



SMP Rochester River Challenge Duathlon/Triathlon Race Day Details

IMPORTANT RACE DAY INFORMATION! PLEASE READ THOROUGHLY!!

Saturday, April 29, 2017

We are excited to have you join us for the SMP Rochester River Challenge Duathlon and Triathlon! The race location is the Genesee Waterways Center at 149 Elmwood Avenue. You can visit the www.FlowerCityChallenge.com for directions and parking details.

RACE DAY SCHEDULE:

6:00AM – Packet Pickup (under the tent in the field) & Bike/Boat Transition Opens (**NO DAY OF Registration**)

7:00AM – Boat Drop Off at GWC Closes (you won't be able to drive boat in to drop off after 7am); there is also Boat Drop Off the night before (Friday, April 28th from 5-7pm)

7:15AM – Packet Pickup Closes for both races

7:20AM – Be prepared to exit the transition area so the race can start

7:30AM/7:33AM – Tri Men Solo Start (**7:30AM**), Tri Women Solo & Tri Teams Start (**7:33AM**) (*Note: Subject to change*)

7:36AM/7:39AM – Du Women Solo & Du Teams Start (**7:36AM**), Du Men Solo Start (**7:39AM**) (*Note: Subject to change*)

10:00AM - Bike Course/Transition Exit closes; any participant not completed with the bike and on the run by 10am won't be able to continue

10:30AM - Awards Ceremony (*Note: we will not be mailing awards*) – we hope everyone can stay for this



KEY RACE DAY DETAILS THAT YOU MUST KNOW (PLEASE READ TO BE PREPARED):

- Each Individual (Solo) Athlete is given a bib number to be worn on the FRONT of their body, a number for their bike frame, a number for their helmet and two numbers for their boat (if applicable).
- For teams – every team participant will be given a bib number to be worn on the FRONT of their body, the biker will get a number for their bike frame and helmet and the boats will get two numbers.
- The boat numbers must be affixed to the top part of the bow of the boat, so it can be seen from both sides.
- Parking information is on the website under "Race Weekend", "Directions/Parking". Parking is at U of R Ext. Lot, **NOT** at the waterways or across the street from the waterways.
- Each Individual will be assigned 1 Bib with a Timing Chip which is to be worn ONLY on the front torso. For teams, each member will receive a bib with the team name on it. None of these bibs will have the timing chip attached to it. Your team will also receive ONE bib with the word "TIMING" on it. This timing bib has a timing chip attached to the back and it will be attached to a belt. This belt will first be worn by the runner, then in transition pass it to the biker, when the biker returns they then pass it to the boater in transition. If it's 2 boaters, just one boater wears it. ALL Chip Handoffs must occur inside bike transition – NOT near the entrances or exits of transition.
- Bikes will be stored before and during the event in the Bike Transition Area. It's a parking lot in the upper area of the entire lot. It will be obvious. When you set up your bikes that morning it's on a first come first serve basis. When you return from the bike portion, you must return your bike to the place you set it in the morning. Please do not take up too much space in transition. We reserve the right to move your bike and gear if it's taking too much room. Be friendly share room with your neighbors.
- Only participants are allowed in transition before, during & after the race. Absolutely NO ONE else is! Anyone else will be asked to leave. Your number must be affixed to your bike. We will check to make sure your bib matches your bike in order to get in & out with it.
- Helmets Required. If we see a biker without a helmet even if it's before or after the race, we reserve the right to disqualify you. Period!
- **NO HEADSETS AT ALL** per USAT rules. You can be disqualified if you wear them during the tri/du. We will take it from you if we see you wearing it.
- Bike course is open to traffic, so please heed caution. There are officers at major intersections, but still be careful. There are 2 railroad crossings as well, slow down on these.
- Dropping off boats. When dropping off your boat, drive into the main entrance for the Waterways, to the end to the circle and there will be volunteers there to assist you. You can drop off your boat either the night before or on race morning:
 - We HIGHLY RECOMMEND that you can drop your boat off the night before (Fri, April 28th between 5pm – 7pm). Race morning is always very chaotic at boat drop off and doing it the night before will alleviate unneeded stress race morning. Please consider dropping it off the night before. Be sure to already have your # attached to the boat! There will be overnight security so your boat will be safe.
 - If you decide to drop it off race morning, you have to do it by 7AM sharp. Have a sense of urgency during this process. Quickly drop your boat off, and you will then have to immediately move your car and park at the U of R lot. Thus you will NOT be dropping off anything else but your boat. Once you park at the U of R lot you can then bring your bike and belongings to transition. All boats must be dropped off by 7AM. The entrance to GWC CLOSES to vehicles at 7AM. Period!
- Boats will be stored by the docks on a first come first serve basis starting at 6AM. There will be volunteers there to help place boats at boat transition. Make sure your numbers are affixed properly on the boat. If you drop your boat off the night before, on race morning you still need to check and make sure your boat was brought to the dock.
- Boat volunteers will be there to assist you as best as possible to get into the boat at the dock for the paddle portion. Boaters will need to run about 200 yds from the bike transition to the boat transition. When you return from the paddle portion, boat catchers will be there to help you out. They will take your boat and set it aside by the dock so the paddler can run about 200 yds to the finish line. Please watch for duathletes and other paddlers during this process. Life Vests **REQUIRED** by State Law for the Paddle!
- Your bib number is your food ticket. Please keep it on you for post race food at the food tent. One meal per athlete.
- After the race enjoy the post race party, there will be music, a kids bounce house and the awards ceremony at 10:30AM.

HAVE A GREAT TIME OUT THERE! And be sure to stop by the SMP RV to say THANK YOU for their support!

Be sure to also THANK THE VOLUNTEERS! They are there for you!