



presented  
by

**TRUEPATH  
RACING**

# 2025 ATHLETE GUIDE



presented  
by

**Chick-fil-A®**  
Irondequoit



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# WELCOME TO THE ROC

Dear friend,

Welcome to the 13th Annual Rochester Triathlon! On behalf of the ROC Tri race committee and the members of the Rochester Area Triathletes – thank you for racing with us. We are excited to have you!

Even though we aspire to put on a first -class competition, this weekend is more than that. It's about celebrating our multisport community, seeing the results of hard work, and sharing the joy of triathlon with athletes of all levels. So, whether you're chasing the belts, going for a personal best, or just hoping to finish with a smile, we're honored to be part of your journey.

Be good to each other out there. Cheer each other on. And don't forget to thank the volunteers—they're the heart of this race and we are lucky to have them.

Good luck, stay safe, have fun.

Let's get ready to ROC!

Mike

Michael J. Smith | President  
Rochester Area Triathletes, Inc.





# EVENT SCHEDULE

## EVENT LOCATIONS

DURAND EASTMAN BEACH  
1342 LAKESHORE BLVD  
ROCHESTER, NY 14622

TOWPATH BIKE  
21 SHOEN PLACE  
PITTSFORD, NY 14534

## THURSDAY AUGUST 21, 2025

| START  | END    | EVENT                               | LOCATION     |
|--------|--------|-------------------------------------|--------------|
| 4:00PM | 6:00PM | PACKET PICKUP-UP / ATHLETE CHECK-IN | TOWPATH BIKE |
| 6:30PM | 7:30PM | RATs THURSDAY OPEN-WATER GROUP SWIM | DURAND       |

## FRIDAY AUGUST 22, 2025

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

## SATURDAY AUGUST 23, 2025

| 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 DISTANCE SWIM CORRALS FORM        |          |
| INTERMEDIATE DISTANCE RACES BEGIN |                                                                                                  |                                                |          |
| 7:40AM                            |                                                                                                  | OPEN DIVISION (MALE OR FEMALE)                 |          |
| 7:45AM                            | 7:55AM                                                                                           | AGE GROUPS / AQUABIKE                          |          |
| 8:30AM                            | 8:45AM                                                                                           | SPRINT DISTANCE SWIM CORRALS FORM              |          |
| SPRINT TRI RACES BEGIN            |                                                                                                  |                                                |          |
| 8:45AM                            | 8:50AM                                                                                           | OPEN DIVISION (MALE OR FEMALE)                 |          |
| 8:50AM                            | 9:10AM                                                                                           | HIGH SCHOOL / AGE GROUPS / ATHENA / CLYDESDALE |          |
|                                   | 11:30AM                                                                                          | BIKE COURSE CLOSES* / ROADS REOPEN             |          |
|                                   | *Traffic Permit Expires at 11:00AM, Athletes will not be allowed to start new bike after 10:30AM |                                                |          |
| 11:15AM                           | 12:00PM                                                                                          | AWARDS CEREMONY                                |          |
|                                   | 12:00PM                                                                                          | ALL RACES END                                  |          |



# SPLASH-N-DASH

Presented by



FRIDAY AUGUST 22, 2025

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



## Kids Race Includes

- Race Bib & Shirt
- Splash-N-Dash Medal & Ribbon
- Awards Ceremony
- Post-Race Ice Cream from Netsins

Registration Open  
until race day or  
scan QR code for  
more info:



## SPLASH-N-DASH COURSE\*

\*subject to change based race day conditions

### SWIM COURSE

LONG: AGES 10-13 400 YDS

SHORT: AGES 6-9 100 YDS

### RUN COURSE

LONG: AGES 10-13 2 MILES

SHORT: AGES 6-9 0.5 MILE

Support for the Splash and Dash provided by

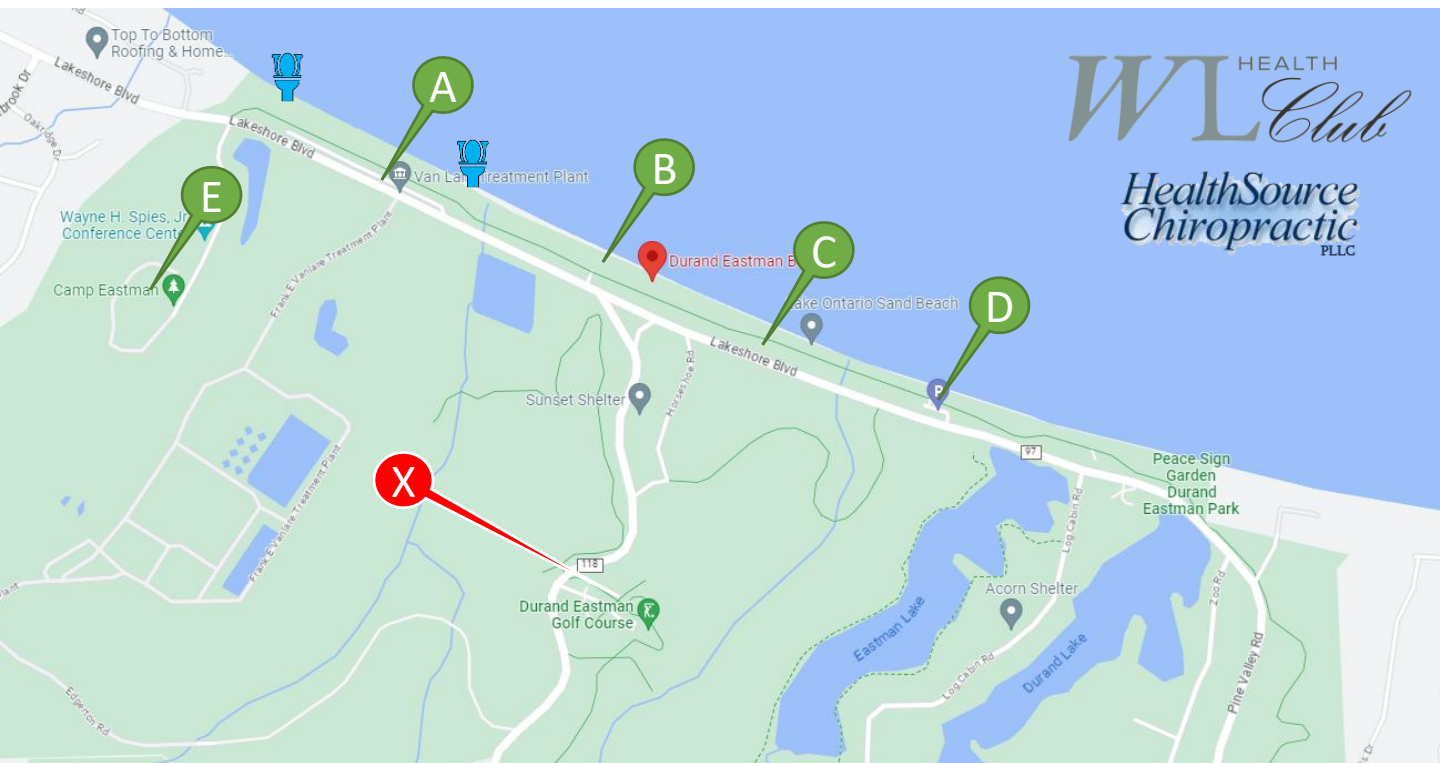


USA TRIATHLON  
FOUNDATION



Love  
BEETS  
stay true to your roots





## RACE DAY PARKING

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

**REMINDER:** Lakeshore Blvd. is closed to all traffic from 7:30am-11:00am, 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 CHIP 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 |

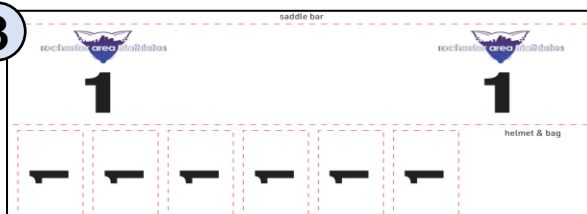
1



2



3



4

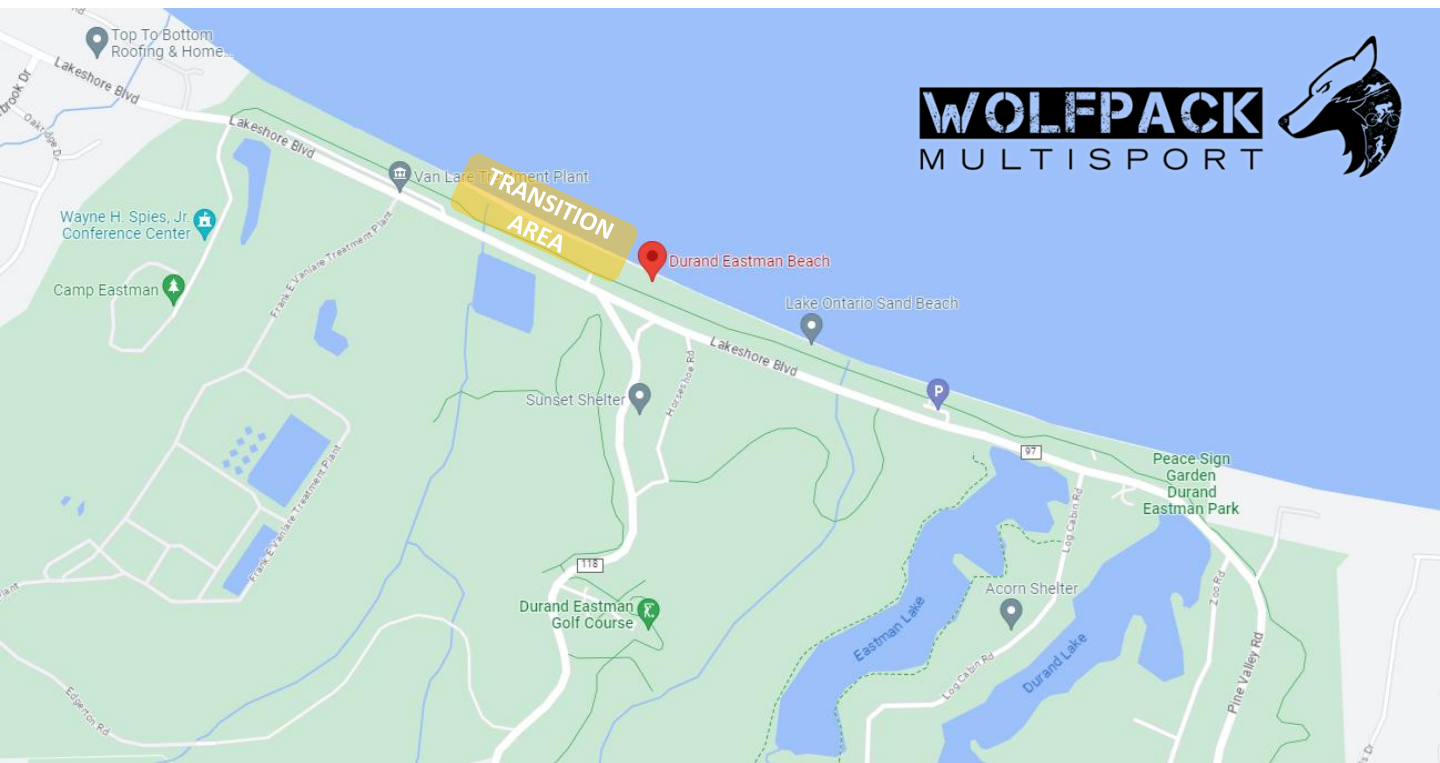


5



6





**WOLFPACK**  
MULTISPORT



- 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, transition 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

- ☐ Socks
- ☐ GPS
- ☐ Watch
- ☐ Bar end plugs
- ☐ Sunglasses

## Swim

- ☐ Ankle timing chip
- ☐ Wetsuit (recommended by not req'd)  
Water Temp average is 72 degrees at  
Durand in late August
- ☐ Goggles
- ☐ Swim cap
- ☐ Ear/Nose plugs
- ☐ Towel
- ☐ Allergy medicine
- ☐ Nausea medicine

## Run

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

## Bike

- ☐ Pump
- ☐ Gels/energy bars
- ☐ Water bottle(s)
- ☐ Tools and flat kit
- ☐ Sunscreen/sun sleeves
- ☐ Helmet
- ☐ Bike shoes

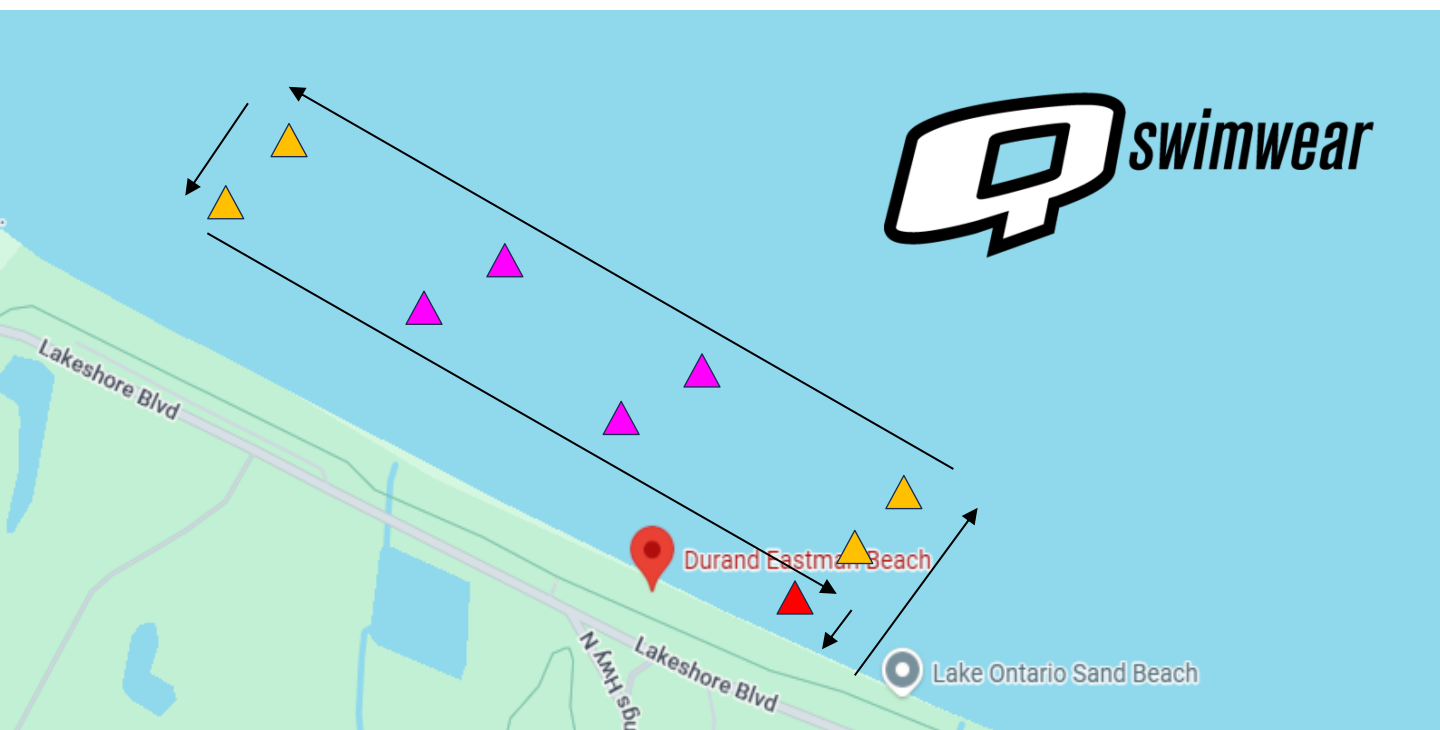
FOUND<sup>DR.</sup>



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

**Tip for Newcomers:** Follow the Golden Rule of endurance sports, “Nothing new on race day”. If you have new shoes, gear, clothing, Trisuit, bike, goggles, or whatever, be sure to practice in it before the race begins.

# SWIM COURSE



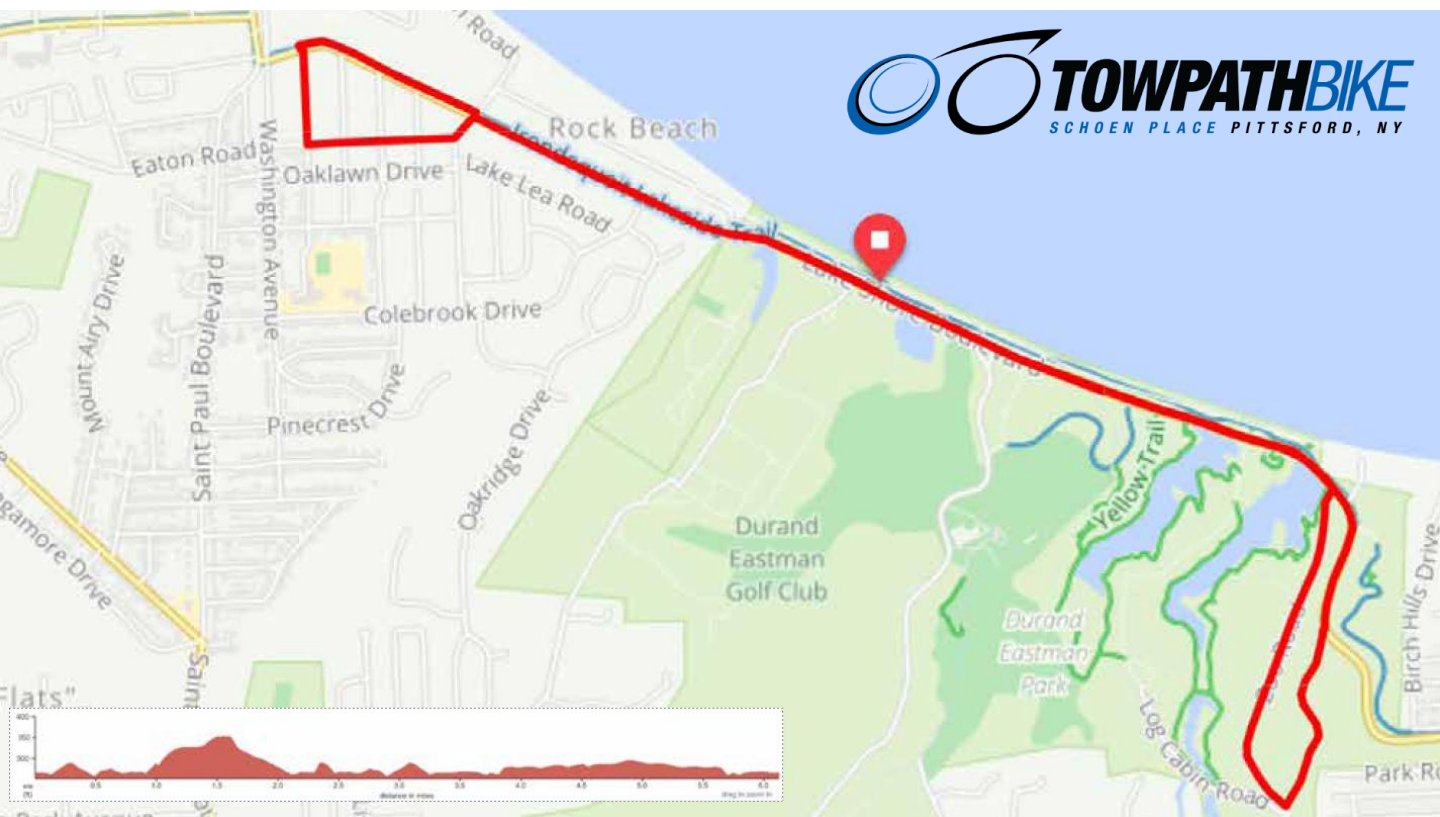
*\*Swim course subject to change or cancellation based on race day conditions*

## Intermediate: 2 Laps (1,500m)

## Sprint: 1 Lap (750m)

- Swim start from Durand Eastman Beach
- Keep the buoys on your left until last red marker (on right) before returning to the beach for swim exit. Intermediates will begin 2<sup>nd</sup> lap here, then exit swim to transition
- Upon swim exit, use the designated walkway to the Transition area
- Swim Caps colors will be assigned by distance at check-in
- Water temp is comfortable and typically in the upper 60's to low 70's

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



## Intermediate – 4 Loops (24 miles)

## Sprint - 2 Loops (12 miles)

- 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)

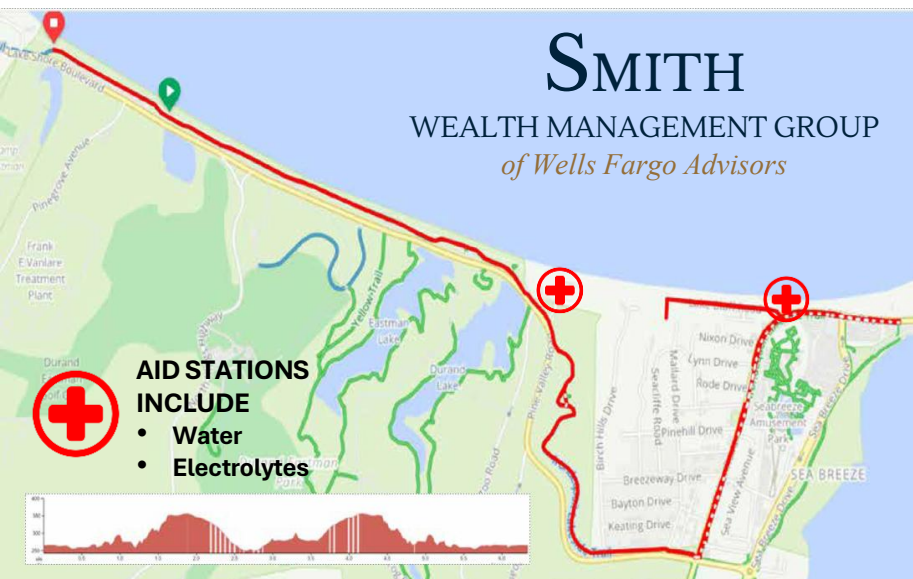
- Exit transition area and head east on the pathway
- Continue on path until you reach the turnaround marker
- Run around marker and head back west to transition area
- You will pass aide stations 2 times on the Sprint Course



## 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



# AWARDS & CHAMPIONS

SATURDAY AUGUST 23, 2025

| START   | END     | EVENT               | LOCATION |
|---------|---------|---------------------|----------|
| 11:15AM | 11:40AM | SPRINT AWARDS       | DURAND   |
| 11:40AM | 12:00PM | INTERMEDIATE AWARDS | DURAND   |

## BATTLE FOR THE BELTS!

Only the top finisher in these divisions wins the belt

### INTERMEDIATE TRIATHLON CHAMPIONS

- **OPEN DIVISION** – Overall Top 3 Females & Males
- **OVERALL MASTERS (40+)** - Top 1 Female & Male

### SPRINT TRIATHLON CHAMPIONS

- **OPEN DIVISION** – Overall Top 3 Females & Males
- **OVERALL MASTERS (40+)** - Top 1 Female & Male
- **ATHENA / CLYDESDALE** - Top 3 Female & Male
- **HIGH SCHOOL** – Top 3 Female & Male

#### NOTES:

- Due to late addition of the Aquabike, the Top 3 Female and Male wins plaque.

## AGE GROUP WINNERS - TRIATHLON

TOP 3 Females & Males from INTERMEDIATE & SPRINT

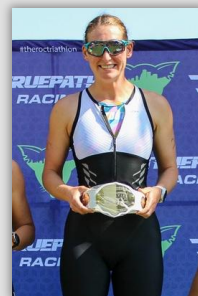
|          |           |
|----------|-----------|
| UNDER 24 | 50 - 54   |
| 25 - 29  | 55 - 59   |
| 30 - 34  | 60 - 64   |
| 35 - 39  | 65 - 69   |
| 40 - 44  | 70 - 74   |
| 45 - 49  | 75 + OVER |



Libby Ewing  
High School



Oliver Taplin  
High School



Chelsea Conway  
Sprint Overall



Sue Starr  
Sprint Masters



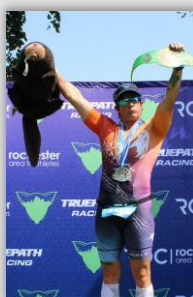
Lauren Magin  
Intermediate Masters



Darren Schutt  
Sprint Overall



Andy Wooding  
Intermediate Masters



Danielle Feligno  
Sprint Masters



Peter Newell  
Intermediate Masters



Bethany Kwarta  
Intermediate Overall



Scott Bradley  
Intermediate Overall



Simon Woods & Sue Starr  
RATs of the Year

# THANK YOU!

