

Rochester River Challenge Duathlon/Triathlon

Race Day Details

PLEASE READ

We are excited to have you join us Saturday, April 24th for the 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

Please note the tri and du will start 3 minutes apart

6AM – Registration/Packet Pickup (in the Ice Rink) & Bike/Boat Transition Opens

7:15AM - Registration Closes for both races

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

7:30AM – Triathlon Individuals and Teams Start

7:33AM – Duathlon Individuals and Teams Start

10AM - Bike Course Support Closes/Ends

11AM - Awards Ceremony (Note: we will not be mailing awards) – we hope everyone can stay for this

Key Details You Must Know

1. 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).
2. 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.
3. The boat numbers must be affixed to the top part of the bow of the boat, so it can be seen from both sides.
4. Each Individual/Team will be assigned 1 Timing Chip which is to be worn ONLY on the ankle. Individuals will wear this on their ankle the entire duration of the event. For teams, the runner wears it first on their ankle, then in transition passes it to the biker who wears it on their ankle, when the biker returns they then pass it to the boater in transition, who then places it on their ankle. If it's 2 boaters, just one boater wears it. For teams ALL Chip Handoffs must occur inside bike transition. A Map of the transition is at www.flowercitychallenge.com.
5. Timing Chip Rules: No Chip, No Time. It must be worn on the ankle only. You must show your bib number to get your chip. The chip must be returned at the finish or else there is a \$90 fee. The Timing Chips will also be handed out at the Bike Transition area that morning.
6. 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.
7. Helmets Required. If we see you riding your bike without a helmet even if it's before or after the race, we reserve the right to disqualify you. Period!
8. Bike course is open to traffic, so please heed caution. There are officers at major intersections, but still be careful
9. Boats will be stored by the docks on a first come first serve basis starting at 6AM. There will be volunteers there to help placing boats. Make sure your numbers are affixed properly on the boat.
10. 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. In addition, 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!
11. The tear off on your bib number is your food ticket. You must submit it for post race food at the food cart(s). One meal per athlete. Spectators will be able to buy food. The carts will be there all morning selling coffee and food.
12. Showers are available at the Ice Rink if you want to wash up after the race
13. Finally – **THANK EVERY VOLUNTEER!!!** They are there for you. **AND HAVE A BLAST!!!!**