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Panasonic



NEW YORK CITY
T R I A T H L O N™

JULY 24, 2016



2016 ATHLETE GUIDE



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Greetings Panasonic New York City Triathlon Athletes,

“I Love New York,” and nothing says New York more than the Hudson River, the West Side Highway and Central Park.

Since its inception, the Panasonic New York City Triathlon has been a stage for Olympians, Paralympians and tough as nails New Yorkers. Each section of this course tests your preparation and commitment. The Hudson River...best sushi in town. The West Side Highway is rough and hilly. Central Park rocks and rolls more than CBGB's.

Some say you're a real New Yorker if you live here for two years. We say you're a real New Yorker if you've conquered the Panasonic New York City Triathlon. If you can make it here you can make it anywhere.

See you in the Hudson!
The Team at the Panasonic New York City Triathlon





IMPORTANT PLACES

Host Hotel

New York Hilton Midtown
1335 Avenue of the Americas
New York, NY 10019

**Sports and Fitness Expo
presented by Men's Health**
New York Hilton Midtown
1335 Avenue of the Americas
New York, NY 10019

Swim Start

99th Street & Hudson River

Transition Area

79th Street – 72nd Street & Hudson River

Finish Line

Central Park
72nd Street Transverse, Center Road
(mid-park by the Bandshell)

Driving to the NYC Triathlon?

We recommend reserving parking in advance with SpotHero!

SpotHero is a parking reservation service that connects drivers to discounted, convenient parking. Download the SpotHero [iPhone](#) | [Android](#) app or visit the [New York City Triathlon SpotHero Parking Page](#) and the [Sports and Fitness Expo SpotHero Parking Page](#) to find and reserve parking with rates up to 50% off drive-up.

New to SpotHero? Download the app and enter promo code **NYCTRI16** for an extra \$5 off parking. That's \$5 off already discounted rates!

SPOT HERO

PARK NEAR THE NYC TRIATHLON—AND SAVE
Use SpotHero to plan your day and reserve parking steps from the NYC Triathlon.
CLICK ANY SPOT ON THE MAP TO RESERVE NOW

USE PROMO CODE **NYCTRI16** FOR **\$5 OFF** YOUR FIRST SPOTHERO PURCHASE.

KEY

- SpotHero parking
- Road closure
- Running course

SWIM START

SWIM FINISH

FINISH AND FESTIVAL

Download on the App Store | GET IT ON Google Play

DOWNLOAD THE APP



PRE-RACE SCHEDULE OF EVENTS

Friday, July 22, 2016

Sports and Fitness Expo presented by Men's Health

WHEN: Friday, July 22nd, 2016; 12:00 p.m. - 8:00 p.m.

WHERE: New York Hilton Midtown, Third Level

Mandatory Athlete Briefings presented by Men's Health & Packet Pickup

Briefings are held every half hour beginning on the half hour. The last briefing begins at 7:00 p.m.

WHEN: Friday, July 22nd, 2016; 12:00 p.m. - 7:00 p.m.

WHERE: New York Hilton Midtown, Fourth Level

NYC Tri Diaper Derby

WHEN: Friday, July 22nd, 2016; 1:00 p.m.

WHERE: New York Hilton Midtown, Second Level, Promenade

Gildan Underwear Run Check-In

Registered runners only

WHEN: Friday, July 22nd, 2016; 6:30 p.m. - 7:15 p.m.

WHERE: Central Park, Cherry Hill 72nd Street Transverse

Gildan Underwear Run Start

Registered runners only

WHEN: Friday, July 22nd, 2016; 7:30 p.m.

WHERE: Central Park, Cherry Hill 72nd Street Transverse



PRE-RACE SCHEDULE OF EVENTS

Saturday, July 23, 2016

Animal Medical Center Doggy Dash Briefing & Packet Pickup

Registered runners only

WHEN: Saturday, July 23rd, 2016; 9:00 a.m. - 10:00 a.m.

WHERE: New York Hilton Midtown, Second Level, Rhinelander

Sports and Fitness Expo presented by Men's Health

WHEN: Saturday, July 23rd, 2016; 10:00 a.m. - 6:00 p.m.

WHERE: New York Hilton Midtown, Third Level

Mandatory Athlete Briefings presented by Men's Health & Packet Pickup

Briefings are held every half hour beginning on the half hour. The last briefing begins at 5:00 p.m.

WHEN: Saturday, July 23rd, 2016; 10:00 a.m. - 5:00 p.m.

WHERE: New York Hilton Midtown, Fourth Level

Mandatory Paratriathlete/Handler Meet-Up

WHEN: Saturday, July 23rd, 2016; 1:30 p.m.

WHERE: New York Hilton Midtown, Second Level, Rhinelander

Mandatory Paratriathlete/Handler Briefing

Mandatory for all Paratriathletes and Handlers

WHEN: Saturday, July 23rd, 2016; 2:00 - 3:30 p.m.

WHERE: New York Hilton Midtown, Second Level, Rhinelander

Mandatory Bike Check-In

Bike frame number required (See Bike Check-In, page 11)

WHEN: Saturday, July 23rd, 2016; 2:00 p.m. - 9:00 p.m.

WHERE: Riverside Park & 72nd Street - 79th Street

Fox Business Network Profit from Experience Transition Tours

Running continuously, lasting approximately 20 minutes.

WHEN: Saturday, July 23rd, 2016; 2:30 p.m. - 5:30 p.m.

WHERE: Riverside Park & 72nd Street - 79th Street

Transition Red and Transition Yellow Information Tents

Mandatory Pro Briefing

Mandatory for all Professional Triathletes

WHEN: Saturday, July 23rd, 2016; 4:00 p.m. - 4:30 p.m.

WHERE: New York Hilton Midtown, Second Level, Rhinelander



RACE DAY SCHEDULE OF EVENTS

Sunday, July 24, 2016

3:45 a.m. - 5:15 a.m. - ATHLETE SHUTTLES TO TRANSITION

Pick Up: New York Hilton Midtown on 54th Street

4:00 a.m. - 5:15 a.m. - YELLOW TRANSITION AREA OPEN

Riverside Park & 72nd Street - See Security Measures, page 9

4:00 a.m. - 5:40 a.m. - RED TRANSITION AREA OPEN

Riverside Park & 79th Street - See Security Measures, page 9

5:15 a.m. - 7:00 a.m. - ATHLETE SHUTTLES TO SWIM START

Pick Up: New York Hilton Midtown on 54th Street; No stop at transition

5:15 a.m. - YELLOW TRANSITION AREA CLOSES

All athletes MUST vacate Transition Area to go to swim start
(with the exception of relay bikers & runners, who must stay in transition)

5:40 a.m. - RED TRANSITION AREA CLOSES

All athletes MUST vacate Transition Area to go to swim start

5:50 a.m. - PANASONIC NYC TRIATHLON START

99th Street & Hudson River

7:30 a.m. - ANIMAL MEDICAL CENTER DOGGY DASH START

Central Park, 72nd Street Transverse

7:30 a.m. - 1:00 p.m. - FINISH FESTIVAL CELEBRATION

Central Park, Central Road

10:00 a.m. - PRO & PREMIER AMATEUR AWARDS, AMC DOGGY DASH AWARDS

Finish Festival

10:15 a.m. - BIKE CUTOFF

Gunhill Road turn-around cut-off

11:00 a.m. - 2:00 p.m. - BIKE CHECK-OUT - Red & Yellow Transition Areas

All bikes MUST be removed from transition by 2:00 p.m. - See Bike Check-Out, page 16

**12:00 p.m. - AGE GROUP, ACCENTURE CHALLENGED ATHLETES INTERNATIONAL
CHAMPIONSHIP & SPECIALTY AWARDS**

Finish Festival



PRE-RACE INSTRUCTIONS

Briefings and Packet Pick-up are mandatory for all participants including all relay team members. Friends and family are not permitted in the briefing room or at packet pick-up, but are encouraged to attend the Sports and Fitness Expo presented by Men's Health!

Sports and Fitness Expo presented by Men's Health

- **Go Nuts!** The Sports and Fitness Expo Presented by Men's Health has cool products and last-minute supplies
- Be sure to get your race merchandise from Dr. Cool, official chemical-free cooling apparel of the 2016 Panasonic New York City Triathlon.
- Did you bring your bike to the expo? Check it at the Bike Valet and pick it up when you leave!
- Stop by the Bicycle Habitat booth to meet the mechanics who will be on-site on race day for insider tips.

Mandatory Athlete Briefings presented by Men's Health

- Briefings run every half hour and last an average of 20 minutes.
- Each athlete must have his/her hand stamped before leaving the briefing to prove attendance.
*Historically our busiest briefings have been between 2:00 p.m. - 4:00 p.m. on Saturday. If you are able to go at another time, we highly recommend it.

Packet Pick-up

Must have stamp proving briefing attendance

- Your race number will be e-mailed to you the week before the race. If you forget your number, there will be computers for you to look it up.
- Line up by race number.
- Present your valid photo ID and then sign two waivers. (Read the waivers [here](#).)
- 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 \$12. [Download](#) the USAT membership card app.
- Volunteers will put wristbands on all athletes picking up their packets. All athletes **MUST** keep their wristbands on until after they pick up their bike from transition on Sunday after the race.
- Race Number and wristband color correspond with your assigned transition area (Yellow or Red.)

NO wristband, NO race, NO exceptions.



YOUR PACKET

What's in your packet?

- Race Instructions and USAT Officials' Notes.
- Race Bib – Worn during the bike and run. Use the safety pins we provide or a race belt. Please fill out emergency contact information with a pen (NOT SHARPIE).
- Note: If you are part of a relay, the swimmer's packet will have the swim cap. The biker's and runner's packets will have their own corresponding bike and bib numbers.
- Helmet Number – Goes on the front of your helmet.
- Bike Number – Goes on the bike frame or seat post. **Your bike will not be allowed in/out of transition without it.**
- Clothing Bag – A clear plastic bag for your extra clothes on race morning. Drop it in one of the clothing trucks near Swim Start and pick it up at the finish. **Do not put valuables in your bag! We are not responsible for lost or damaged goods.**
- Swim Cap – You must wear your race-issued swim cap to be allowed on the start barge.
- Timing Chip – To be worn around your left or right ankle. Don't forget to grab your chip strap on the way out of the packet pickup room.
- Your Tri-Tat Race Number – Verify all of the numbers are correct. Remove the clear protective layer of your Tri-Tat and press against dry, clean skin. Hold a wet wash cloth over the tattoo for 30 seconds and slowly peel back the white layer.
- Place your race number vertically on both your left and right arms.
- Place your race number horizontally on your left hand.
- Write your race age horizontally on your left calf with permanent marker. Relays write an "R" on left calf.

What's NOT in your packet?

- The fun stuff! Your goodie bag and t-shirt will be available for pickup at a separate table within the expo hall one floor down from the briefings.

Fox Business Network Transition Bags – Race-issued clear plastic transition bags. Personal items brought into transition must be in these bags! See Security Measures, page 9



SECURITY MEASURES

Security Measures - Transition

NYPD is requiring the Triathlon treat the Transition Area as a secured zone. Please follow the security protocols below.

- At packet pick-up, you will receive two large Fox Business Network branded clear plastic bags. Any items other than your bike going into Transition must be loose inside one of these clear plastic bags. One bag is for mandatory bike check-in on Saturday and one is for race morning transition access. In order to enter the secured Transition Area, all equipment must be loose and in the race issued clear plastic bag.
- This is just like what you would do with your liquids and gels when going through airport security.
- Large items like bike pumps that do not fit in the clear plastic bags can be carried in by hand and are subject to search.
- Unattended bags outside transition will be treated as a possible threat by the NYPD. Please use common sense and maintain possession of your bag while outside of Transition at all times.
- Hydration Packs (Camelbaks or similar) will be allowed on the race course.

Event Alert System

An Event Alert System will be used on race day. Flags will be positioned throughout the course to alert athletes of race conditions. On race day, please take note of the flags and heed the instructions associated with each color.

Flags will be at the following locations:

- Swim Start
- Transition Entrance
- Aid Stations on the Run Course

GREEN FLAG: Proceed as normal.

YELLOW FLAG: CAUTION - Slow down, use caution and drink plenty of water.

RED FLAG: EXTREME CAUTION - Slow down, use extreme caution and drink plenty of water due to dangerous weather conditions. Timing of the event has stopped and no awards will be issued.

BLACK FLAG: STOP - Seek shelter immediately in the event of a weather emergency.

- The race has been cancelled due to extreme conditions or course emergency such as lightning, tornado, or natural disaster.



SECURITY FAQ'S

Q: How big are the two race-issued clear plastic transition bags?

A: They're big! Each bag is 22" wide x 28" high with a 6" base, and the top closes with a drawstring. The bag for Saturday has a double drawstring closure and can be worn as a backpack so you may ride your bike to transition. The bag for Sunday has a single drawstring closure.

Q: I'm riding my bike to transition for bike check-in on Saturday. What are your recommended bag-packing procedures?

A: Follow these step by step instructions:

1. All transition equipment (i.e. goggles, wetsuit, running shoes) must be placed in race-issued clear plastic bag(s) in order to enter Transition.
2. At home, pack all your belongings into your clear plastic bag. You can use this clear plastic bag as a backpack. You can also put this bag into your own personal backpack that you are comfortable wearing while riding your bike.
3. Before entering transition, empty your personal backpack and put it into the clear plastic bag with the rest of your stuff.
4. Feel free to restow your belongings back into your personal backpack once in Transition.
5. You can remove your items from Transition in your own personal backpack.

Q: Can I leave my emptied personal bag unattended outside of the secured transition area to then go pick up my transition gear?

A: NO. NYPD will shut down the race if any backpack or transition bag is found unattended.



BIKE CHECK-IN

Saturday, July 23rd, 2016; 2:00 p.m. – 9:00 p.m.

- **Bike Check-In is Mandatory! No bikes will be accepted into Transition on race morning.**
- The race-issued bike number must be on your bike to be allowed into Transition.
- A non-racer may check in a bike on Saturday if the athlete is unable to do so.
- If you're driving your bike to Transition on Saturday, you may NOT stop or park your car in the 79TH Street traffic circle. NYPD will be ticketing and towing and Race Officials will disqualify you. Not worth it!
- Find the rack number that matches your bib number and rack your bike with the seat and bike number facing the same direction. Your front wheel should be resting on the ground.
- Personal items should be placed next to the front tire on the ground.
- Athletes are not allowed to personally mark their space with balloons, inflatables, or any other markers. No stationary trainers will be allowed in the transition area.
- Bikes may not be covered overnight. Any bike covers will be removed by race management.
- Swim Free Angels will be on site on Saturday, July 23rd and race morning to help any athlete in alleviating swim anxiety before the race.

FOX BUSINESS NETWORK PROFIT FROM EXPERIENCE TRANSITION TOURS

Saturday, July 23rd, 2016; 2:30 p.m. – 5:30 p.m.

- There are TWO Transitions: Red and Yellow. (See Maps)
- Each Transition has its own unique route in and out. Familiarize yourself with the route.
- If this is your first time or you need a refresher course, attend one of the Fox Business Network Profit from Experience Transition Tours.

Fox Business Network Profit from Experience Transition Tours meet at the information tents at the entrances to Transitions Yellow and Red.



RACE MORNING INSTRUCTIONS

Race Morning Transition Access

4:00 a.m. – 5:15 a.m.: Yellow Transition Open

4:00 a.m. – 5:40 a.m.: Red Transition Open

- All items brought into Transition must be in the race-issued clear plastic Transition bag.
- **Review Security Measures for Transition on page 9**
- All bike and run relay team members **MUST** be in transition before Yellow Transition closes.

Swim Start

4:30 a.m. – 8:00 a.m. Swim Start Access

6:00 a.m. Transition Yellow athletes must be in their corrals

7:00 a.m. Transition Red athletes must be in their corrals

- Timing strap must be placed securely around your right or left ankle.
- Remember your race-issued swim cap, wristband, and clothing bag.
- Give yourself LOTS of time to get from Transition to Swim Start. The Time Trial start format will make things go VERY quickly. It's a one-mile walk from Transition.
- Drop your clothing bag at a clothing truck near Swim Start. All of the clothing bags will be transported to the Finish Line Athlete Recovery for you to pick up after the race.
- Listen for final water temperature announcements (water must be under 78° F to be wetsuit legal).
- Wait in your assigned corral. (Practice swims are not permitted.)
- Jump start for Age Group athletes; dive start for Pros and Premier Amateurs.

Athlete Tracking

Athlete tracking powered by Accenture will be available on the website closer to race day. Be sure to check the website on race weekend for full details.



TIME TRIAL SWIM START

- All athletes will be grouped with their assigned Age Group or Division.
- Per USAT standards, Age Groups are determined by your age at the end of the calendar year. For example, if you turn 30 in 2016, even after July 24th, you will still compete in the 30-34 age group.
- Age Groups/Divisions will be filed as a group onto the Start Barge. Athletes will enter the water APPROXIMATELY 15 ATHLETES EVERY 20 SECONDS.
- Due to tide shifts, the race is jump start only. No diving. Diving is grounds for disqualification.
- Timing mats will be located at the starting edge of the Start Barge.
- All athletes will receive a Champion Chip net time from the moment they leave the mats at the edge of the Start Barge until they cross the Finish Line timing mats. The swim time split will start once the athlete leaves the Start Barge timing mats and will end at the Swim Exit Barge timing mats.
- Transition Yellow athletes enter the water first. There will be a 20-minute gap between Transition Yellow and Transition Red athletes.
- Any athlete missing their assigned Age Group start will be held until the last start in their corresponding Transition (Transition Yellow/Transition Red) start group.
- Any athletes **missing the last start** in their corresponding transition start group (Transition Yellow/Transition Red) will **not be permitted** to start the race.

Swim Course Tips

- Bring enough food and hydration with you to the swim start to stay nourished while you're waiting for your wave. (If you're in Transition Red this could be a long wait)
- The race has been wetsuit legal every year, so you will likely be able to wear your wetsuit.
- If you're struggling in the swim, raise and wave your arm to get the attention of one of our many swim support teams on surfboards, jet skis and boats. If you need to grab onto a surfboard for a second you may do so without being DQ'd, but you can't make forward progress.
- Don't be surprised by the saltiness of the Hudson River!
- Make sure you're on time. Any athletes missing their assigned Age Group/Division start will be held until the last wave in their corresponding transition (Transition Yellow/Transition Red) start group. Any athletes missing the last start in their corresponding Transition start group (Transition Yellow/Transition Red) will not be permitted to start the race.

NO race, NO refunds, NO crying, NO exceptions.



TRANSITIONING & THE BIKE

Transitioning to the Bike

- The barefoot run from Swim Exit to Transition is 400–700 yards. Bring an extra bottle of water to rinse your feet in Transition.
- Put your bike in an easy gear. There's a steep technical climb out of Riverside Park.

The Bike Course

- Exit Riverside Park at the 79th Street Traffic Circle.
- Enter the North Bound Lane of the Henry Hudson Parkway (West Side Highway).
- Bike North to Mosholu Pkwy. U-turn at Gun Hill Road. 10:15 a.m. cut-off.
- Bike South to 57th Street, U-turn, bike North to 79th Street. (U-turn at bottom of a descent)
- Exit right at 79th Street, down a steep exit ramp and then make a sharp left turn onto 79th Street.
- Enter Riverside Park at 79th Street Traffic Circle. GO SLOW. This is steep, technical and crowded.

Bike Support

- Show up with your bike ready to race. This means pumped tires, lubed chain, bar-end plugs, gears and breaks adjusted, and seats and handlebars properly fitted.
- [Bicycle Habitat](#) mechanics will be available in transition for basic support during bike check-in and on race day.
- In case of a flat, pull off to the side of the road, NOT the middle lane!
- Bikes will have support vehicles on the West Side Highway below the Henry Hudson Bridge—there will be no roaming bike support north of the bridge as the road is too narrow for vehicles to safely patrol.
- There is a sweep vehicle following the last athlete that can pick you up if you've had a mechanical issue and can't continue.
- Bike support is not guaranteed. Be prepared to fix your own flat. If you cannot continue, be prepared to wait for the sweep vehicle.

Bike Course Tips

- Please be cautious as you bike out of Riverside Park. The paths are narrow, so be careful when passing other athletes. Save the racing for out on the highway! (Passing on left within 15 sec. only.)
- There are NO Aid Stations or Bottle Exchanges on the bike course. Bring two bottles of hydration on your bike and make sure your bottle cages are tight! It's New York—the West Side Highway is a little rough!

There are six very technical turns on the course including bike out, highway entrance, two U-turns on highway, highway exit, and 79th Street traffic circle exit. GO SLOW. Yellow and Red Transitions follow different routes to Transition. Pay attention to signs.



THE RUN & FINISH

The Run Course

- Steep run out of Riverside Park through the 72nd Street Tunnel.
- Run East across 72nd Street to Central Park. Give a cop a high-five for stopping the buses for you! Try to resist the urge to hop in a cab.
- Run Northern 5 Mile Loop of Central Park (including Harlem Hill).
- West (right) on 72nd Street Transverse, around Cherry Hill, finishing on Central Road.

Run Course Aid Stations

- Water, Skratch Labs Lemon-Lime, medical support and toilets are available at all aid stations on the run course.
- GU Gels (Vanilla Bean + Caffeine, Chocolate Outrage + Caffeine and Strawberry Banana) are available at the first Central Park aid station.

The Finish

What to do when you cross the finish line?

- **ARMS UP!!** The paparazzi are waiting!
- You will then receive your finisher medal, finisher towel and a bottle of water.
- Get soft pretzels, fruit, water and BODYARMOR Fruit Punch.
- Members of your Fan Club are NOT allowed in the Athlete Recovery zone. **Fans should meet you at the Family Reunion area, located at The Bandshell in Central Park.**



FINISH FESTIVAL, RESULTS, AWARDS AND BIKE CHECK-OUT

YOU DID IT! NOW LIVE IT UP!

- Free Massages provided by [SISTEM](#) at the Finish Festival.
- Live music by B.O.D.
- Contests, raffles, and lots of cool stuff!

Timing Receipts & Results

- Come to the Timing Receipts tent located in the Finish Festival to pick up your official results! This receipt will give your splits and final time.
- Overall results will be posted & updated continuously, 9:00 a.m. - 12:00 p.m., at the Results boards by the Awards stage.

Awards

- 10:00 a.m.: Pro & Premier Amateur Awards, AMC Doggy Dash Awards
- 12:00 p.m.: Age Group, Accenture Challenged Athletes International Championship, Specialty Awards. **Awards must be picked up during the awards ceremony.*
- For complete awards information please click [here](#).

NEW IN 2016 – Bike Check-Out Instructions

All bikes/equipment MUST be picked up from Transition (72nd - 79th St. Riverside Park) between 11:00 a.m. – 2:00 p.m. on Sunday, July 24th in one of two ways:

1. Athlete Wristband – The athlete must present numbered wristband to pick up his/her bike from Transition. Once equipment has been picked up, the athlete's wristband will be cut off and collected and the athlete will not be able to re-enter Transition.
2. Bike Check-Out Buddy Tag – The athlete must give a friend/family member this Buddy Tag. The friend/family member must write his/her name and cell phone number on the front of the tag. The Buddy Tag must be presented in order to be granted access into Transition. Once equipment has been picked up, the Buddy Tag will be collected and the friend/family member will not be able to re-enter Transition.

** No one will be allowed back into Transition to check out their bike before 11:00 a.m.*

Transition Shuttles

Shuttles will be available to take athletes and spectators from the finish area back to transition in Riverside Park from 10:30 a.m. to 1:00 p.m. Shuttles will run on a constant loop, picking up athletes on Central Park West between 70th and 71st Streets and dropping off on West End and 71st Street. Follow the signs on race day to the shuttle area.



COURSE MAP

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LIFETIME TRI NEW YORK CITY TRIATHLON

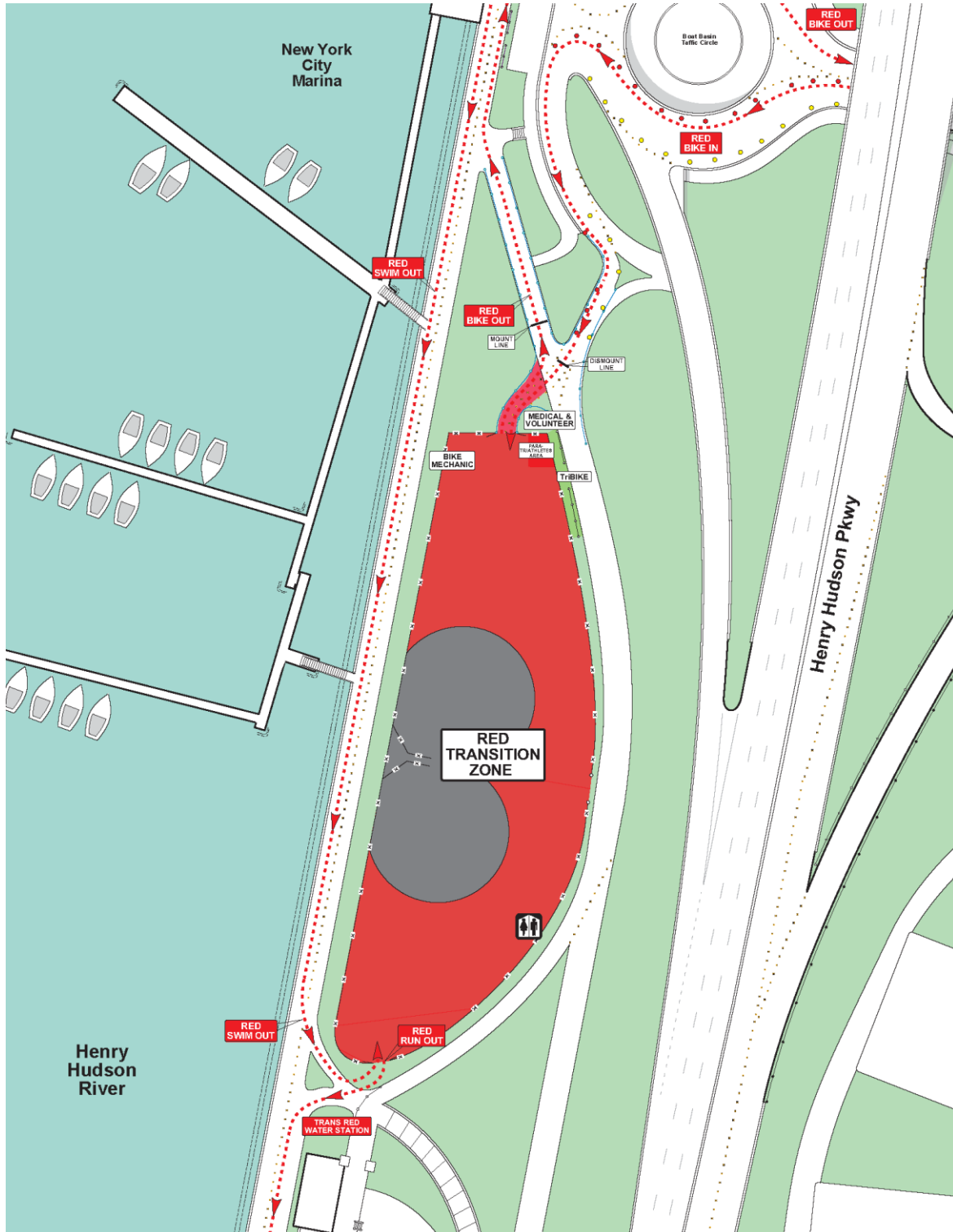
1.5K swim / 40K bike / 10K run

- Swim Aid Station
- Bike Spray Station
- Run Toilets



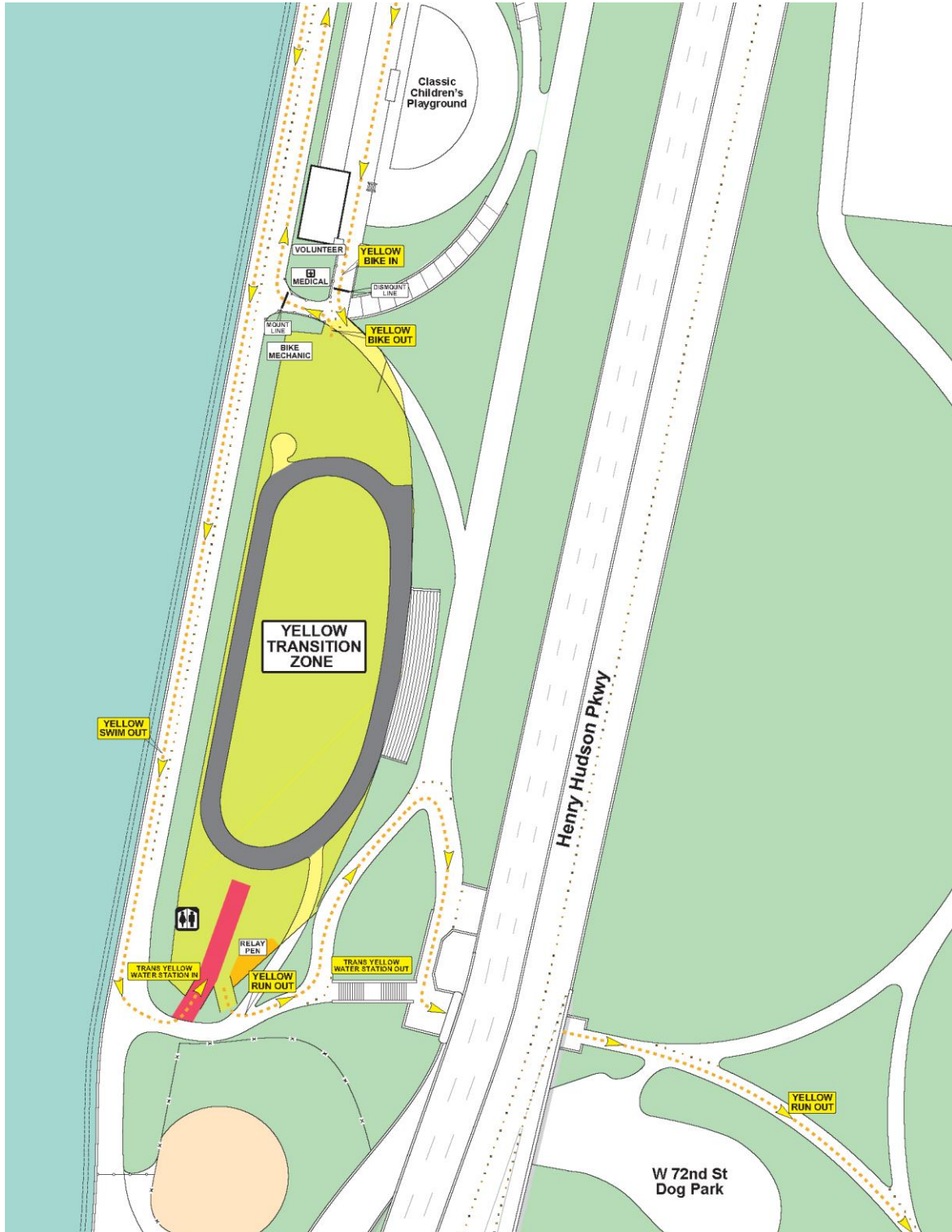


TRANSITION MAPS



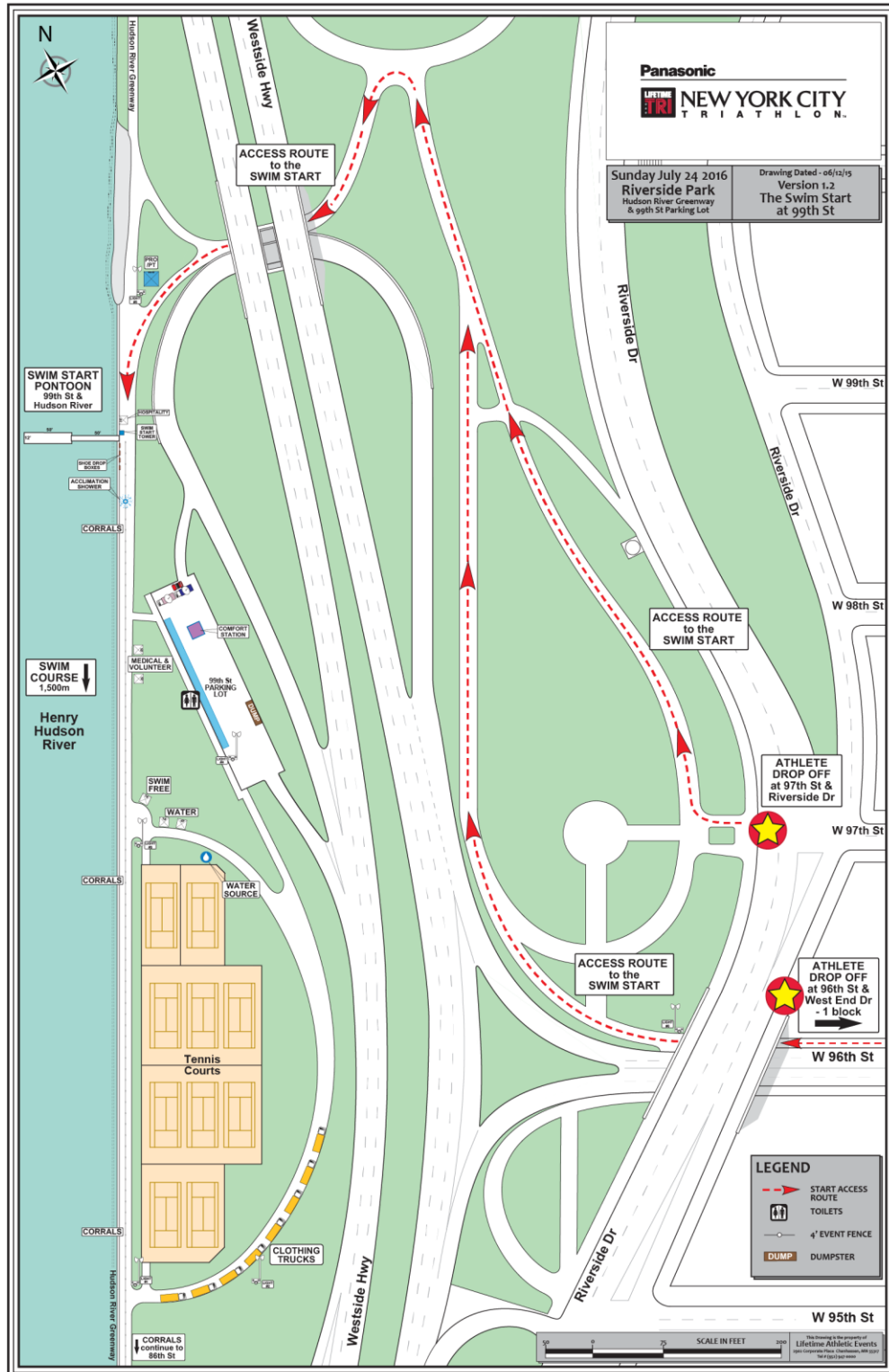


TRANSITION MAPS





SWIM START MAP





SWIM START SCHEDULE

**Athletes will enter the water approximately 15 athletes every 20 seconds*

Trans Color	TT Start Group	Division	Cap Color	Start Time	
Yellow	1	Pro Women	RED	5:50 a.m.	
Yellow	2	Pro Men	YELLOW	6:00 a.m.	
Yellow	3	Men Age Group Elite	POWDER BLUE	6:05 a.m.	
Yellow	4	Women Age Group Elite	NEON PINK	6:07 a.m.	
Yellow	5	Microsoft & Men 55-59	White Dark Green	6:09 a.m.	
Yellow	6	Men 60 & Over	PURPLE	TT Start	
Yellow	7	Men 40-44	ROYAL BLUE		
Yellow	8	Men 40-44	NEON GREEN		
Yellow	9	Men 40-44	NEON ORANGE		
Yellow	10	Women 45-49	YELLOW		
Yellow	11	Women 50 & Over	WHITE		
Yellow	12	Women 25-29	SILVER		
Yellow	13	Women 25-29	PURPLE		
Yellow	14	Women 30-34	RED		
Yellow	15	Women 30-34	POWDER BLUE		
Yellow	16	Women 35-39	NEON GREEN		
Yellow	17	Women 35-39	NEON PINK		
Yellow	18	Women 40-44	NEON ORANGE		
Yellow	19	Athena Women 24 & Under	ROYAL BLUE		
Yellow	20	Relays	SILVER		
20 minute break between yellow & red transition starts					
Red	21	All ParaTriathletes & Guides	Neon Green ACCENTURE & Regular Neon Green		7:00 a.m. est start
Red	22	Men 45-49	PURPLE		7:05 a.m.
Red	23	Men 45-49	SILVER		
Red	24	Men 45-49	WHITE		
Red	25	First Responders	POWDER BLUE		
Red	26	Clydesdale	NEON ORANGE		
Red	27	Men 50-54	ROYAL BLUE		
Red	28	Men 50-54	NEON PINK		
Red	29	Men 35-39	YELLOW		
Red	30	Men 35-39	RED		
Red	31	Men 35-39	DARK GREEN		
Red	32	Men 35-39	SILVER		
Red	33	Men 30-34	NEON PINK		
Red	34	Men 30-34	WHITE		
Red	35	Men 30-34	YELLOW		
Red	36	Men 30-34	NEON ORANGE		
Red	37	Men 25-29	POWDER BLUE		
Red	38	Men 25-29	PURPLE		
Red	39	Men 24 & Under	RED		



SUGGESTED ATHLETE CHECKLIST

- PHOTO ID AND USAT ID [If you are a member] (For Packet Pick-Up)
- BIKE WITH RACE-ISSUED FRAME NUMBER ATTACHED (Checked into Transition Saturday 2-9 p.m.)
- 2 BIKE BOTTLES FULL AND LOADED ON BIKE
- RACE UNIFORM (Tri-Tank and Tri-Shorts Recommended)
- ANTI-CHAFING PRODUCT
- TIMING CHIP AND STRAP
- COMFY SHOES TO WALK THE ONE MILE FROM TRANSITION TO SWIM START
- PERMANENT MARKER (For Calf Age Body Marking)
- WET SUIT
- GOGGLES
- RACE ISSUED SWIM CAP
- TOWEL
- EXTRA WATER BOTTLE TO RINSE FEET
- VISOR OR HAT
- BIKE SHOES
- SUNGLASSES
- SOCKS
- RACE ISSUED BIB
- HELMET WITH RACE ISSUED NUMBER ATTACHED
- BIKE GLOVES
- NUTRITION
- BIKE AND TUBE REPAIR KIT
- RACE BELT (Optional)
- SUNSCREEN
- RUNNING SHOES
- SAFETY PINS

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