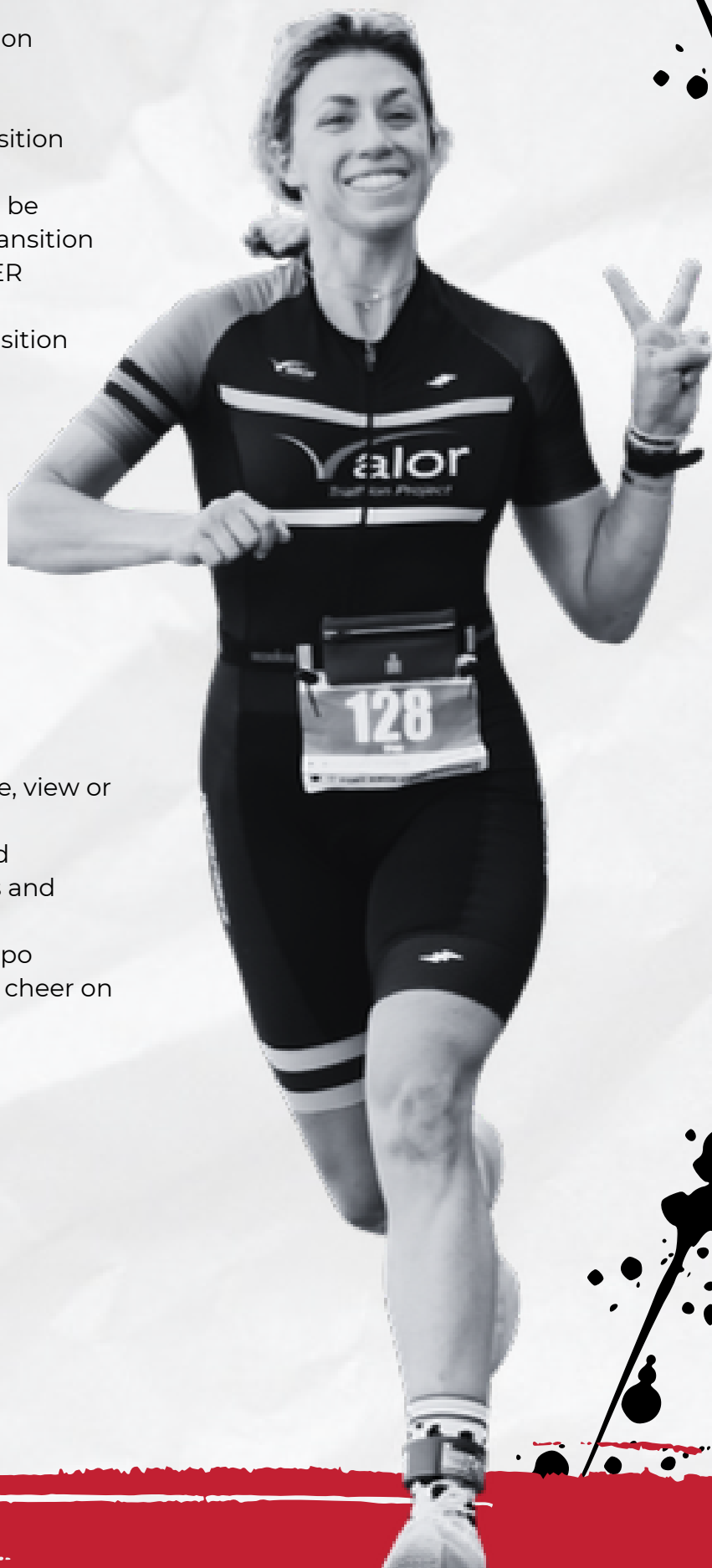
## RACE EXPO

**9/11 Friday:** 12:00pm-4:00pm

**9/12 Saturday:** 8:00am – 4:00pm

**9/13 Sunday:** 6:00am – 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

## 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

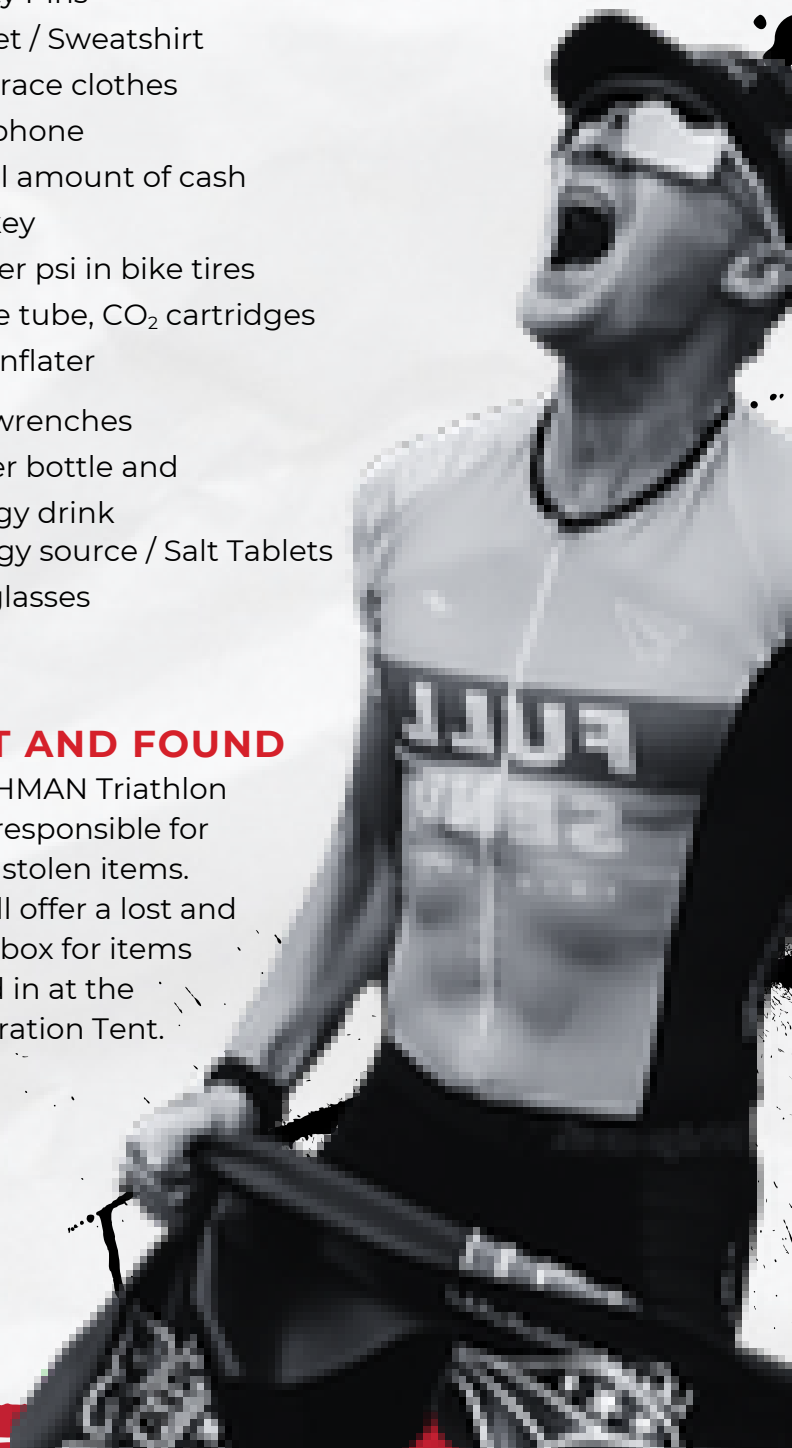
- ☐ Running shoes
- ☐ Running shorts
- ☐ Running shirt
- ☐ Running socks
- ☐ Visor / Hat
- ☐ Lubricant in heel or toe
- ☐ Race number
- ☐ Energy source for run

## 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, CO<sub>2</sub> cartridges and inflater
- ☐ Tire wrenches
- ☐ Water bottle and energy drink
- ☐ Energy source / Salt Tablets
- ☐ Sunglasses

## 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 Registration Tent.





# RACE MORNING: PRE-RACE

**SUNDAY, SEPTEMBER 13**

**LAKE WELCH, HARRIMAN STATE PARK**

**4:30am:** Park Opens

**5:00am:** Transition Opens. Olympic and Half Rack Bikes

**6:20am:** Swim warm-up approved from 6:20 – 6:45am in designated Warm-up Zone only

**6:45am:** Head to the beach. Opening Ceremony begins. Transition Closes. Only relay members may remain in transition

**7:00am: Olympic Triathlon and Olympic AquaBike Swim Start**

**7:30am: Half Triathlon and Half AquaBike Swim Start.**

- 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 on Sunday 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



### LAKE WELCH, HARRIMAN STATE PARK

**5:00am:** Transition opens. Rack bikes.

**6:30am:** Head to the beach.

**6:45am:** Transition Closes.

**6:45am:** Opening Ceremony begins

**7:00am: Olympic Swim Start**

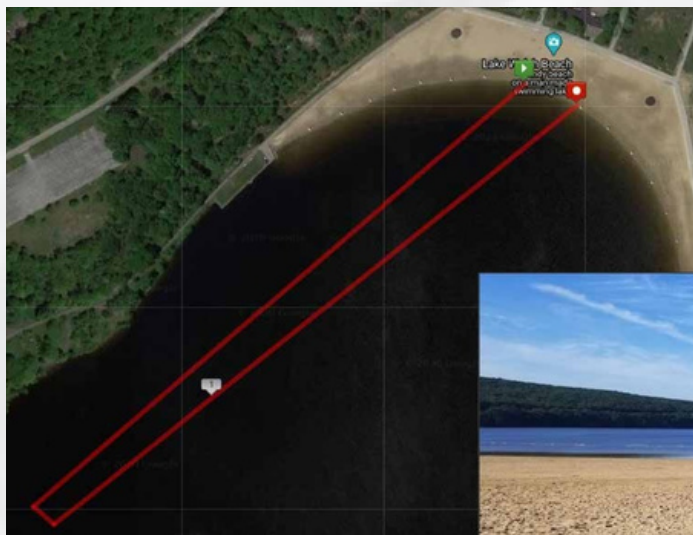
(8 Waves, 1st and 2nd waves are College)

- 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.\*

| OLYMPIC RACES  | WAVE | CAP COLOR  | WRIST BAND | TIME    |
|----------------|------|------------|------------|---------|
| College Male   | 1    | LIGHT BLUE | GREEN      | 7:00 AM |
| College Female | 2    | RED        | GREEN      | 7:03 AM |
| Aquabike       | 3    | PURPLE     | PURPLE     | 7:06 AM |
| M 25-29        | 4    | BLUE       | RED        | 7:09 AM |
| M 35-39        | 4    | BLUE       | RED        |         |
| M 30-34        | 5    | WHITE      | RED        | 7:12 AM |
| M 50-54        | 5    | WHITE      | RED        |         |
| M 55-59        | 5    | WHITE      | RED        |         |
| F 30-34        | 6    | YELLOW     | RED        | 7:15 AM |
| F 34-39        | 6    | YELLOW     | RED        |         |
| M 17-19        | 6    | YELLOW     | RED        |         |
| M 20-24        | 6    | YELLOW     | RED        |         |
| M 60-64        | 6    | YELLOW     | RED        |         |
| M 65-69        | 6    | YELLOW     | RED        |         |
| M 70+          | 6    | YELLOW     | RED        |         |
| Relay          | 7    | GOLD       | WHITE      | 7:18 AM |
| M 40-45        | 7    | GOLD       | RED        |         |
| M 45-49        | 7    | GOLD       | RED        |         |
| F 17-19        | 8    | PINK       | RED        | 7:21 AM |
| F 20-24        | 8    | PINK       | RED        |         |
| F 25-29        | 8    | PINK       | RED        |         |
| F 40-44        | 8    | PINK       | RED        |         |
| F 45-49        | 8    | PINK       | RED        |         |
| F 50-54        | 8    | PINK       | RED        |         |
| F 55-59        | 8    | PINK       | RED        |         |
| F 60-64        | 8    | PINK       | RED        |         |
| F 65-69        | 8    | PINK       | RED        |         |
| F 70+          | 8    | PINK       | RED        |         |
| Duathlon       |      | N/A        | YELLOW     |         |

### TRANSITION – T1

- Carpet and fencing will mark the path from the beach to the transition area
- Kiddy pools available to wash your feet
- 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





## LONG COURSE SWIM - 1.2 MILES

### LAKE WELCH, HARRIMAN STATE PARK

**5:00am:** Transition opens. Rack bikes.

**6:30am:** Head to the beach.

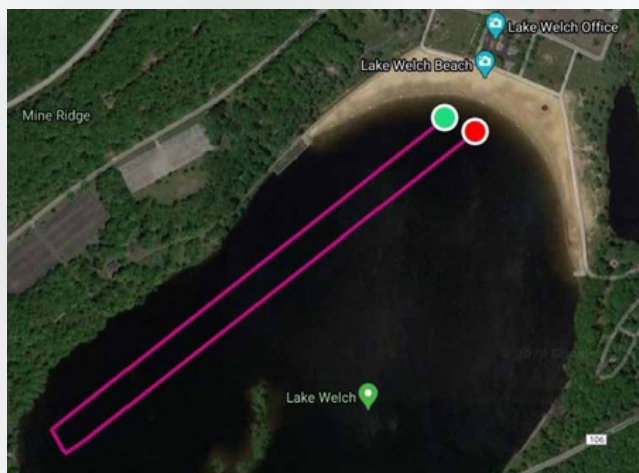
**6:45am:** Transition Closes.

**6:45am:** Opening Ceremony begins

**7:30am: Half Tri and Aquabike Swim Start**

(8 Waves, 1st and 2nd waves are College)

- 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.\*



| HALF TRI    | WAVE | CAP COLOR  | WRIST BAND | TIME    |
|-------------|------|------------|------------|---------|
| Elite       | 1    | LIGHT BLUE | BLUE       | 7:30 AM |
| M 35-39     | 1    | LIGHT BLUE | BLUE       |         |
| M 25-29     | 1    | LIGHT BLUE | BLUE       |         |
| Aquabike    | 2    | PURPLE     | PURPLE     | 7:35 AM |
| M 30-34     | 3    | GOLD       | BLUE       | 7:40 AM |
| M 50-54     | 3    | GOLD       | BLUE       |         |
| M 55-59     | 3    | GOLD       | BLUE       |         |
| F 30-34     | 4    | RED        | BLUE       | 7:45 AM |
| F 34-39     | 4    | RED        | BLUE       |         |
| M 17-19     | 4    | RED        | BLUE       |         |
| M 20-24     | 4    | RED        | BLUE       |         |
| M 60-64     | 4    | RED        | BLUE       |         |
| M 65-69     | 4    | RED        | BLUE       |         |
| M 70+       | 4    | RED        | BLUE       |         |
| Relay Teams | 5    | WHITE      | WHITE      | 7:50 AM |
| M 40-45     | 5    | WHITE      | BLUE       |         |
| M 45-49     | 5    | WHITE      | BLUE       |         |
| F 17-19     | 6    | PINK       | BLUE       | 7:55 AM |
| F 20-24     | 6    | PINK       | BLUE       |         |
| F 25-29     | 6    | PINK       | BLUE       |         |
| F 40-44     | 6    | PINK       | BLUE       |         |
| F 45-49     | 6    | PINK       | BLUE       |         |
| F 50-54     | 6    | PINK       | BLUE       |         |
| F 55-59     | 6    | PINK       | BLUE       |         |
| F 60-64     | 6    | PINK       | BLUE       |         |
| F 65-69     | 6    | PINK       | BLUE       |         |
| F 70+       | 6    | PINK       | BLUE       |         |
| Duathlon    |      | N/A        | YELLOW     |         |

### TRANSITION – T1

- Carpet and fencing will mark the path from the beach to the transition area
- Kiddie pools available to wash your feet
- 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



# BIKE

- It is your responsibility to review and familiarize yourself with the bike course in advance to ensure a safe and successful ride.
- 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 5 hrs from your entrance into the swim\*
- Nutrition available: Water and Gatorade Endurance. Popup Bottles 23.7 oz (Fits in water bottle cage)



## T2 - TRANSITION

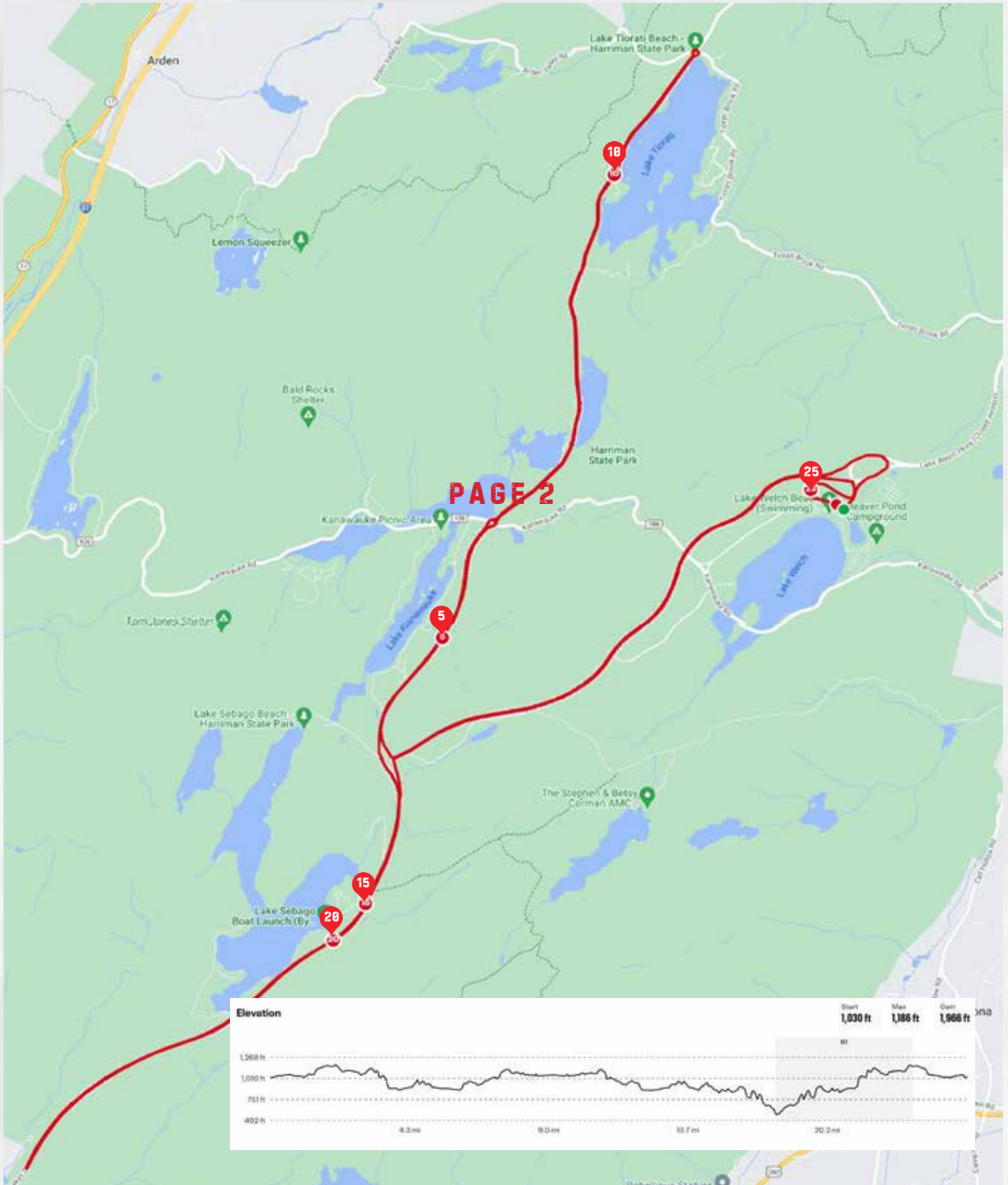
- Walk or jog with your bike from the Dismount line to the transition area
- There are 7 Athlete-only portojohns inside transition
- Aquabike finish time is once you cross T2. Exit T2 and take the walk of fame to the finish line

## 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.

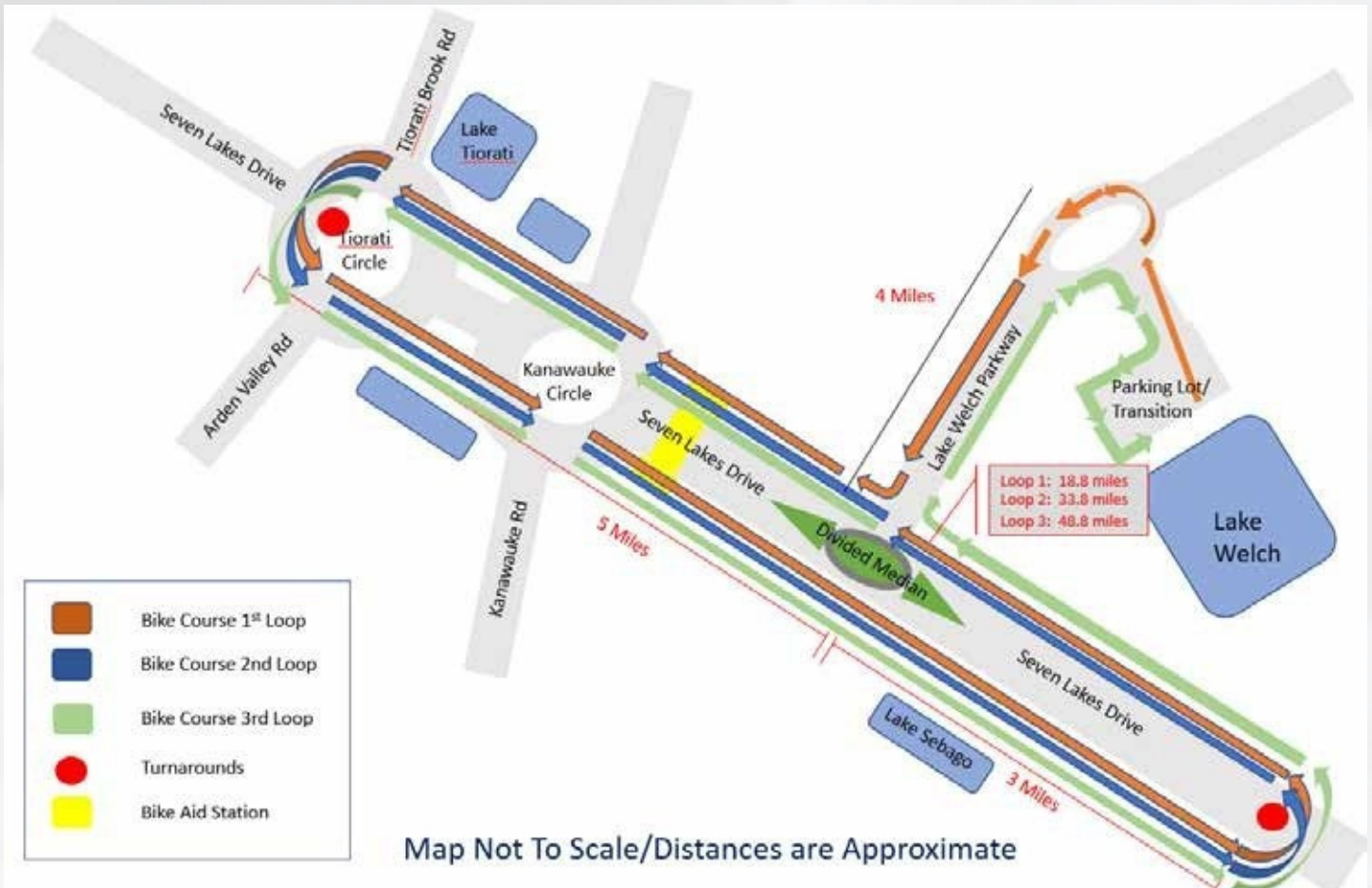




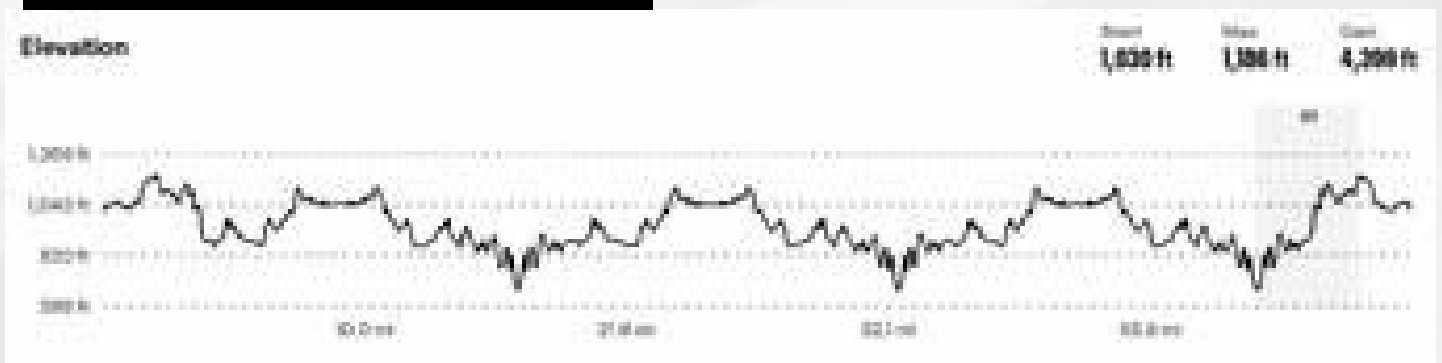


# BIKE

## LONG COURSE BIKE - 55.6 MILES



### 3-LOOP COURSE ON 7 LAKES

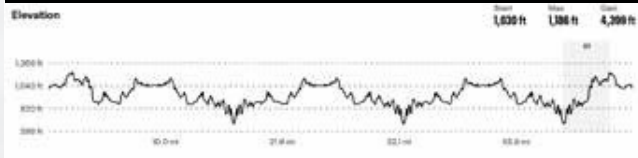




# BIKE

## LONG COURSE BIKE - 55.6 MILES

### 3-LOOP COURSE ON 7 LAKES





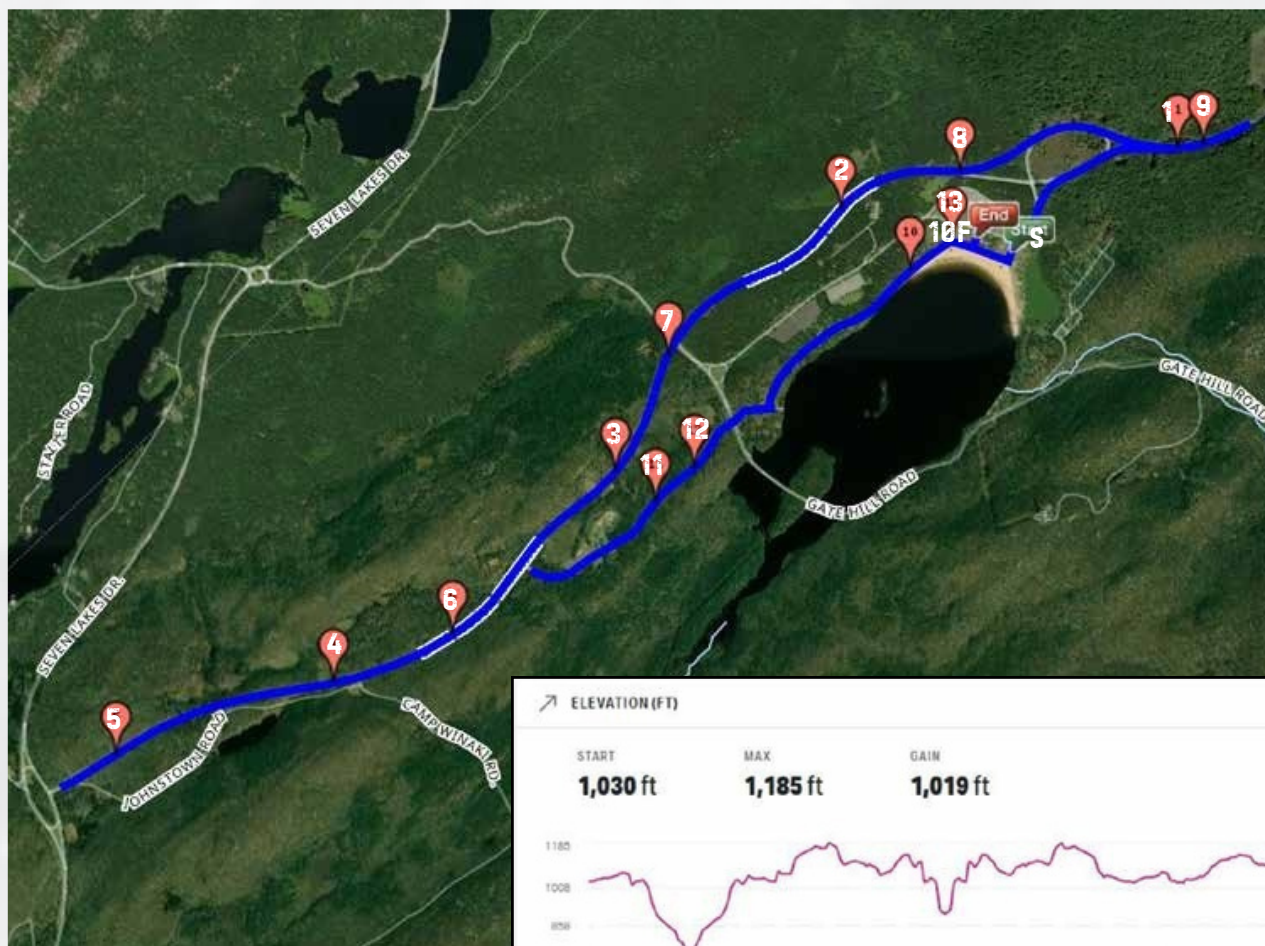
## OLYMPIC RUN COURSE - 10KM





## LONG COURSE RUN COURSE - 13.1 MILES

- It is your responsibility to review and familiarize yourself with the run course beforehand to help you navigate the route confidently and safely.
- 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 11 mile 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, 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.



**GET LIVE RACE  
RESULTS VIA  
OUR WEBSITE  
BY SPLIT  
SECOND TIMING**

**CHECK OUR  
HOMEPAGE AND  
SOCIAL MEDIA ON  
RACE DAY AND  
TRACK ATHLETES.**





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.
- White Plains Hospital Mobile Trauma Unit.
- Medical Team and EMS.

## SPECTATORS

- Family & friends are not allowed inside the Zone.
- Dogs are not allowed at the park.
- Cross only at designated cross walks when crossing race course.





# POST RACE

## 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 for Sunday only.

## AWARDS

- Awards Ceremony will start at 11:00am for TOUGHMAN Olympic and 1:00pm for TOUGHMAN Half.
- Overall, age group, and special division awards.
- Overall top 5 men and 5 women.

## POST RACE

- If you are part of a Tri Club – look for your club's tent in "Club Row" by transition.
- Transition closes at 3:45pm on Sunday – you must remove ALL items by that time
- Complete results will be posted at approximately 5:00pm at: [TOUGHMANTri.com](http://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 or Sunday Post TOUGHMAN race.

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](http://WWW.MEDALS4METTLE.ORG)**

# TOUGHMAN<sup>®</sup>

## SHOP

**OPEN FRIDAY 12PM-4PM**

**SATURDAY 8AM - 4PM**

**SUNDAY 6AM - 3PM**





# SPONSORS

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**START  
TOUGH.  
FINISH  
TOUGHER.**

**TOUGHMANTRI.COM**

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