



PV TRI 2023



Athlete Race Guide

- The race will take place at Stonybrook Swim club located at 183 Cedar Lane, Hillsdale, NJ 07642
- The course will consist of a 300 Meter Swim, a 10 Mile Bike and a 5K (3.1 Mile)
- Run in the order of Swim, Bike, Run.
- Participants are expected to complete each leg of the event and then cross the finish line with Race Bib Number on.
- Relay teams will need to make sure that the last leg of the race (the runner) has the bib number on when they cross the finish line.
- Bib numbers will be used in timing.
- Transition opens at 5:30 AM and closes at 6:30 AM
- Annoucements at 6:45 AM at the pool deck
- Race Briefing at 6:55 AM at the pool deck
- Swim Waves start at 7:00 AM
- Kid's Splash and Dash ~9 to 9:30 AM, will start after the last triathlete comes in
- Awards ~10:00 AM picnic area
- Clean-up 12:00 PM

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Packet Pickup

NO PACKET PICKUP ON RACE DAY

- Packet/Chip/T-shirt and swag bag pickup at Next Level Physio
- Friday Aug 11th 9 am -5 pm
- Saturday Aug 12th 8 am-1 pm.
- Address: Next Level Physio, 123 Broadway Woodcliff Lake NJ 07677.

if you have an extenuating circumstance, please email the race director, james@nlphysio to arrange for packet pickup

300 Meter Swim Course



Slide start(New for 2023!)

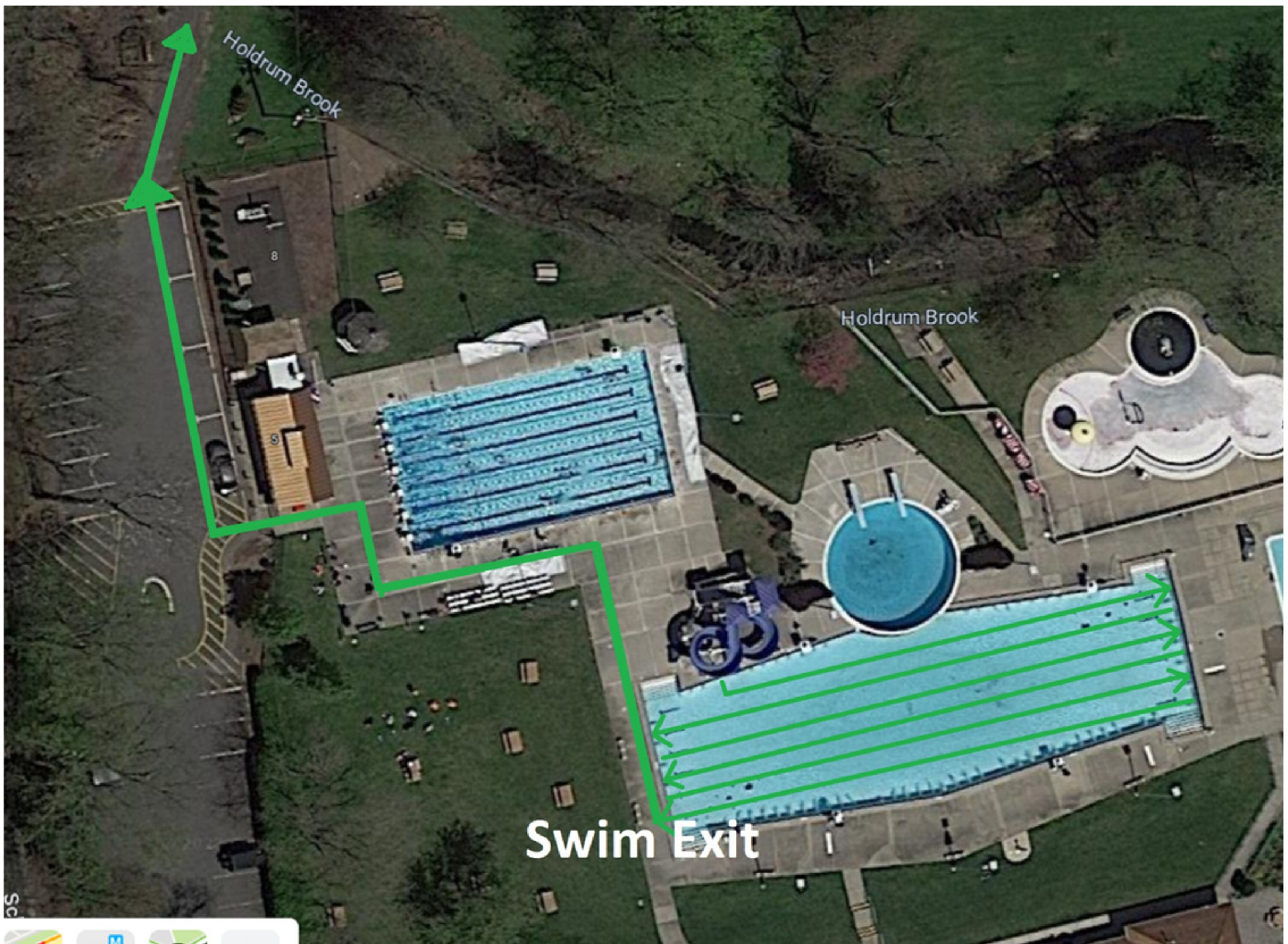
The swim will take place in the Stonybrook Swim Club Olympic Size Swimming Pool. The Swim will start by going down the waterslide and then completing 6 laps (6 X 50 meter lengths of the pool). You are allowed to touch the ground with your feet and walk in the water if necessary. Please be mindful and aware of other swimmers. Stay to the right unless you are passing someone.

300 Meter Pool Swim

- 300 Meters = 6 Lengths (50 Meters per pool length)
- The swim will go off in waves.
- Touch the wall with your hand and turn. You can push off but NO FLIP TURNS!
- There are no penalties for walking in during the swim.
- There will be as many waves as necessary.
- Swimmers will self seed according to their expected finish time
- 1 swimmer will go at a time with 10 seconds between each swimmer

Swim Map

- Down the waterslide Swim Up 6, Swim Down Lane 5
- Swim Up Lane 4, Swim Down Lane 3
- Swim Up Lane 2, Swim Down Lane 1
- Exit Lane 1 and head toward transition





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10 Mile Bike Course



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- The Bike Course is a loop course consisting of 3 x 3.33 mile loops (See map and elevation below).
- Each loop will take you back into the parking lot past the Mount/Dismount Area (see turn directions and detailed maps below).
- After the completion of the third loop you will proceed into the Mount/Dismount Area to dismount your bike and begin your transition back to the Transition area (See picture below).
- The Mount/Dismount & Bike Start/Finish is in the Meadowbrook parking lot across the street from the Stonybrook Swim club where the transition area is located.
- You are to walk/run your bike down the soccer path field toward Piermont Ave.
- There will be a Hillsdale Police Officer at the crosswalk allowing you to cross over to Meadowbrook.
- The officer will be stopping traffic to allow for participants to cross safely from the Transition to the Mount/Dismount area and back.
- They agreed to give participants the right of way by stopping cars, however they do have the right to stop you for your safety. Should this occur, Thank the officer and come see the race director and we will deduct the estimated seconds lost off of your time.

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10 Mile Bike Course



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- You will not be allowed to mount/dismount anywhere else besides the Meadowbrook parking lot Mount/Dismount Area.
- You will receive a 2 minute penalty for mounting/dismounting anywhere else.
- The Bike Course will be open to traffic and participants are to stay to the right at all times and to obey all local traffic laws while watching for cars.
- Please use caution at the intersection of Rivervale Road and Old Tappan Road. At the time of this writing, there is bridge construction going on. Riders must stay single file in this zone with pylons. There is NO PASSING ALLOWED until you clear the intersection and pylons.
- Caution signs will be on the roads to alert drivers, however you are responsible for your own safety.
- Once you complete 3 loops of the bike you will then dismount at Meadowbrook parking lot and walk back toward the transition area.

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Bike Directions

•TRANSITION / MOUNT:

- Exit Transition area at Stony Brook Swim Club
- Continue Transition on Club/Soccer Field Path
- Continue Transition via cross walk over Piermont Ave
 - Walk bike into Meadowbrook Parking Lot
 - Mount Bike in Meadowbrook Parking Lot

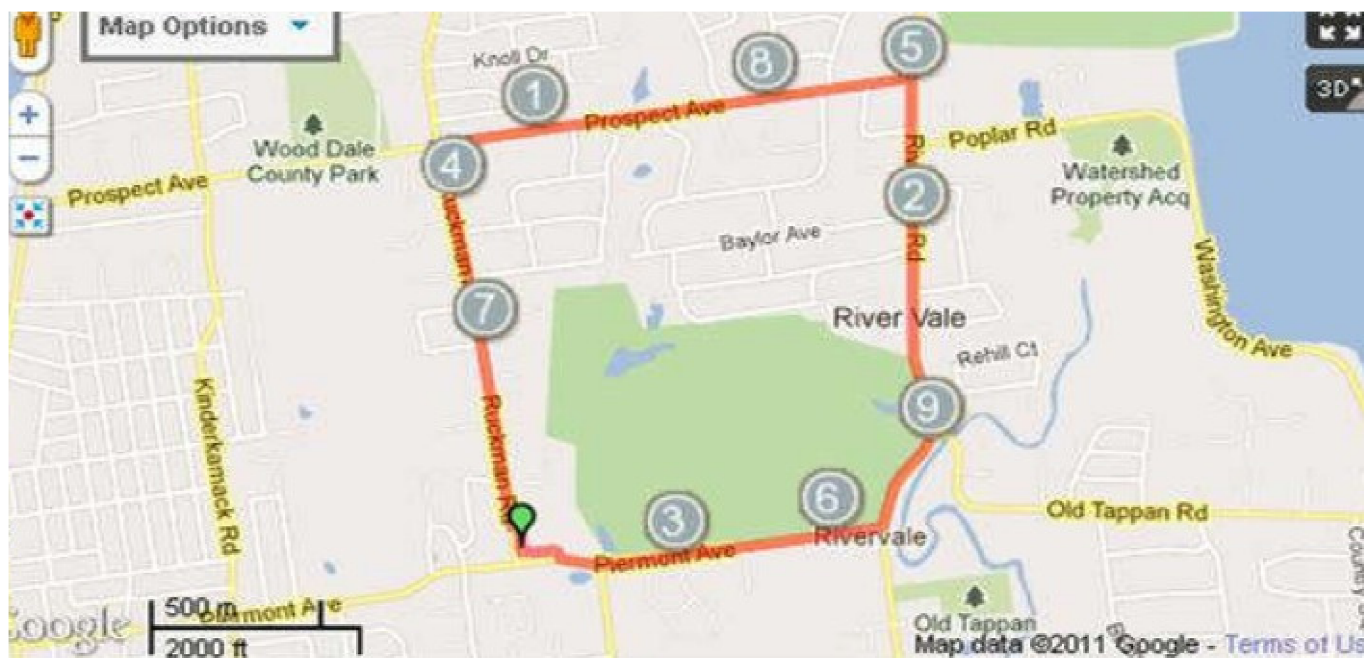
•BIKE PORTION:

- Start Meadowbrook Parking Lot
 - Exit North East End of Lot
- Loop 1 Right onto Ruckman Ave
- Loop 1 Right onto Prospect Ave
- Loop 1 Right onto Rivervale Road
- Loop 1 Right onto Piermont Ave
- Loop 1 Right into Meadowbrook Parking Lot
- Bike through Lot • Exit North East End of Lot
 - Loop 2 Right onto Ruckman Ave
 - Loop 2 Right onto Prospect Ave
 - Loop 2 Right onto Rivervale Road
 - Loop 2 Right onto Piermont Ave
- Loop 2 Right into Meadowbrook Parking Lot
 - Bike through Parking Lot
 - Exit North East End of Lot
- Loop 3 Right onto Ruckman Ave
- Loop 3 Right onto Prospect Ave
- Loop 3 Right onto Rivervale Road
- Loop 3 Right onto Piermont Ave
- Loop 3 Right into Meadowbrook Parking Lot
- No drafting (following behind another biker by more than 3 bike lengths)
 - DISMOUNT AND GO TO TRANSITION:
 - Dismount Bike in Meadowbrook Parking Lot before the dismount line
- Walk bike out of Meadowbrook Parking Lot towards Piermont Ave crosswalk

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Bike Course Map

- Continue Transition via cross walk over Piermont Ave
- Continue Transition on Club/Soccer Field Path toward Stony Brook
- Enter Transition area at Stony Brook Swim Club Bike Rules / Instructions:
- Road is open to traffic.
- Follow local traffic laws.
- Use extreme caution at all intersections.



ELEVATION (feet)



106 ft
Start Elev

151.0 ft
Max Elev

157.0 ft
Gain



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5K Run Course



The 5K Run Course Starts exiting the transition area heading east on Piermont. It finishes at the east end of the Stonybrook parking lot. Directions are below.

Run Directions: (Out and Back Course)

- Exit Transition Area Make Right
- Right onto Piermont
- Right onto Cedar Lane
- Right onto East Liberty
- Straight onto Liberty
- Right onto Cathy Road
- Left onto Hampton Place
- Right onto Liberty
- Left onto Holdrum Street
- Left onto Hillsdale Ave
- Run to end of Hillsdale Ave
- U-Turn Intersection of Hillsdale Ave and Cedar
- Right onto Holdrum Street
- Right Liberty Ave
- Left onto Hampton Place
- Right onto Cathy Road
- Left Liberty Ave
- Straight onto East Liberty
- Left onto Cedar Lane
- Left into Stonybrook Parking Lot to Finish

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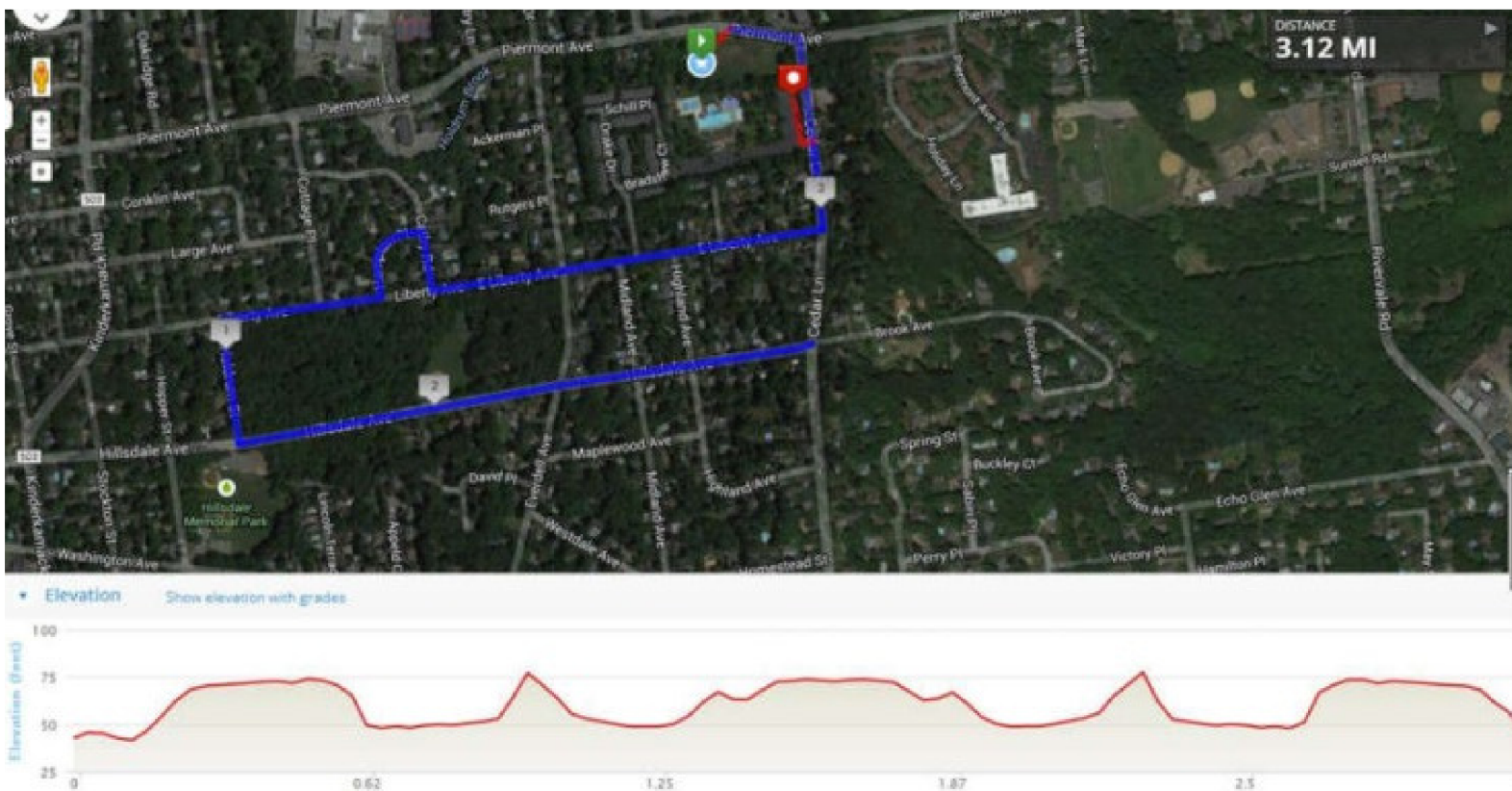
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Run Course Map



NEXT LEVEL

P H Y S I O



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Transition Area

- The transition area will be used to change in and out of swim, bike and run gear.
- Bike racks will be set up and each participant will be responsible for setting up and cleaning their own area.
- There will be tape to control direction and signs posted for Swim Exit, Bike Start, Bike Finish, Run Start, and Finish Line.
- Arrows will be posted as to which way participants are to navigate the transition area.
- The Relay transfer is located within the transition area. A team member can leave for the next leg only when the previous leg team member has entered the relay transition area.
- A map is included on the next page. Please see the Bike section for details on transitioning in and out of the Bike.
- To Transition in and out of the bike you will need to go across the street to the Mount/Dismount Area at Meadowbrook Parking Lot.

Aid Station

- Water will be located at the turnaround at the intersection of Hillsdale Ave and Cedar Lane.



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Transition Area

Transition Area Details / Info

- Relay Transition will be located inside Transition Area
- Bike racks will be set up.
- Please clean up after yourself.
- Please be courteous to other athletes.
- No nudity in the transition area is allowed.
- Please use swim club bathrooms if necessary.

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Splash And Dash

- The Splash and Dash will commence shortly after the last athlete finishes the triathlon.
- Based on previous year finish times, we estimate that the Splash and Dash will start around 9:30 AM
- We suggest that Splash and Dash participants arrive no later than 9:00 AM.

Course Info/Race Details

- The course will consist of a 50 meter swim across the pool followed by a 1/2 mile run course
- Race bibs will be used for timing.
- A separate transition area will be setup along the pool deck for Splash and Dashers
- We suggest prior to the race to have the following items prepared for the transition area
 - Race bib safety pinned to a t-shirt
 - sneakers
 - socks
 - shorts
 - towel
- Parents/Guardians are encouraged to assist their children at transition once they come out of the pool to help them change and prepare for the run portion. Running clothes should be worn over any swim wear.
- Parents should collect their child's belongings after the swim portion and make their way over to the finish line
- The course will be marked and have volunteers directing the children through the run.
- Upon completion, Splash and Dashers will receive a finisher medal

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Splash And Dash Course Map





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Thank You PV Tri Sponsors



HOUNDS



We do it for the dogs.



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FIT WERX



NINO'S PIZZA
RESTAURANT



CASA DEL SOLE
ITALIAN SPECIALTIES



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