



SMITH POINT TRIATHLON ATHLETE GUIDE

Contents

Contact Us	2
USAT	2
Check-In/Packet Pick-Up	2
Race Schedule	4
Aid Stations	5
Course Description	5
Rules	7
Bag Check	7
Race Day Checklist	7
Parking	8
Awards	8
Race Day Rentals	9
Traveling	9
Beneficiaries	9
Volunteering	10
FAQs	10

EventPower welcomes you to the Smith Point Triathlon – Part of the Long Island Triathlon Tour!

A Note From The EventPower Team: Thank you for joining us for the 7th Annual Smith Point Triathlon! We hope that you have an amazing racing experience with us from start to finish. You will find all the materials you need for race day in this athlete guide. All course maps are posted on our website EventPowerLI.com. If you have any additional questions, please reach out to us at eventpower@aol.com.

EventPower has been producing triathlons since 1993, with the Mighty Hamptons Triathlon being the first multi-sport event EventPower was a part of. We love bringing a great race experience to participants and know the determination, hard work and time commitment you put into each race. Here at EventPower we put that same work ethic into producing events, an outlet for you to reach your potential. We hope you have a great race!



CONTACT US:

2017 LONG ISLAND TRIATHLON TOUR

Please contact us at eventpower@aol.com if you have any questions or feedback to help us further improve your experience!

Like us, EventPowerli, on Facebook to receive the latest news and updates on events for the 2016 Long Island Triathlon Tour.

USAT:

USATriathlon is the national governing body of triathlons. All EventPower races are sanctioned by USATriathlon. All participants must have a USATriathlon license in order to participate in this event.

A current annual membership card and photo ID are required at packet pick-up. If you do not have a current membership card you must purchase a one-day membership card at packet pick up for \$15 (cash or check only) or you can purchase an annual card at USATriathlon.org or at packet pick up for \$50 (cash, check, or credit card).

CHECK-IN AND PACKET PICK-UP:

All athletes must check in prior to race day and pick up their race day packet. There are three options for check in for the Smith Point Triathlon, please see all options below.

Please do NOT call packet pick-up locations as they do NOT have information on the event. Please contact us at eventpower@aol.com if you have any questions.

Packet Pick-Up Location and Time:

Tuesday, August 8

- 5:00pm-7:30pm: Express Packet Pick-Up at Swerve, 21 W. 46th Street, New York,
- This is an express packet pick-up ONLY! (USAT check-in, swim cap, racer notes, bib and racer notes ONLY). Timing chip must be picked up race morning. Goodie bag and t-shirt can be picked up on race day.

Thursday, August 10

- 5:00pm-7:30pm: Packet Pick-Up at Babylon Bike Shop, 218 Main Street, Babylon, NY 11702

Saturday, August 12

- 12:00pm-5:00pm: Packet Pick-Up at Shirley Marina County Park

PLEASE DO NOT ENTER THE RACE SITE AREA ON THE SATURDAY PACKET PICK-UP. THERE IS A FEE FOR PARKING AT SMITH POINT BEACH THAT YOU WILL BE CHARGED.

All participants must pick up their own packet prior to race day.

2017 LONG ISLAND TRIATHLON TOUR

All relay members must pick up their packet together!

Athletes will receive:

1. Helmet Number
2. Bike Number
3. Run Number
4. Body Marking Tattoos and Instructions
5. Swim Cap

All athletes will receive their Timing Chip on race morning.

Helmet Number

You will need to peel the sticker off of its protective paper and place it on the front of your helmet. Placing the number on the side of the helmet will make it harder for the USAT photographers, volunteers and race staff to identify you quickly so please be sure to place the sticker on the front

Bike Number

The bike number is the largest piece of paper. You will notice the number is upside down at one end and right side up at the other. The reason for this print orientation is so that when the number is folded over the top tube of your bike your race number can be read easily from either side. There are two adhesive strips on the backside of the bike number. You will peel the protective paper off of the adhesive strips and then place the number on the top tube of your bike.

Run Number

The run number is the middle sized paper in your race number grouping. You will need to wear this number on the run course. This number **MUST** be on the front of you as you cross the finish line. You may use safety pins (provided at packet pick-up or chip pick-up) or race belt to display the number on your front.

Body Marking Tattoos

In your packet you will receive three tattoos. One of the large numbered tattoos will be placed on your right bicep. The other large numbered tattoo will be placed on your left leg. Your age tattoo will be placed on the back of your left calf.

Race Number Tattoo Application Instructions:

1. Important: skin should be clean & free of sunscreen, oils or makeup.
2. Remove protective top sheet from tattoo.
3. Place tattoo with the correct side pointing up, press tattoo onto skin with ink design facing skin.
4. Hold wet paper towel to the paper back of tattoo, hold and make sure to wet it all the way through the white backer paper. Wait 40 seconds (don't hurry).
5. Peel off paper backing slowly and carefully.

2017 LONG ISLAND TRIATHLON TOUR

Race Number Tattoo Removal Instructions:

1. To remove your tattoo after the event clean off with baby oil or visit the EventPower tattoo removal station at the race site.

Swim Cap

All athletes will be given a colored swim cap at packet pick-up that corresponds to the swim wave in which they will start in. You must wear the cap given to you.

Timing Chip

We will be using ChampionChip Electronic Timing System for this event. You will receive your timing chip on race morning. Please be aware of the following procedures to insure successful timing of your event: All participants will receive their timing chip on race morning at the Chip Pick-Up Area. You are REQUIRED to show your paper Bib number in order to receive your timing chip which you must wear on your ankle for the duration of the event. It is REQUIRED that all participants wear the timing chip on their ankle.

How do you wear the timing chip with the provided disposable strap?

1. Thread the strap through the timing chip
2. Place the strap around your ankle
3. Insert TWO (2) fingers between the medical strap and your ankle (to prevent the strap from being too tight)
4. Fasten the medical strap SECURELY.
5. You must return your chip at the finish line in order to receive your results. If you are not able to finish any leg of the race, you must turn in your timing chip as soon as possible at the finish line. If we do not receive your timing chip you will be charged to replace it.

RACE SCHEDULE:

Race Day Schedule:
Sunday, August 13

NOTE: SOME TIMES ARE APPROXIMATE

5:00am – Transition area opens
6:35am – Pre-race briefing
6:50am – 1st wave starts (4 waves; 3 minutes apart)
6:56am – First swimmer out of water
7:20am – First biker in
7:30am – Swim course closed
7:35am – First finisher
8:30am – Transition area open for bike pick-up
9:15am – Last finisher and parking lot exit open
9:30am – Awards ceremony and raffle

CUT-OFF TIMES

Swim – 30 minutes from start of your wave

2017 LONG ISLAND TRIATHLON TOUR

Bike – 1 hour 40 minutes from start of race

Run – 2 hours 30 minutes from start of race

AID STATIONS:

There will be a water stop as you exit transition area to start the run and at mile 1.5. The aid station at mile 1.5 will have water, Ultima Replenisher and Hammer Gels available.

COURSE DESCRIPTION:

These maps can also be found on our website at www.eventpowerli.com

SWIM COURSE:

500 meters – The swim is a triangular course in Narrow Bay



Bike:

2017 LONG ISLAND TRIATHLON TOUR

9.7 miles – The bike is a fast, flat loop over Smith Point Bridge to Wertheim National Refuge and back. Bikes allowed: Road bike, time trial, mountain bike or hybrid. (Sorry no tandem or recumbent bikes!)



Run:

2.9 miles- The run is one scenic flat loop with a water stop at the 1.5 mile mark. This water stop will also have Ultima Replenisher and Hammer Gels.



Rules:

2017 LONG ISLAND TRIATHLON TOUR

USA Triathlon has issued a set of rules to maintain consistency and order from race to race across the country. For full detail on USAT Rules please visit <https://www.teamusa.org/USATriathlon/About/Multisport/Competitive-Rules>

Reminders:

- NO HEADPHONES DURING ANY PART OF THE EVENT or you will be disqualified.
- No helmet, no race.
- Helmet strap must be fastened before taking bike from race and remain fastened until after bike is replaced.
- No drafting! Leave three bike lengths unless passing. Stay to your extreme right unless passing.
- Bike number must be on bike and shall not be removed until your bike is out of transition area after the race.
- Run number must be on front of body during entire run!
- Any unsportsmanlike behavior to other competitors and/or event staff will be dealt with by an immediate disqualification.
- RACE IS RAIN OR SHINE

BAG CHECK: You will be given a tag inside your packet from packet pick-up that you can put on your bag. You can use this bag to bring your items into the transition area. Once not in use, you must bring your bag to the pack rat for storage in order to keep the isles clear. After the race you can go back to the pack rat to get your bag back.

RACE DAY CHECKLIST:

Make sure you have everything you need on race morning!

- Athlete tattoos
 - one arm tattoo, one leg tattoo, one age tattoo
- Stickers for bike and helmet
- Bib Number
- Timing chip – pick up on race morning
- Swim cap
- Goggles
- Wetsuit (recommended but not mandatory)
- Bike
- Bike helmet
- Tire repair kit
- Running shoes
- Cycling shoes
- Towel
- Socks
- Water bottles
- Energy bars and gels
- Sunglasses
- Sunscreen
- Tool kit
- Floor pump
- Race belt or safety pins (safety pins will be given to you at packet pick up to secure your bib number to your shirt)
- Hat/visor
- Post-race, warm change of clothes



PARKING:

Directions – Race site and parking:
There is ample parking at the Smith Point County Park next to the Start/Finish.

PLEASE DO NOT ENTER THE RACE SITE AREA ON THE SATURDAY PACKET PICK-UP. THERE IS A FEE FOR PARKING AT SMITH POINT BEACH THAT YOU WILL BE CHARGED.

AWARDS:

- Top three overall Male & Female
- Top Mixed, Female, Male Relays
- Challenged, top three in the category
- Clydesdale and Athena, top three in each category, 39 and under 40 and older
- Individual Age Groups, top three in each category: 14-18, 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+

Awards Ceremony will commence shortly after the final finisher crosses the finish line. Athletes are encouraged to stay for the awards or have someone pick up their award. Awards will only be shipped post event if a pre-paid postage envelope for 2 pounds is sent to the race organization within one week of the event. Please submit your request for award mailing by contacting us at eventpower@aol.com.

Raffle will take place at the end of the awards ceremony, raffle tickets will be handed out to each athlete. You must be present at the raffle to win.

RACE DAY RENTALS:



Get an edge over the competition with Tr-Guy.com by having the right equipment to maximize your triathlon performance. With the latest in wetsuits, bikes, and more, you can rent the equipment you really need to get the best possible results in your triathlon. Renting your equipment is an easy and affordable alternative to investing in costly equipment you can only use on a limited basis.

TRAVELING:

In google map, you can type in Fire Island Beach Road, Mastic Beach, NY 11951. You will get a google map with pin drops for race site.

You can click on the pin and ask for directions. Put in your address and then print them out. Even better if you have a smart phone, with turn by turn GPS.



BENEFICIARIES:

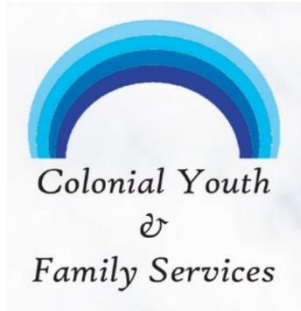
Frances Pope Memorial Foundation



Mission Statement

Learning that your child has been diagnosed with cancer is unthinkable, yet it happens to families every day. The Frances Pope Memorial Foundation is a group of caring friends who have joined together to offer financial and emotional support to families so they can focus on what's most important: their child's recovery.

Colonial Youth Services



Mission Statement

Colonial Youth and Family Services, a charitable, tax exempt, 501(c)(3) agency, is dedicated to promoting the physical, emotional and social potential of youth and their family members. We endeavor to offer programs which provide healthy development through education, counseling, advocacy, training, prevention, volunteerism and support services.

Mastic Beach Property Owners Association



Over 87 years ago, the founding families of our wonderful beach community created the Mastic Beach Property Owners Association (M.B.P.O.A.) a volunteer civic association. Our membership takes pride in our association and enjoy being members. The people who call themselves members of the M.B.P.O.A. are of the greatest character. They quietly and humbly take care of our properties and run family friendly events the whole community can enjoy.

Because of the members' selfless generosity, the M.B.P.O.A. is able to run these public marinas and waterfront well below municipal pricing. They are the people who make Mastic Beach a special place. We are so proud that they chose to be a part of this wonderful civic association.

VOLUNTEERING:

Do you have family or friends that are interested in being a part of the triathlon? Volunteering is a great way to be involved. Volunteers that are looking to participate in future races also have the opportunity to earn credits to save money for future events!

FAQs:

What is I did not receive confirmation or misplaced my confirmation email?

Visit signmeup.com and you can enter in your name and the date you registered and you will receive a new one. If you still have trouble, email eventpower@aol.com.

What if I cannot make it to Packet Pick-Up?

All athletes must pick up their own packet. You must bring a photo ID with you. If you are a USAT member you must bring your USAT card, if you are not a member or do not have a card you must purchase a one day membership for \$15 or an annual membership for \$50. You must bring a photo ID with you. One day memberships can only be paid by cash or credit card.

How are USAT age groups formatted?

USAT age is the age that you are on 12/31 of the race year, it does not go by your actual Date of Birth, but rather your year of birth.

What are the key race day Rules?

Bike storage will NOT be provided the night before the event. Glass containers are NOT allowed in the transition area. Only triathletes and transition workers are allowed in the transition area. Please provide your family and friends that they will need to remain outside of the transition area. You MUST rack your bike on race morning on the rack that corresponds to your assigned bib number.

Participants will NOT be allowed to mount their bikes in the transition area and will be required to dismount at the designated spot outside the transition area.

All participants must wear a helmet during the bike portion of the event, you will not be allowed to leave the transition area until your helmet is buckled.

Triathletes must show their race number to remove their bicycle and gear from the transition area after the race.

How many people can be on the relay team?

Relay teams can be made up of two or three people. You can have an all male team, all female or mixed relay team.

Race Number

The race number you receive at packet pickup will be what you must wear during the race. The smallest number is the helmet number, the middle sized number is your run number, and the piece with your number on it twice is your number for your bike. While you have this number in print form you will also be receiving body marking on your calf, arm, and hand.

Race Flow

Swim – When triathletes finish the swim portion of the race, they will enter the transition area and proceed to their designated bicycle rack (relay teams make their exchange at their designated rack number)

Bike – Bikes may NOT be ridden in the transition area. It is important to use extreme caution when departing the transition area, as it may be congested! All athletes must put on their helmet and snap the strap before mounting their bike. The helmet must stay on and buckled until they dismount and rack their bike. Not following the helmet rules may result in a disqualification. Bike times will start when the triathletes depart the transition area through the ‘Bike Out’ chute and end when they re-enter the transition area through the ‘Bike In’ chute in the transition area. Once the bike portion is completed, triathletes will return their bike to their designated spot in the transition area.

Run – triathletes depart the transition area by exiting through the ‘Run out’ chute. Triathletes run time will begin when they depart the transition area at ‘Run Out’ and end when they cross the finish line.

Wet Suits

Wetsuits are permitted and recommended, but not required. As per USAT rules, if the water temperature is 78 degrees Fahrenheit or below then wetsuits ARE allowed. At 78.1 to 83.9 degrees Fahrenheit participants may wear a wetsuit at their own discretion; however, wearing a wetsuit in the temperature range will mean that the athletes are ineligible for awards. At 84 degrees Fahrenheit and above wetsuits are NOT permitted – this is for your own safety.

Thank You to Our Partners



ENDURANCE FUELS