



presented
by

**TRUEPATH
RACING**

2025 ATHLETE GUIDE



presented
by

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Irondequoit



CONTENTS

- 3 Welcome**
- 4 Event Schedule**
- 5 ROC Splash-N-Dash**
- 6 Race Day Logistics**
- 7 Athlete Check-In**
- 8 Transition**
- 9 Athlete Checklist**
- 10 Swim Course**
- 11 Bike Course**
- 12 Run Course**
- 13 Awards & Champions**
- 14 One Last Thing**



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 CLOSSES* / 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



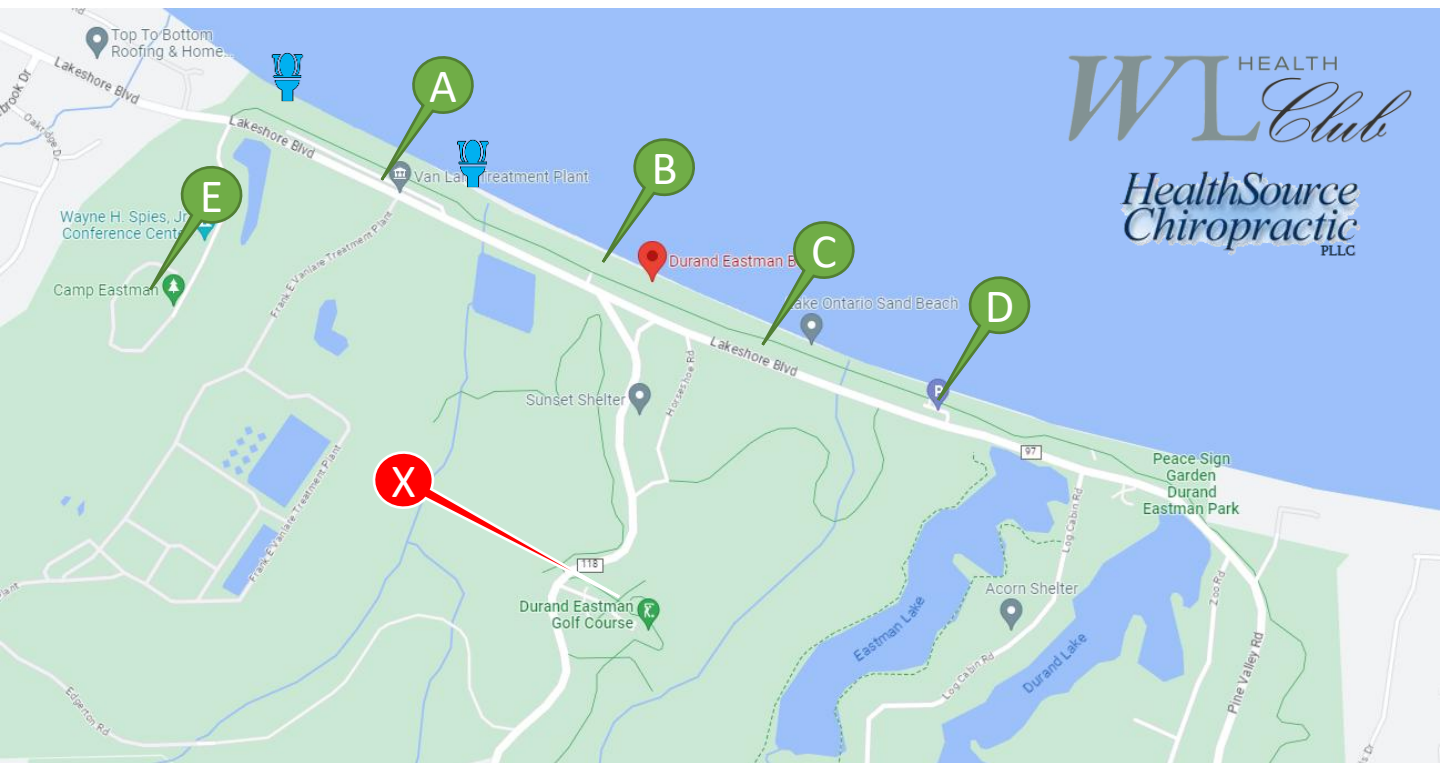
Love
BEETS
stay true to your roots



2025 ATHLETE GUIDE

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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

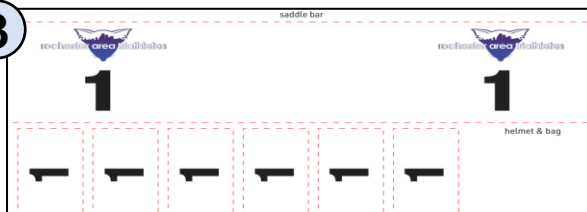
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2



3



4

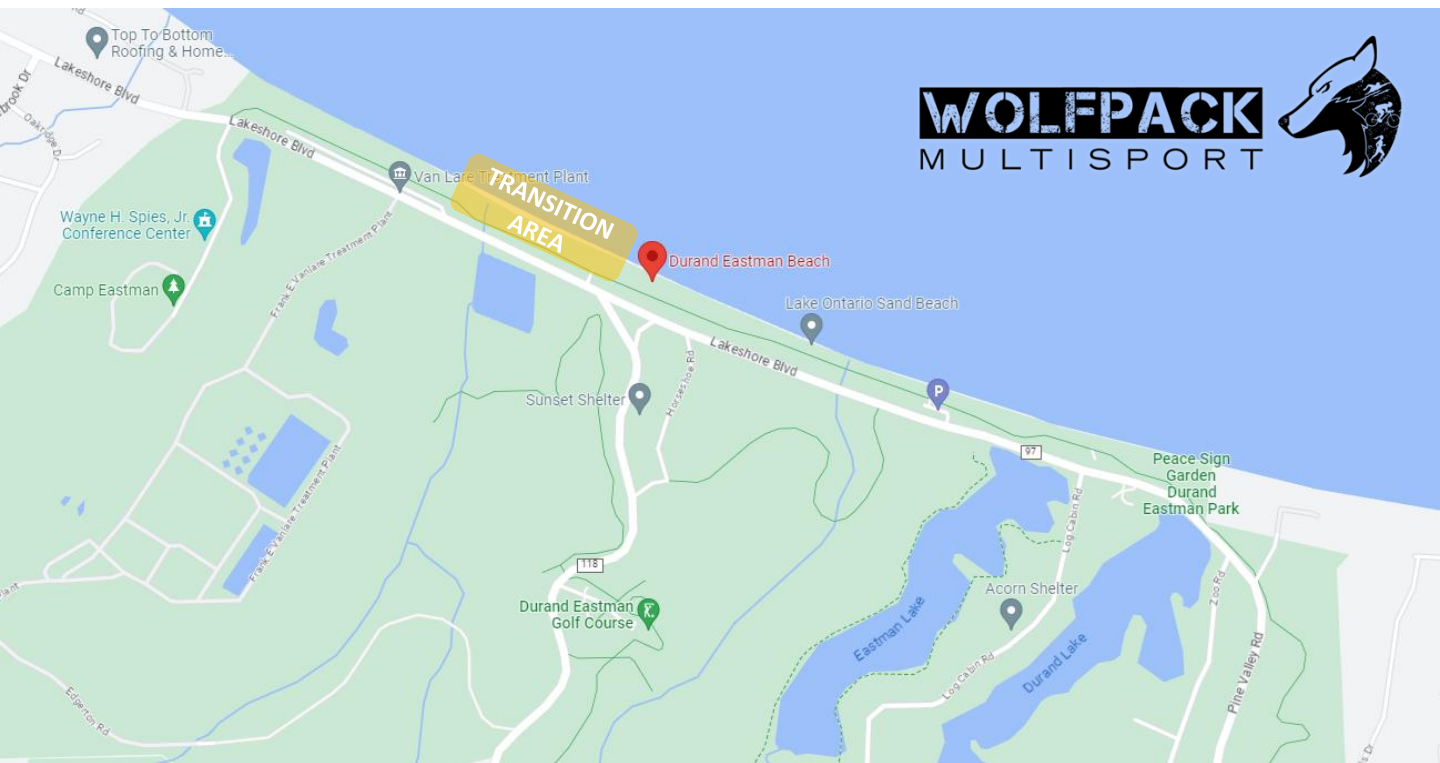


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6





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

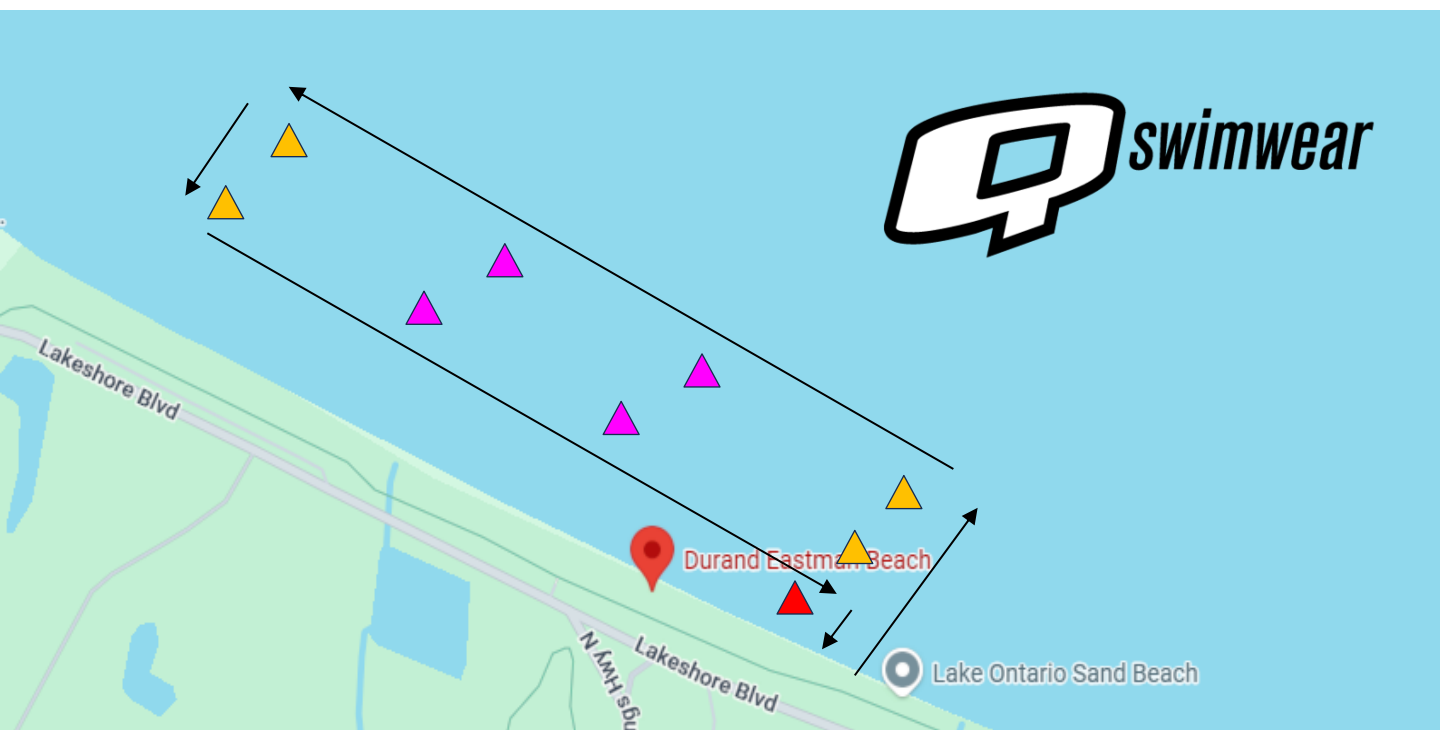
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Missing something? Towpath Bike will be on hand for any bike issues and Rochester Running Company will have a store in the athlete village.

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



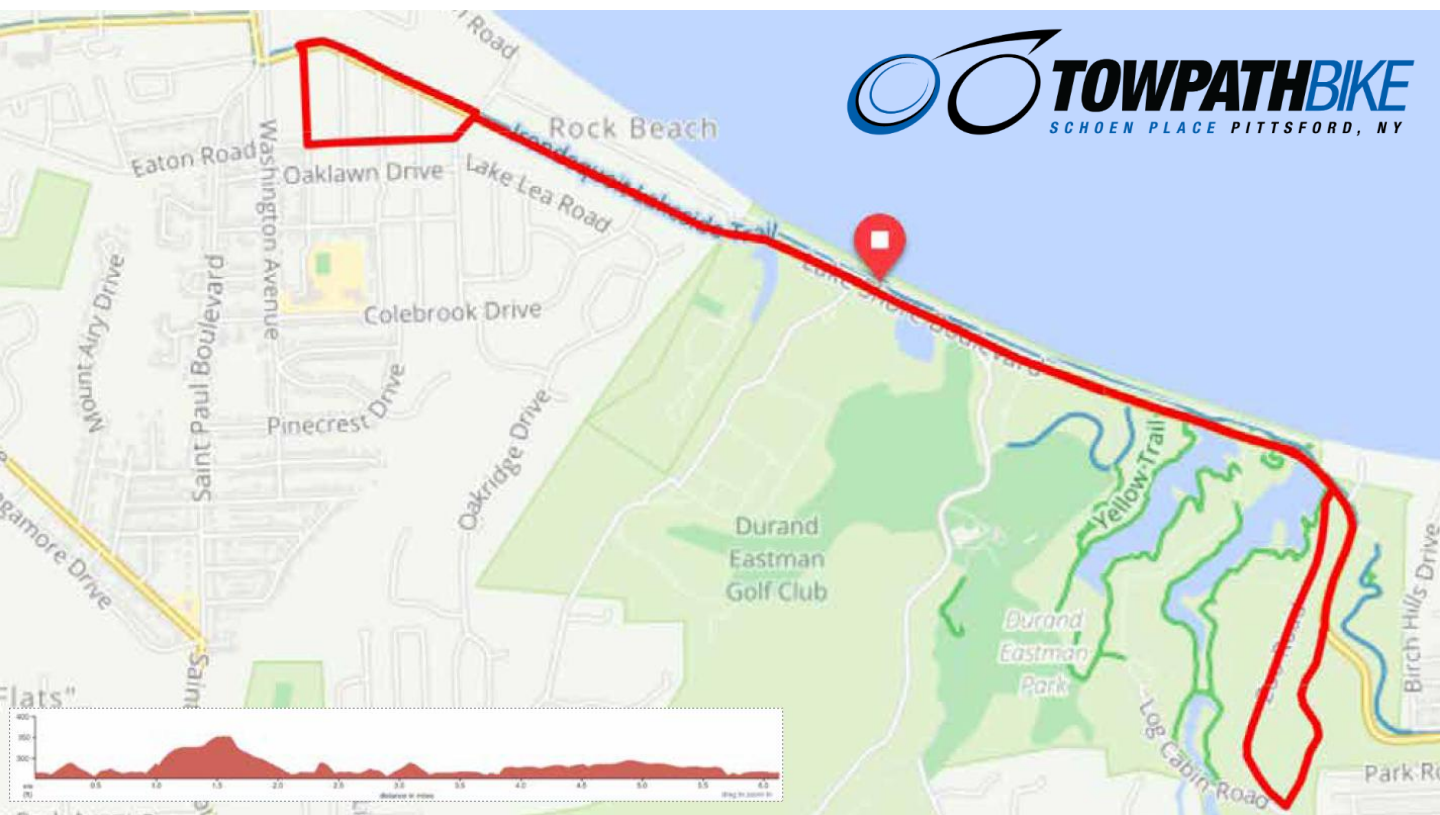
**Swim course subject to change or cancellation based on race day conditions*

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 2nd 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)

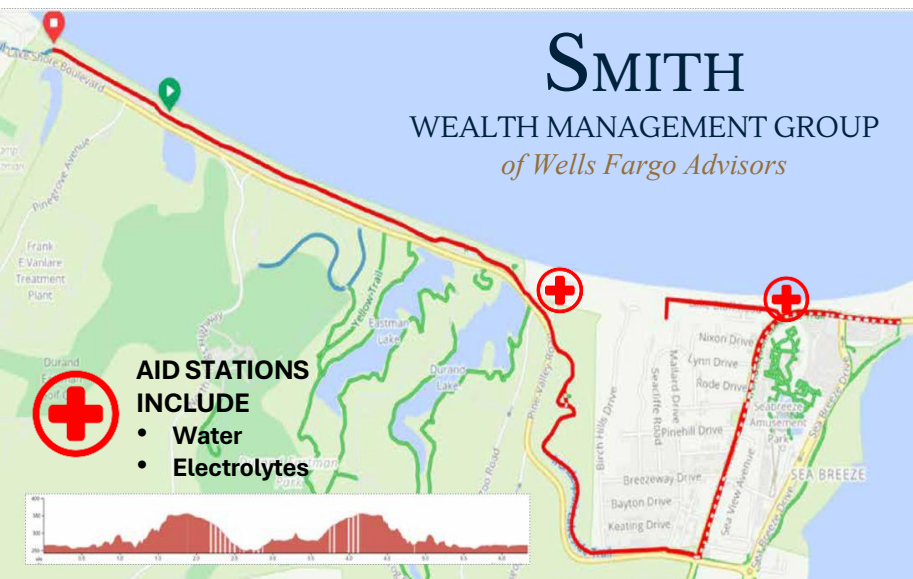
- Exit transition area and head east on the pathway
- Continue on path until you reach the turnaround marker
- Run around marker and head back west to transition area
- You will pass aide stations 2 times on the Sprint Course



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

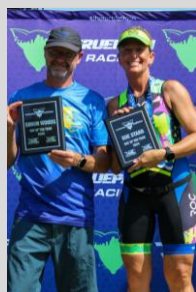
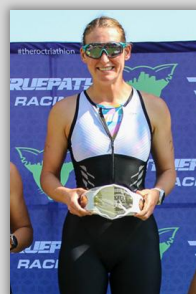
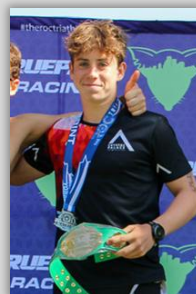
NOTES:

- 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



THANK YOU!

