

TOUGHMAN ™

ATHLETE GUIDE

SCHEDULE

SATURDAY SEPTEMBER 11, 2010

CROTON POINT PARK

10:00AM – 12:00PM	ToughKIDS Race
12:00PM – 5:30PM	Toughman Packet Pick-up & Body Marking
12:00PM – 6:00PM	Race Vendor Expo
1:00PM – 6:00PM	Transition open for bike check-in (not mandatory)

SUNDAY SEPTEMBER 12, 2010

CROTON POINT PARK

5:15AM – 6:30AM	Transition open
5:15AM – 6:30AM	Body Marking & Chip Distribution
6:30AM	Transition closes
6:30AM	All athletes head to the beach
6:45AM	Opening ceremony on the beach
7:00AM	TOUGHMAN RACE BEGINS
11:00AM	Male Winner expected
11:40AM	Female Winner expected
1:30PM	BBQ & Raffle begin
2:00PM	Awards Ceremony begins
3:30PM	Event Cut off for athletes and run course closed
4:00PM	Festivities conclude

PACKET PICK-UP

Wednesday 9/8 10:00AM – 7:00PM
PARAGON SPORTS — 867 Broadway (18th street), NYC

Saturday 9/11 12:00PM – 5:30PM
REGISTRATION TENT — Croton Point Park

Sunday 9/12 5:15AM – 6:15AM
REGISTRATION TENT — Croton Point Park

You must pick up your own packet – NO-ONE ELSE CAN PICK UP FOR YOU!

- You need PHOTO ID and **USAT card** (if applicable) to collect your packet. If you lost your card or its expired, please reprint/renew now at: <http://www.usatriathlon.org/login.html>
- **Relays** do not have to come together to pick-up their packets and the team captain cannot pick up the whole team's packet. Each member must pick up their own packet.
- Although we offer pick-up race morning, we encourage EVERYONE to come either Wed or Sat to avoid a rushed race morning.
- Wristbands must be worn from the time you pick up your packet until after the race is over (yes Wednesday picks-ups will wear their bright orange wristband for 4 days).
- ToughKIDS packets will not be available for pick up at Paragon.

RACE PACKET

You will receive the following items in your race packet:

Swim Cap, Bib #, Helmet #, Bike Frame #, Wristband, Safety Pins, Bike Check ticket, Temp. Tattoo

Please advise staff immediately if you are missing anything.

Your wristband has been placed on your wrist – this must remain there until AFTER the race as you will need it on to remove your bike from transition. It identifies you as a registered athlete that has been USAT approved. You will need your wristband on to race and receive entry to the BBQ.

Your race number must be visible on your body, bike frame, bike helmet and on the front of your run shirt or race belt. You must wear your assigned swim cap – no substitutions.

The Bib # has a medical alert section on the back – please take a few minutes to complete this prior to racing so that we can help you in the unlikely event of a medical emergency.

You have been supplied with a Bike Check ticket. Please give this to your emergency contact so that they may collect your belongings and bike in the event of a medical incident. They just present it to the transition staff.

TRANSITION AREA

The transition area has been set up so that no athlete has an advantage over another and the entrance and exit are all equal distance. Bike racks provided will be individually numbered and you should rack with your seat, not your bars. Extra equipment is not allowed in transition. Transition is fenced and secured.

Your bike must have a BIKE FRAME NUMBER attached to it in order to enter transition and you must have your wristband on. Spectators are NOT allowed in the transition area.

Absolutely no swimming will be allowed the day before at the race site.

Although overnight security is provided on Saturday night, Toughman is not responsible for lost or stolen equipment left in transition.

EXPO

We encourage you to visit our greatly expanded the Expo that includes:

Zoot Sports, Red Bull, Avia, Garmin, Timex, TravelStix, Paragon Sports, Sunrise Tri, Westchester Road Runners, Ridgewood Cycle, Target Training, PRK Bike Store, True Motion Apparel, Coleman, BMW of Mt Kisco, PowerBar, Oakley, Xterra Wetsuits, Polar, The Toughman Store, Croton Boosters (serving food), Shoprite of Croton (serving food), Habitat for Humanity, The Multiple Myeloma Research Foundation, The Boomer Esiason Foundation for Cystic Fibrosis and Cooley's Anemia.

Products will be available to purchase, rent, view or sample (bring cash or credit card). The vendor expo will be available for athletes and spectators on Saturday and Sunday. The Toughman Store will have adult and children's apparel as well as cowbells. There will be a designated poster area at the expo where your family can make signs for race day.

TIMING

Timing chips and straps will be distributed ONLY on race morning. They will be located next to one end of the transition area. Participants are required to wear the designated timing chip strapped to their ankle, throughout the race. Relay Team members will pass the strap & chip at each transition.

After you finish, a volunteer will remove your chip and strap in the Athlete Recovery Zone. If you were overlooked, please return to the zone immediately to return your chip. **There is a \$25 charge for a lost Timing Chip or strap.**

If you pull out of the race or are pulled from the course, please report to the finish line Timing Tent to turn in your chip and then go to the transition area to collect your gear.

RACE MORNING

We advise you to arrive early race morning to avoid the rush as well as to get a convenient parking spot.

The park will open at 5:00AM and the transition area, chip pickup and body marking will begin at 5:15AM and end promptly at 6:30AM. Body marking is available at both ends of the transition area and will be limited to left arm, left calf & left hand.

Transition area closes at 6:30AM sharp. Only relay members may remain in transition.

Practice swimming is approved from 6:00-6:30AM ONLY.

If you are coming with loved ones, we encourage them to go to our volunteer tent and register to help out at the race site – they will still see you race and be able to support you.

There will be professional photographers taking your race photos at: Swim exit, Bike course, Run course, Finish Line and Media backdrop in Awards area.

SWIM

We strongly advise making your way down to the Swim Start – it is at the far end of the beach and is a long walk. Here you will receive pre-race instructions. The opening ceremony is at 6:45AM. There will be an opening ceremony with a speech by Mayor Wiegman, a prayer by Rev Stevens, the playing of America the Beautiful by the Emerald Society Pipes and Drums and a moment of silence in honor of those lost on Sept 11, 2001.

We encourage spectators to observe from the bulkhead as this is the best seat in the house to see the whole swim and will get you to the transition area without too far of a walk. But guests can be with you on the beach.

You should wait on the beach until your wave is called into the corral area. Listen carefully.

The swim start is a land start. You will enjoy a freshwater swim that has a current that brings you into the shore. There will be a dozen large buoys that you will keep on your LEFT. The turnaround will be marked by 2 large buoys and a 35 ft sailboat. You will swim in front of the sailboat. There will be many kayakers and a marine patrol boat in case you need assistance/guidance. Always be safe. If you have problems in the swim, call out to one of the kayakers who will get you to a boat.

The swim finish will be marked by a huge RED BULL swim arch. It is 35ft high so you will not miss it.

When you exit the swim, volunteers will be there to ask for your number and guide you to the transition area.

T1 - TRANSITION

There will be carpet placed on the sand from the beach to the transition area and a kiddie pools so that you can wash your feet off before entering the transition area.

Transition volunteers will help you peel off your wetsuit if you want them to: just lay down on the carpet that will be right before transition and they will peel your wetsuit off of you. This speeds up your T1.

Helmets must be buckled in place during all aspects of the bike including transition. You must walk or jog with your bike in the transition lanes to the designated mount/ dismount areas before entering/exiting the bike course, as directed by the volunteers or staff.

Nutrition available: Water, Gatorade, bananas, Hammer Endurolytes & Gels

BIKE

Follow the volunteer instructions on where to ride out of the park. Once the bike portion starts there will be NO vehicular traffic in or out of the park over the MTA bridge (7:30AM – 1:00PM).

You will leave the park and travel through 6 towns. There will be floating road closures so there will be a minimal amount of traffic but you have the right of way. The police and our bike marshals will man all highly trafficked intersections. **But please be safe and always stay to the right to let others pass.**

There will be 2 lead cars and one sag vehicle. Once you leave town you will have one large climb up to the Dam and several smaller ones but the bike course rolls and gets easier and is very scenic, passing 3 reservoirs. The course is well marked with signs and arrows and has only 3 left turns so that it is not technical at all.

There will be a Bottle Exchange at the 18mile and 36mile mark and will be stocked with popup bottles. There will be a portojohn placed at the bottle exchange as well. **Nutrition available:** *Water & Gatorade Endurance.*

While riding on Rte 100 we suggest that you ride to the left of the rumble strips for your safety. There will be minimal traffic and the police will be closing major intersections for your safety.

We will be enforcing all USAT rules, especially drafting by our 10 motorcycle referees (please see attached USAT rule summary).

There will be 4 bike shops supporting the bike course that will each cover a 14 mile section.

If it looks like you will not make the bike cutoff of 5hrs 10 min from your entrance into the swim, your Bib and chip will be taken and you will be taken back to transition with your bike. This is a safety measure that we must enforce, so your cooperation is appreciated.

T2 - TRANSITION

There will be portojohns as you exit T2 as well as an aid station.

Nutrition available: *Water, Gatorade, Enduralites, Hammer Gels & bananas.*

RUN

You must stay to the right at all times on the run course and obey all volunteer commands.

There will be 17 aid stations on the run course. Please try to dispose of the gel packets and cups near the aid stations to assist in our clean up. (Remember, throwing any trash on the course not designated as an aid station is subject to a USAT penalty). **Nutrition available:** *Water, Gatorade Endurance, Cola, Hammer Gels & Enduralites.*

There will be portojohns at approx the 2, 4, 6, 8, 9, and 11mile marks. If you have a problem with anything, alert a volunteer who will call into our communication center and try to help you.

Fair warning- You will run up "THE TOUGHMAN"- the mother of all hills between the 9-10 mile marks. Our race team and volunteer crew will have marked it to prepare you. Once you are at the 11m mark, it is all downhill into the finish. There will be over 100 volunteers on the run course to inspire and motivate you to a great race.

We have a total race cutoff of 8hrs from your entrance into the swim. If you don't make it, your bib and chip will be taken and you must return to the transition area. This is a safety measure that we must enforce, so your cooperation is appreciated.

FINISH – ATHLETE RECOVERY ZONE

As you cross the finish line, be it running or crawling, you enter the Athlete Recovery Zone where the finish line team will award you a finisher's medal, remove your chip and put a cold towel around your neck. Don't forget to smile as you cross the finish line as your photo is being taken. If you need medical assistance a catcher will escort you to the medical tent but we'll also have chairs in case you just need to sit and catch your breath. A shower will be set up to help you cool down. **Nutrition available:** *Water, Gatorade, Red Bull, bagels, fruit, and pizza.*

Please leave the Recovery Zone as soon as possible so that we can make room for other athletes who will be finishing.

There will be a team of 30 massage therapists from the Swedish institute as well as a dozen ART chiropractors that you can visit to loosen up. Complimentary for all athletes and volunteers.

You will be able to take individual athlete photos at our Media Backdrop next to the awards stage.

AWARDS, RAFFLE & BBQ

Our post race BBQ for athletes and volunteers will begin at approximately 1:30PM. Spectators that wish to enjoy the BBQ can purchase a wristband for \$10 at the BBQ entrance (or at Packet Pick-Up). **Nutrition available:** *Water, Cola, BBQ chicken, baked beans, corn, pasta salad and veggie burgers.*

The raffle is an athlete only raffle and you do not need a ticket. All race numbers are entered into the raffle and numbers are randomly drawn. You must be present to win and show your bib number to collect a prize (relays can show body marking). The raffle will begin at approximately 1:30PM

The Awards Ceremony will start at approximately 2:00PM with the Croton Mayor and the Toughman staff giving out the overall, age group, and special division awards. This year's age group awards will feature a polar heart rate monitor for 1st, a Timex watch for 2nd and a gift certificate for Avia sneakers for 3rd. Some of the special categories will receive other prizes, but every winner gets some loot thanks to our amazing sponsors.

The overall top 3 men and women will receive: a check for \$1500, \$500, and \$250 and an Xterra wetsuit for the top 2 overall respectively and an Xterra backpack for 3rd overall. **Overall winners must attend the 2pm ceremony in order to receive their check.**

Thank you for choosing to race Toughman this year - our announcer will be letting everyone know that:

YOU ARE A TOUGH MAN!

Registration for Toughman 2011 will open on 9/12/10!

Toughman Triathlon date: Sunday September 11, 2011

All 2010 participants will receive an automatic \$25 discount if they register in the first 7 days. Transfers and deferrals will be available, so no risk in signing up early.

On race day, visit: www.westchestertoughman.com



2010 MOST COMMONLY VIOLATED RULES & PENALTIES

PLEASE DISTRIBUTE TO ALL ATHLETES

1. Helmets:

Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event.

Penalty: Disqualification

2. Chin Straps:

Chin straps must be buckled at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle.

Penalty: Disqualification on the course; Variable time penalty in transition area only.

3. Outside Assistance:

No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness.

Penalty: Variable time penalty

4. Transition Area:

All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.

Penalty: Variable time penalty

5. Drafting:

Drafting--keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds.

Position--keep to the right hand side of the lane of travel unless passing.

Blocking--riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass.

Overtaken--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.

Penalty: Variable time penalty

6. Course:

All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times.

Penalty: Referee's discretion

7. Unsportsmanlike-Like Conduct:

Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden.

Penalty: Disqualification

8. Headphones:

Headphones, headsets, walkmans, ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race.

Penalty: Variable time penalty

9. Race numbers:

All athletes are required to wear race numbers at all times during the run. Numbers must face the front and be clearly visible at all times. Numbers may not be cut or folded or altered in any way. **DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.**

Penalty: Variable time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

10. Wetsuits:

Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided, however that participants who wears a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

11. Abandonment:

All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course.

Penalty: Variable time penalty

Variable Time Penalties

Distance Category	1st Offense	2nd Offense	3rd Offense
Sprint	2:00 minute	4:00 minutes	Disqualification
Intermediate	2:00 minutes	4:00 minutes	Disqualification
Long	4:00 minutes	8:00 minutes	Disqualification
Ultra	6:00 minutes	12:00 minutes	Disqualification

For a complete list of rules, please refer to the most up to date USA Triathlon Competitive Rules at: <http://triathlon.teamusa.org/content/index/1684>