



NEW YORK CITY TRIATHLON™



2017 SPECTATOR GUIDE

July 16, 2017

NYCTri.com

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NEW YORK CITY T R I A T H L O N™

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CONTACT

Life Time
Athletic Events
Contact us at
info@nyctri.com
(212) 691-2200
with event questions.





NEW YORK CITY T R I A T H L O N™

PRE-RACE SCHEDULE OF EVENTS

Friday, July 14th, 2017

Sports and Fitness Expo

WHEN: Friday, July 14th, 2017; 12:00 p.m. - 8:00 p.m.

WHERE: New York Hilton Midtown, Second Level, Rhineland Gallery

NYC Tri Diaper Derby

Registered children only

WHEN: Friday, July 14th, 2017; 1:00 p.m.

WHERE: New York Hilton Midtown, Second Level, Promenade

Gildan Underwear Run Start

Registered runners only

WHEN: Friday, July 14th, 2017; 7:30 p.m.

WHERE: Central Park Cherry Hill 72nd Street Transverse

Saturday, July 15th, 2017

Sports and Fitness Expo

WHEN: Saturday, July 15th, 2017; 10:00 a.m. - 6:00 p.m.

WHERE: New York Hilton Midtown, Second Level, Rhineland Gallery





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RACE DAY SCHEDULE OF EVENTS

Sunday, July 16th, 2017

NYC Triathlon Start

WHEN: Sunday, July 16th, 2016; 5:50 a.m.

WHERE: 99th Street & Hudson River

Pro & Premier Amateur Awards

WHEN: Sunday, July 16th, 2017; 10:00 a.m.

WHERE: Finish Festival

Age Group, Paratriathlete & Specialty Awards

WHEN: Sunday, July 16th, 2017; 12:00 p.m.

WHERE: Finish Festival

Finish Festival Celebration

WHEN: Sunday, July 16th, 2017; 7:00 a.m. - 1:00 p.m.

WHERE: Finish Festival, Central Park, Center Road.





TRANSPORTATION

CABS

- Stick out your hand. It is approximately \$15 for a ride from New York Hilton Midtown to Transition (79th Street & Riverside Drive). Speak any language you want.
- To swim start: cab to 96th St. & West End Ave. and walk to the start.

PUBLIC TRANSPORTATION

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? Try using HopStop.com.

POST-RACE 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 1:30 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.

DRIVING TO THE NYC TRIATHLON?

SpotHero is the nation's leading parking reservation app to book convenient and affordable parking, whether it's for an event, commute to work or even airport parking.

To reserve your parking spot for the triathlon, visit [New York City Triathlon SpotHero Parking Page](#) and book a spot with rates up to 50% off drive-up.

Need parking for the expo? Visit [Sports and Fitness Expo SpotHero Parking Page](#) to book a spot near the New York Hilton Midtown.

New to SpotHero? Download the SpotHero [iPhone](#) | [Android](#) app and enter promo code NYCTRI17 for an extra 10% off your first park!

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BEST SPECTATING LOCATIONS

The great thing about New York is that no matter where you go, you're bound to see something good! If you want that to include your special one-of-a-kind athlete, here are our best recommendations:

PRE-RACE

1. Definitely go to the expo with them. Buy them (or yourself!) some apparel from Team Retail Solutions, official merchandise provider of the 2017 New York City Triathlon.
2. Can't leave your athlete's side and want to spend every possible second together before the race? No problem. Go with them when they drop their bike off at Transition on Saturday from 2:00 p.m. – 9:00 p.m. and grab a drink at the Boat Basin Café while they rack their bike.

RACE DAY

What you see depends entirely on how early you want to get up. If you want to see the swim, you're going to need two alarms. If you only care about the finish, you can sleep in. Either way, save your stilettos for the after party. You're going to need some comfortable walking shoes. Pack a picnic. There are no bodegas and the hotdog vendors don't set up in the dark. The next three pages will describe the best places to watch the swim, bike and run. If you want to watch all three, here are our recommendations:

1. Show up with your athlete at 4:00 a.m. to Transition. You can't go into Transition with them, but you'll be able to wait for them while they check on their stuff and then walk with them the one mile to swim start. They'll want someone to hold their stuff and tell them how amazing they are along the way, so be prepared.
2. Once your swimmer is in the water, you can walk or jog along the sea wall right alongside them, all the way down to swim exit. Once you get to swim exit, you'll need to turn around, walk north for $\frac{1}{4}$ of a mile, and then exit Riverside Park through the 83rd Street Tunnel. Once you get to the upper level of Riverside Park, walk south (right) to 79th Street. If you're quick, you can see your athlete biking out of Riverside Park. If you're patient, you can even stick around the 79th Street area to see them come back from their bike ride.
3. Want to watch the run? Walk down to 72nd Street & Riverside Drive so you can cheer your athlete on as they crawl out of Riverside Park on their way to Central Park. Once they get to Central Park, let them do the running and head straight to the finish line and enjoy the Finish Festival while you wait. Enjoy the live entertainment, awesome vendors and more! Once they cross the finish line, wait for them in front of the Bandshell in the Family Reunion area.

POST-RACE

After the race, the athlete will need to get their bike out of transition. If you plan to walk with them, you can end your day just like you started it...holding their stuff and telling them how amazing they are.





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SPECTATOR TIPS

Cheer, holler, scream, high-five everyone! Make some noise. Bring a cowbell! Thank the NYPD for making the race safe! Do not argue with the race marshals. If a marshal says an area is restricted, then it is restricted. No exceptions.

RACE DAY APP

Download the new Race Day mobile app, currently in beta, to check race schedules, course information, tracking and much more. To install, search “Athlinks Race Day” in the App store and download. Once complete, select *New York City Triathlon* from the event list.



ATHLETE TRACKING

Athlete tracking powered by Accenture is available at the 2017 New York City TRI. Spectators, friends, families and your NYC cab driver can sign up to get text messages or social media athlete alerts.



Register your race number now!

LIVE RESULTS

Unofficial live results can be accessed throughout the day directly from your mobile phone through the Race Day App or via this link: 2017 New York City Triathlon. Official results will be posted on the NYC Triathlon website at 4:00 PM on race day (www.nyctri.com).



THE SWIM - 1500M

The race starts on Manhattan's West Side at 99th Street and the Hudson River. The swim is viewable along the seawall from 99th Street to the 81st Street Swim Exit.

HOW TO GET TO SWIM START:

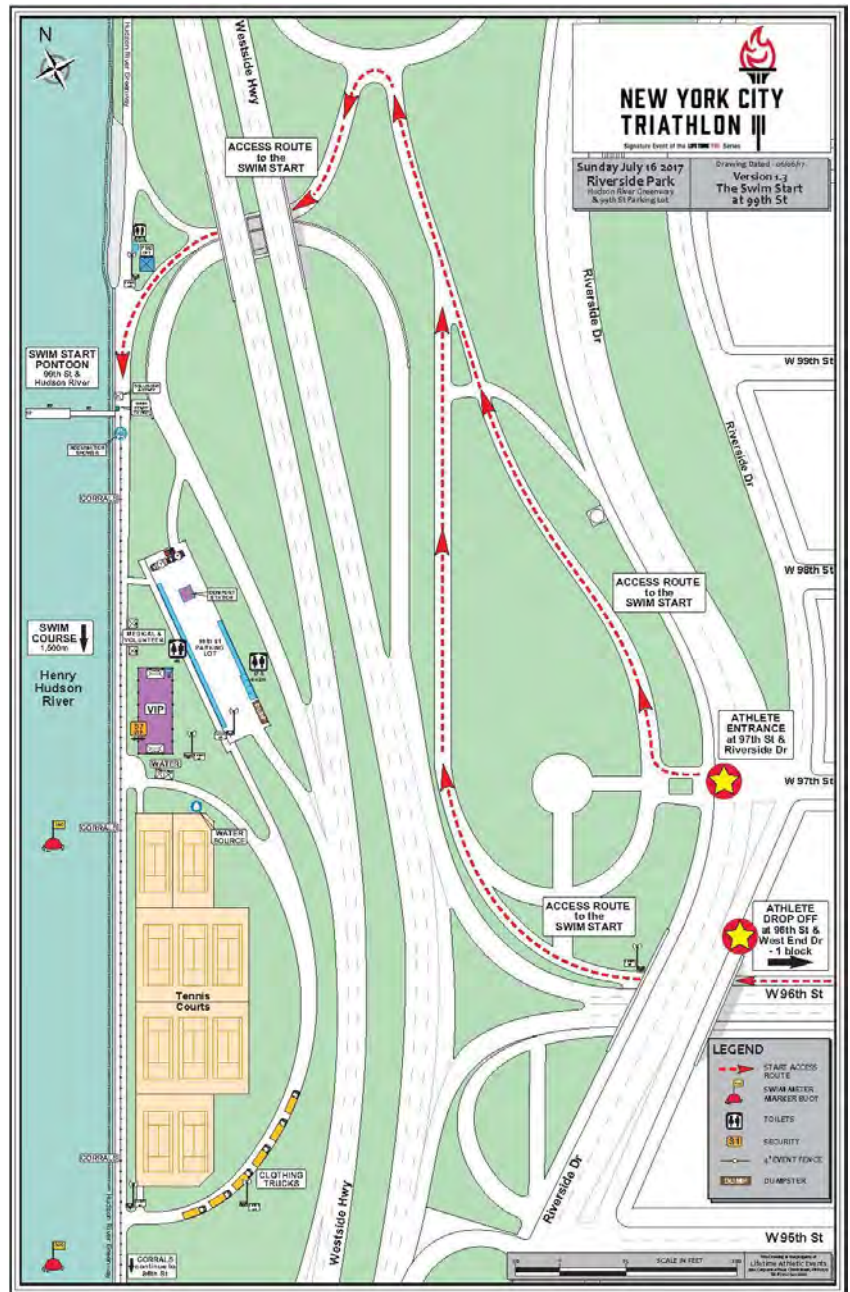
From 79th Street Transition

- Walk one mile north with your athlete from Transition any time from 4:00 a.m. – 5:15 a.m. (Transition Yellow closes at 5:15 a.m. and Transition Red closes at 5:40 a.m.).
- Please note, only athletes will be allowed in Transition.

From the Upper West Side

- Enter at 97th Street and Riverside Drive.
- Enter at 96th Street, just west of West End Avenue

IMPORTANT NOTES: NO spectating south of Swim Exit. NYPD is requires the NYC TRI to treat the Transition Area as a secured zone for athletes only.





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SWIM START SCHEDULE

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

TRANSITION COLOR	TT START GROUP	DIVISION	CAP COLOR	START TIME	
Yellow	1	Pro Women	RED	5:50 a.m.	
Yellow	2	Pro Men	BLUE	6:00 a.m.	
Yellow	3	Men Premier Age Group	YELLOW	6:05 a.m.	
Yellow	4	Women Premier Age Group	PINK	6:07 a.m.	
Yellow	5	Men 55-59	NEON ORANGE	6:09 a.m.	
Yellow	6	Men 60 & Over	PURPLE	TT Start	
Yellow	7	Men 40-44	LIGHT BLUE		
Yellow	8	Men 40-44	WHITE		
Yellow	9	Men 40-44	SILVER		
Yellow	10	Women 45-49	BLUE		
Yellow	11	Women 50 & Over	PINK		
Yellow	12	Women 25-29	GREEN		
Yellow	13	Women 25-29	RED		
Yellow	14	Women 30-34	SILVER		
Yellow	15	Women 30-34	WHITE		
Yellow	16	Women 35-39	LIGHT BLUE		
Yellow	17	Women 35-39	NEON ORANGE		
Yellow	18	Women 40-44	PURPLE		
Yellow	19	Athenas Women 24 & Under	PINK		
Yellow	20	Relays	RED		
Yellow	21	All ParaTriathletes & Guides	NEON YELLOW		
20 Minute Break between yellow & red transition starts					
Red	22	Men 45-49	PINK		7:05 a.m.
Red	23	Men 45-49	YELLOW		
Red	24	Men 45-49	NEON ORANGE		
Red	25	First Responders	PURPLE		
Red	26	Clydesdales	BLUE		
Red	27	Men 50-54	WHITE		
Red	28	Men 50-54	GREEN		
Red	29	Men 35-39	SILVER		
Red	30	Men 35-39	RED		
Red	31	Men 35-39	NEON YELLOW		
Red	32	Men 35-39	BLUE		
Red	33	Men 30-34	PINK		
Red	34	Men 30-34	WHITE		
Red	35	Men 30-34	GREEN		
Red	36	Men 30-34	LIGHT BLUE		
Red	37	Men 25-29	NEON ORANGE		
Red	38	Men 25-29	PURPLE		
Red	39	Men 24 & Under	YELLOW		





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THE BIKE – 40K

The Bike Course is on the northbound side of the West Side Highway, from 56th Street in Manhattan to the Mosholu Parkway in the Bronx.

NO spectating on the West Side Highway.

The Southbound side of the West Side Highway is OPEN to traffic on race day.

Bike Course Viewing Near Swim Exit:



Bike Course Viewing Near Swim Start:



THE RUN – 10K & FINISH

RUN

When it comes to the Run Course, it's a free-for-all. We recommend watching on West 72nd Street or anywhere along the Run Course in Central Park! Grab a dirty water dog along the way!

FINISH

The Finish Line is at "Center Road" in Central Park. Come line the Finish Chute and cheer your athlete on as they cross the Finish Line!! Then go meet him/her at the designated Family Reunion Area by the Naumburg Bandshell in Central Park. Before you go, guide your cramping, limping, and satisfied loved one(s) to the Finish Festival for live music, awards, and giveaways from our sponsors!



2017 SPONSORS

