



*presented  
by*

**TRUEPATH  
RACING**

# 2024 ATHLETE GUIDE



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by*

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# WELCOME TO THE ROC

Dear Friend,

On behalf of The ROC Tri race committee, volunteer force, and the Rochester Area Triathletes, welcome to the 13<sup>th</sup> Annual Rochester Triathlon.

This weekend is more than just races but a celebration of our community, our stewardship, and commitment to make triathlon accessible to everyone.

The ROC prides itself as both a highly competitive triathlon and a “goal race” for many first-timers. No matter where you land on the spectrum, we are honored to be a part of your journey.

For the athletes participating, be kind and respectful to one another. Be courteous to our volunteers and thank them whenever you can because without them there is no race. I wish you the best of luck and health in whatever your goals may be, but most importantly have fun out there!

Sincerely,

Mike

Michael J. Smith | President  
Rochester Area Triathletes





2024 ATHLETE GUIDE

# SPLASH AND DASH

FRIDAY AUGUST 23, 2023

START	END	EVENT	LOCATION
2:00PM		PACKET PICK-UP / ATHLETE CHECK-IN	DURAND
3:00PM	4:30PM	ROC KIDS SPLASH-N-DASH	DURAND

Registration is open until race time, for more details please visit [ROC Youth Splash & Dash \(runsignup.com\)](https://runsignup.com)

## Kids Race Includes

- Race Bib
- Splash-and-Dash State Champs Medal & Ribbon
- Age Group Awards
- Post-Race Ice Cream



## SPLASH AND DASH COURSE\*

\*subject to change based race day conditions

SWIM COURSE	
AGES 10-13	400 YDS
AGES 6-9	100 YDS
RUN COURSE	
AGES 10-13	2 MILES
AGES 6-9	0.5 MILE

Support for the Splash and Dash provided by





### EVENT LOCATIONS

**DURAND EASTMAN BEACH**  
1342 LAKESHORE BLVD  
ROCHESTER, NY 14622

**TOWPATH BIKE**  
21 SHOEN PLACE  
PITTSFORD, NY 14534

**IRONDEQUOIT BEER COMPANY**  
765 TITUS AVE  
ROCHESTER, NY 14617

### THURSDAY AUGUST 22, 2024

START	END	EVENT	LOCATION
4:00PM	6:00PM	PACKET PICKUP-UP / ATHLETE CHECK-IN	TOWPATH BIKE

### FRIDAY AUGUST 23, 2024

START	END	EVENT	LOCATION
2:00PM	6:00PM	PACKET PICK-UP / ATHLETE CHECK-IN	DURAND
3:00PM	4:30PM	ROC KIDS SPLASH-N-DASH	DURAND

### SATURDAY AUGUST 24, 2024

START	END	EVENT	LOCATION
5:45AM	7:15AM	TRANSITION OPENS / CLOSES	DURAND
6:00AM	12:00PM	ATHLETE VILLAGE OPEN	
6:00AM	7:15AM	PACKET PICK-UP / ATHLETE CHECK-IN	
7:20AM	7:30AM	ATHLETE BRIEFING	
7:30AM	7:35AM	NATIONAL ANTHEM / ROADS CLOSED	
7:35AM	7:40AM	INTERMEDIATE TRI SWIM CORRALS FORM	
7:40AM		INTERMEDIATE TRI & DUATHLON RACES BEGIN	
8:30AM	8:45AM	SPRINT TRI SWIM CORRALS FORM	
8:45AM	12:00PM	SPRINT TRI RACES BEGIN	
11:00AM	11:30AM	SPRINT AWARDS	
	11:30AM	BIKE COURSE CLOSSES* / ROADS REOPEN	
*Traffic Permit Expires at 11:30AM, Athletes will not be allowed to start new bike lap after 11:00AM			
11:30AM	12:00PM	INTERMEDIATE AWARDS	
	12:00PM	ALL RACES END	
1:00PM	4:00PM	POST-ROC PARTY	IRONDEQUOIT BEER CO



**Monroe County  
Parks**



Town of  
**IRONDEQUOIT**  
NEW YORK



**Chick-fil-E**  
Irondequoit



A-E

## RACE DAY PARKING

- ✓ Any unused parking lots (A-D) along Durand Eastman Beach

**REMINDER:** Lakeshore Blvd. is closed to all traffic from 7:30am-11:30am, anyone parking in Lots A-D will not be able to leave until we reopen the road.

- ✓ Camp Eastman Parking Lot (E)- 1558 Lakeshore Blvd. 14617

**X Do Not Park at the Durand Golf Course (they will tow you)**



## BATHROOM LOCATIONS

- Transition Area
- Athlete Village

# ATHLETE CHECK-IN

## ATHLETE CHECK-IN / PACKET PICK-UP

DAY	START	END	LOCATION
THURSDAY	4:00PM	6:00PM	TOWPATH BIKE
FRIDAY	2:00PM	6:00PM	DURAND
SATURDAY	6:00AM	7:15AM	DURAND

### RULES OF PACKET PICK-UP

- All athletes must pick up their OWN race packets themselves
- All athletes need to show a photo ID and present your USAT membership card if you are a current member.
  - NO ID, NO RACE...NO EXCEPTIONS!**
- Minors must have a parent or legal guardian present at registration with their ID

### RULES OF RACE DAY

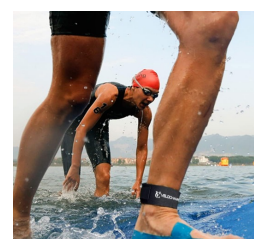
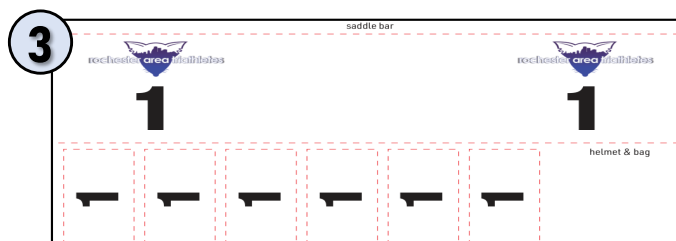
- Always wear your wristband, you will need it to get in/out of transition**
- You must be body marked on race day** with visible age and race distance
  - Age on left forearm and back of left calf
  - Race on right forearm and back of right calf
  - S - Sprint, I - Intermediate
- Place the 2 large stickered numbers on both sides of your bike frame and 1 small one on your helmet, and the others on your bags
- Wear your bib on the front of you for the run

### Timing Chips Rules & Tips

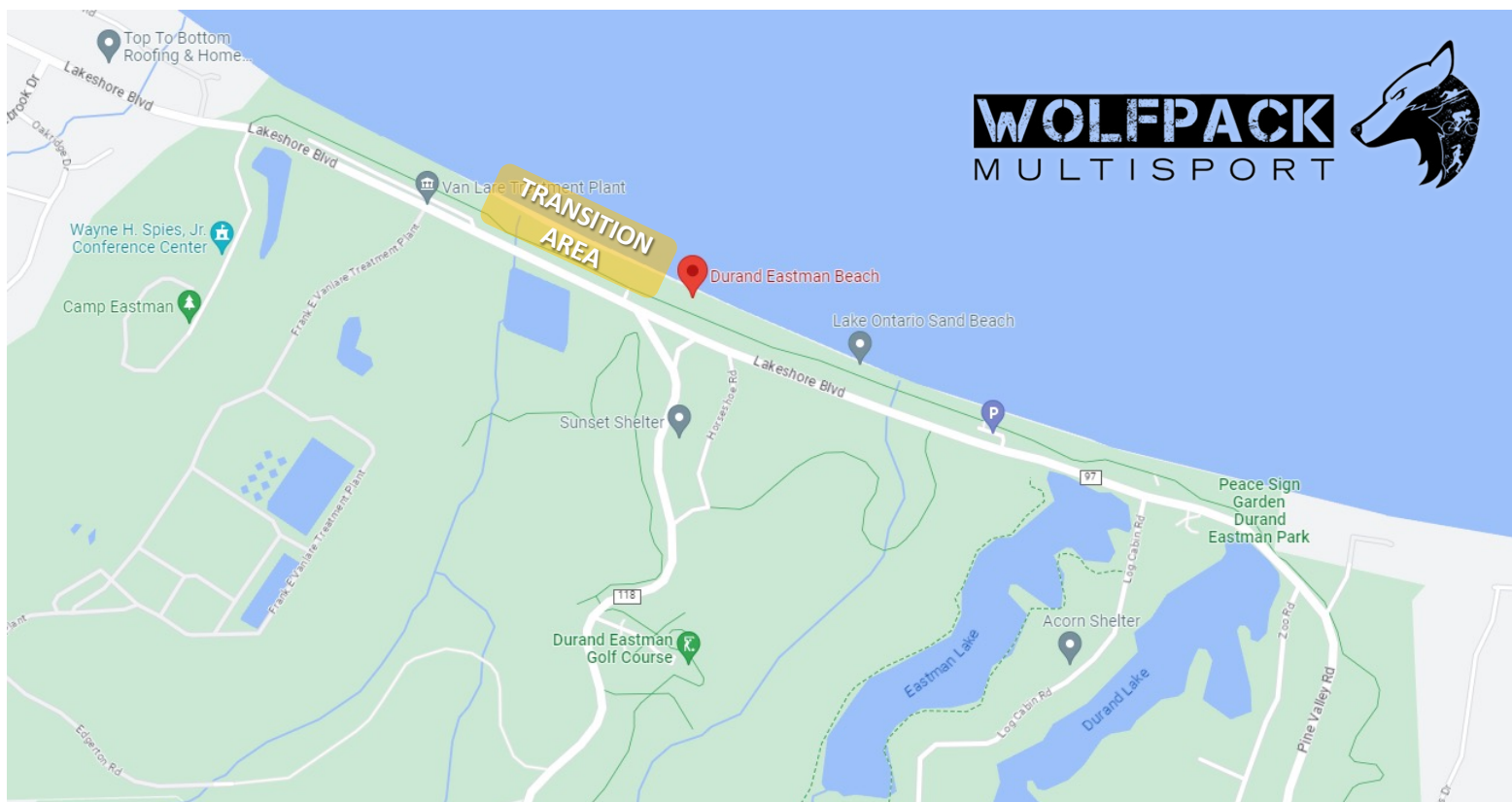
- Wear timing chip strap to on left ankle and under your wetsuit to avoid ripping it off during transition
- Timing chips will be collected from athletes at the finish line; kindly return them if yours is not retrieved by the volunteers as these belong to Race Result
- If you lose your timing chip during the race, no time is collected which disqualifies the you from any awards

### RACE PACKET CONTENTS

1 Wristband	4 Race Bib
2 Silicone Swim Cap	5 T-Shirt
3 Race Stickers	6 Timing Chip & Strap



POWERED BY RACE RESULT



- Located at the west end of Durand Eastman Beach
- Transition is open on Saturday from 5:45AM – 7:15AM
- Athletes Only – Dedicated entrance/exit, wear wristbands for access
- Clutter Free Transition - Leave only what you plan to use during the race
  - ✓ No bags, buckets, wagons, carts, etc. will be allowed by your bikes
  - ✓ A bag drop area will be available inside transition

**Note:** You are responsible for any items that may go missing. If it's valuable, leave it in your vehicle.

#### FAQs:

**Q:** Why does transition close at 7:15AM when my race doesn't start until later?

**A:** Fairness to all athletes and security. Please plan accordingly to be ready for the swim start (goggles, swim cap, wetsuit) regardless of heat time.

**Q:** When can I get my bike/gear after my race is over?

**A:** Due to congestion, will not open earlier than 11:00AM for the safety of the athletes crossing through



# ATHLETE CHECKLIST



Please keep in mind that not everything on the list below is necessary to participate in a multisport event

## Pre-Race

- ☐ Directions to event
- ☐ Photo ID
- ☐ USAT ID Card
- ☐ Pre-race bike tune-up

## Swim

- ☐ Ankle timing chip
- ☐ Wetsuit

Water Temp average is 72 degrees at Durand in late August

- ☐ Goggles
- ☐ Swim cap
- ☐ Ear/Nose plugs
- ☐ Towel
- ☐ Allergy medicine
- ☐ Nausea medicine

## Bike

- ☐ Pump
- ☐ Gels/energy bars

- ☐ Water bottle(s)
- ☐ Tools and flat kit
- ☐ Sunscreen/sun sleeves
- ☐ Helmet
- ☐ Bike shoes
- ☐ Socks
- ☐ GPS
- ☐ Watch
- ☐ Bar end plugs
- ☐ Sunglasses

## Run

- ☐ Hydration Belt/pack and/or water bottle
- ☐ Race Belt or Safety Pins
- ☐ Bib Number
- ☐ Hat/Visor
- ☐ Running shoes
- ☐ Socks
- ☐ Sunglasses
- ☐ Sunscreen/sun sleeve

Missing something? **Towpath Bike** will be on hand for any bike issues and **Rochester Running Company** will have a store in the athlete village.



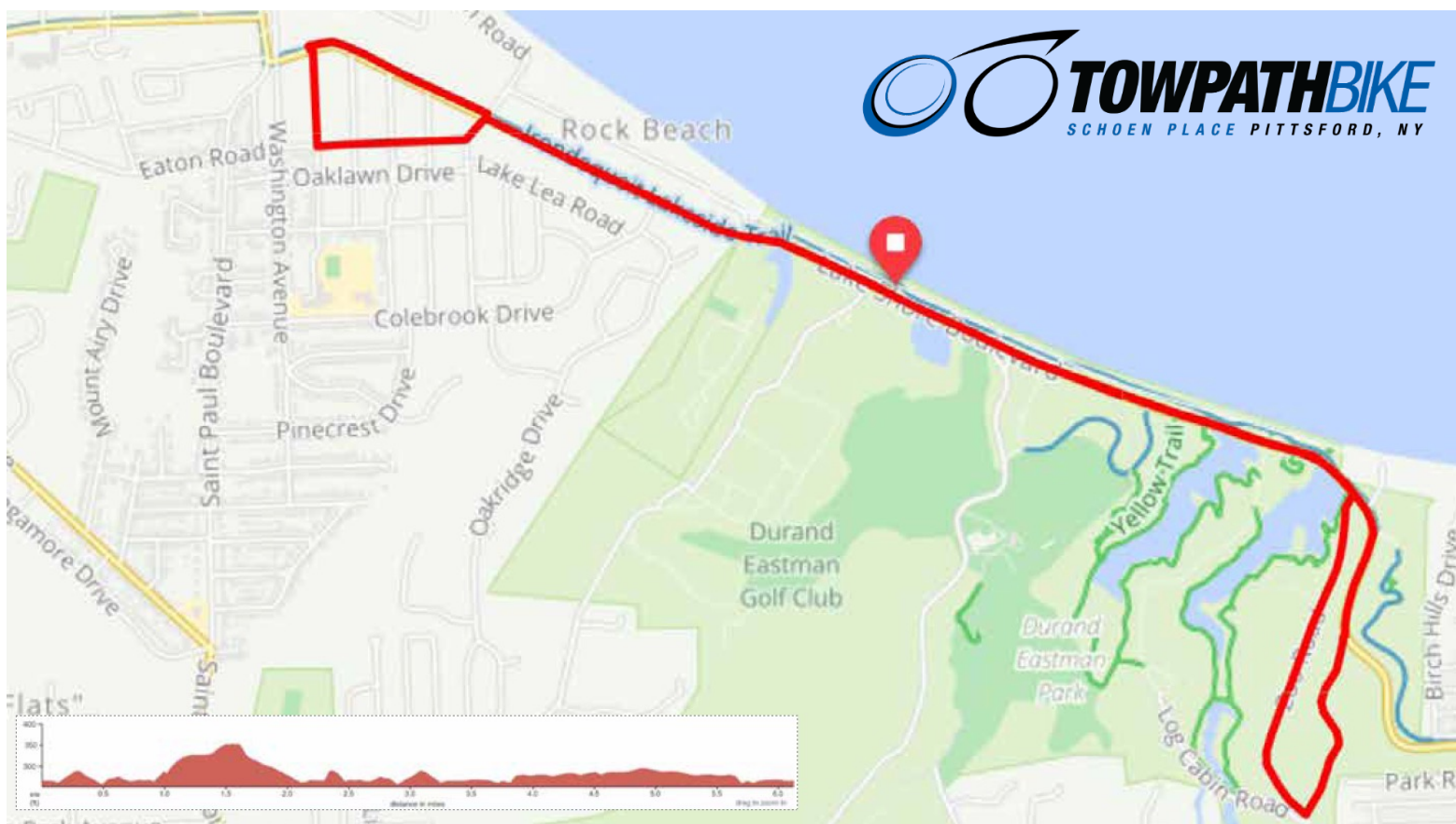
*\*Swim course subject to change or cancellation based on race day conditions*

**Intermediate: 1,500 meters**

**Sprint: 750 meters**

- In-water swim start at Durand Eastman Beach
- Upon swim exit you will run up a carpeted walkway to the Transition area
- Swim Caps colors will be assigned by distance at check-in

**Note: Any clothing left on the beach found after the race will be donated to a local shelter.**



**INTERMEDIATE – 24 MILES (4 LOOPS)**

**SPRINT – 12 MILES (2 LOOPS)**

- Starting to your right out of transition headed to Rock Beach
- Turn left onto Montcalm Drive
- Turn left onto Eaton Road
- Turn left onto Rock Beach Road
- Turn right onto Lake Shore Boulevard, CR 97
- Turn right onto Zoo Road
- Turn left onto Pine Valley Road
- Merging left onto Lakeshore and back toward transition area
- 1 Loop = 6 miles



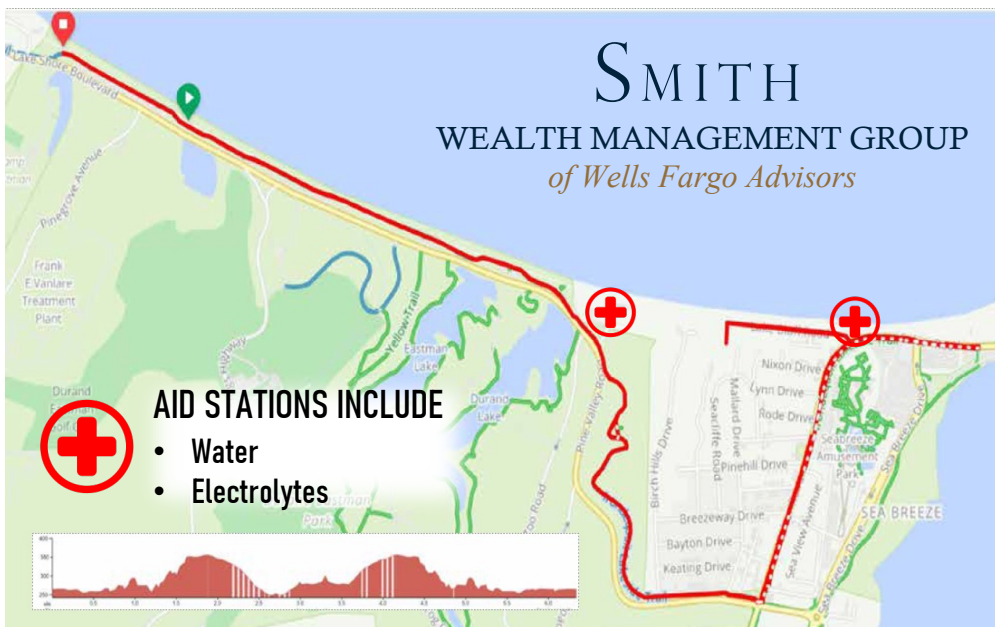
## SPRINT

5k (3.1 miles)

- Exit transition area and head east on the pathway
- Continue on path until you reach the turnaround marker
- Run around marker and head back west to transition area
- You will pass aide stations 2 times on the Sprint Course



**ROCHESTER RUNNING CO**



**SMITH**  
WEALTH MANAGEMENT GROUP  
*of Wells Fargo Advisors*

### AID STATIONS INCLUDE

- Water
- Electrolytes

## INTERMEDIATE

10k (6.2 miles)

- Exit transition area and head east on the pathway
- Turn left onto Culver Road, CR 120
- Make a U Turn on Culver Road
- Turn right onto Lake Bluff Road
- Make a U Turn on Lake Bluff Road
- Turn sharp right onto Culver Road, CR 120
- Turn right onto pathway
- Continue on pathway until Finish
- You will pass aide stations 5 times on the Intermediate Course

## DUATHLON

- 1<sup>ST</sup> Run out/back from transition to SPRINT turnaround (2.8 miles)
- 2<sup>nd</sup> Run follows INTERMEDIATE course until Finish Line

**SATURDAY AUGUST 26, 2023**

START	END	EVENT	LOCATION
11:00AM	11:30AM	SPRINT AWARDS	DURAND
11:30AM	12:00PM	INTERMEDIATE AWARDS	DURAND



## OVERALL AWARDS

### INTERMEDIATE TRIATHLON CHAMPIONS

- OVERALL - Top 3 Females & Males from All Age-Groups
- MASTERS - Top 1 Male & Top 1 Female: Age 40 and Over

### SPRINT TRIATHLON CHAMPIONS

- OVERALL - Top 3 Females & Males from All Age-Groups
- MASTERS - Top 1 Male & Top 1 Female: Age 40 and Over

### HIGH SCHOOL TRIATHLON CHAMPIONS

- Top 3 Females & Males

### INTERMEDIATE DUATHLON CHAMPIONS

- Top 3 Females & Males

## AGE GROUP WINNERS - TRIATHLON

TOP 3 Females & Males from INTERMEDIATE & SPRINT

UNDER 24	50 - 54
25 - 29	55 - 59
30 - 34	60 - 64
35 - 39	65 - 69
40 - 44	70 - 74
45 - 49	75 + OVER



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