

PVTri Course Details

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. Please click on the left for each legs details.

300 Meter Swim Course Description

The swim will take place in the Stonybrook Swim Club Olympic Size Swimming Pool. It will consist of completing 3 laps (6 X 50 meter lengths of the pool). You are allowed to touch the ground with your feet and walk in water if necessary. Please be mindfull and aware of other swimmers. Stay to the right unless you are passing someone.

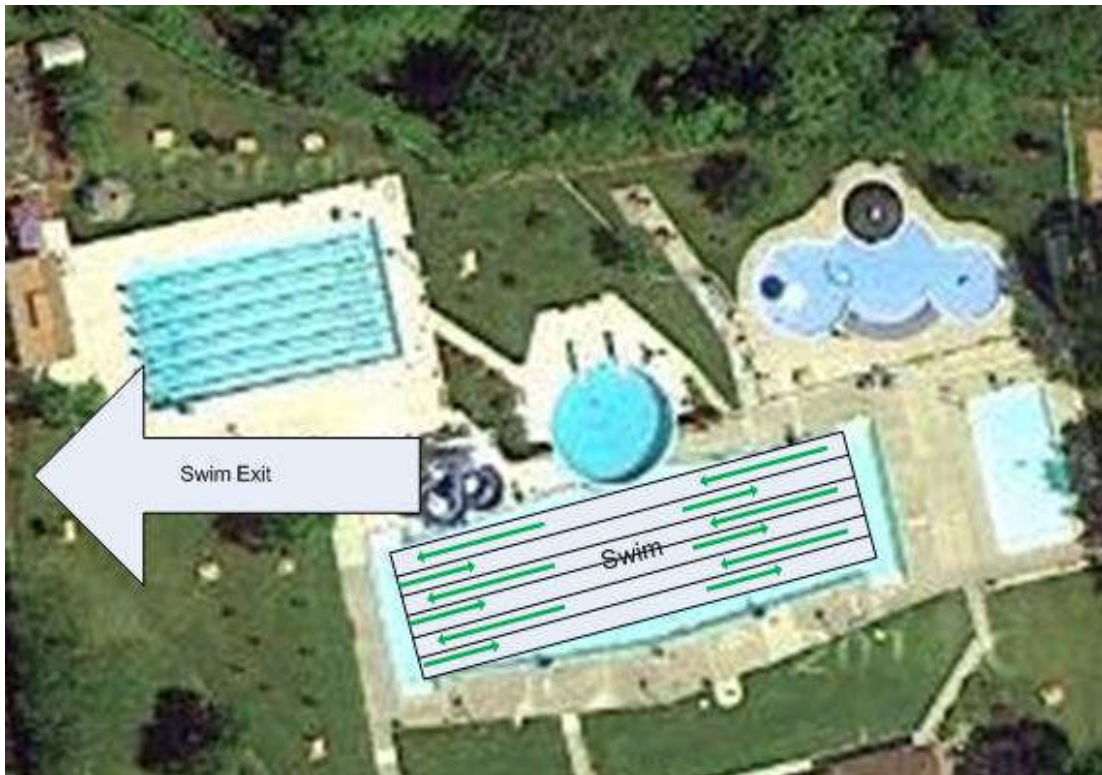
300 Meeter Pool Swim

- 300 Meters = 3 Laps = 6 Lengths (50 Meters per pool length)
- The swim will go off in waves.
- Check this site closer to the raace for wave assignments.
- Time will be adjusted for all waves after first.
- Touch wall with hand and turn. You can push off but **NO FLIP TURNS!**
- There are no penalties for walking in or on the water.
- There will be as many waves as necessary.

Point to Point Swim

- Inside the pool start
- Waves will go off in 5 Year Age Groups (10-12 people) will go every 2 minutes
- Enter Lane 1
- Swim Up Lane 1, Swim Down Lane 2
- Swim Up Lane 3, Swim Down Lane 4
- Swim Up Lane 5, Swim Down Lane 6
- Exit Lane 6 and head toward transition

Swim Map



(images/pvtri_swim.jpg)

10 Mile Bike Course Description

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 passed the Mount/Dismount Area (see turn directions and detailed maps below). After the completion of the third loop you will proceed into 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. You are to walk/run your bike down the soccer path field toward Piermont Ave. You will not be allowed to mount/dismount anywhere else besides the Meadowbrook parking lot Mount/Dismount Area. You will receive 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. At the intersection of River Vale Road and Old Tappan Road there will be a paid River Vale Officer that will allow you passage through the light. Volunteers with 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.

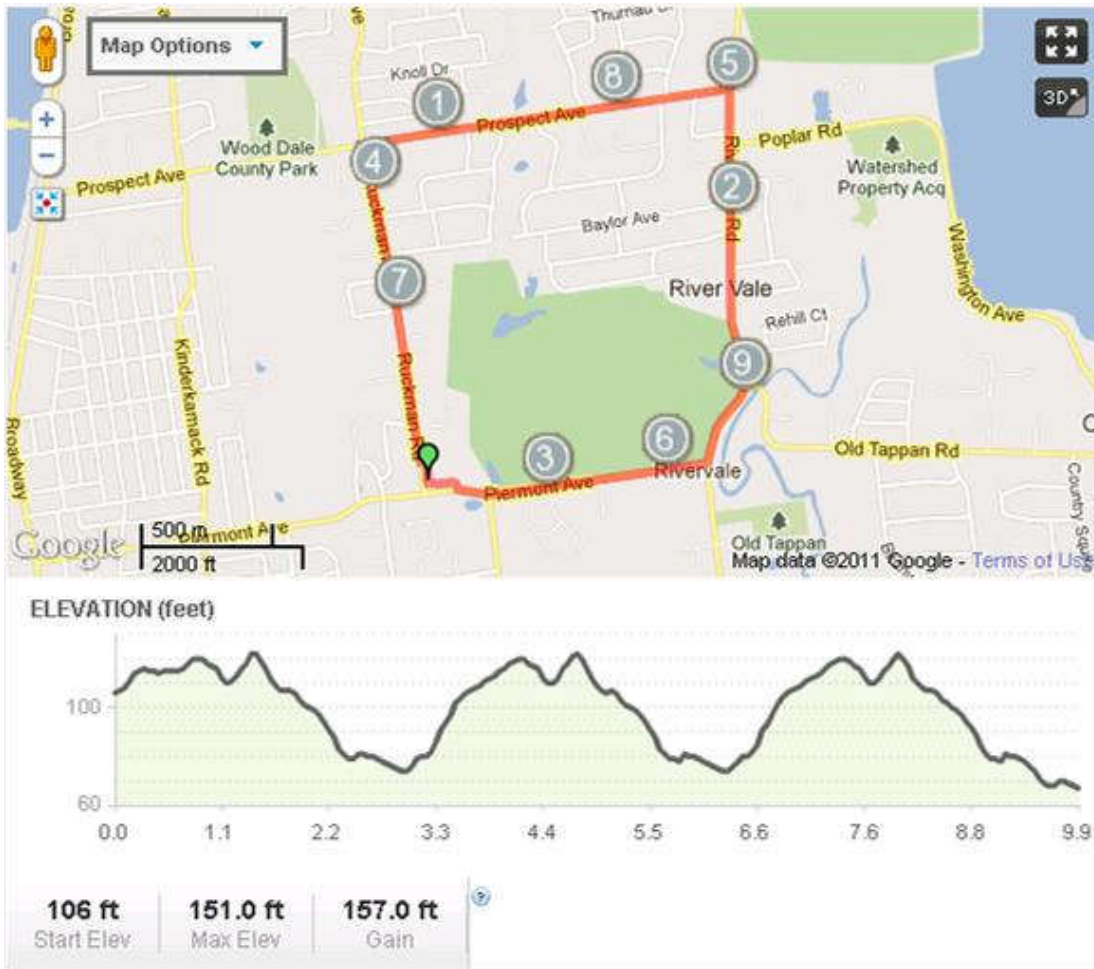
Bike Directions:

- **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 Meadow Brook 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 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
- **DISMOUNT AND GO TO TRANSITION:**
- Dismount Bike in Meadowbrook Parking Lot
- Walk bike out of Meadowbrook Parking Lot towards Peirmont Ave Cross Walk
- Continue Transition via cross walk over Perimont 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.
- No drafting (following behind another biker by more than 3 bike lengths)

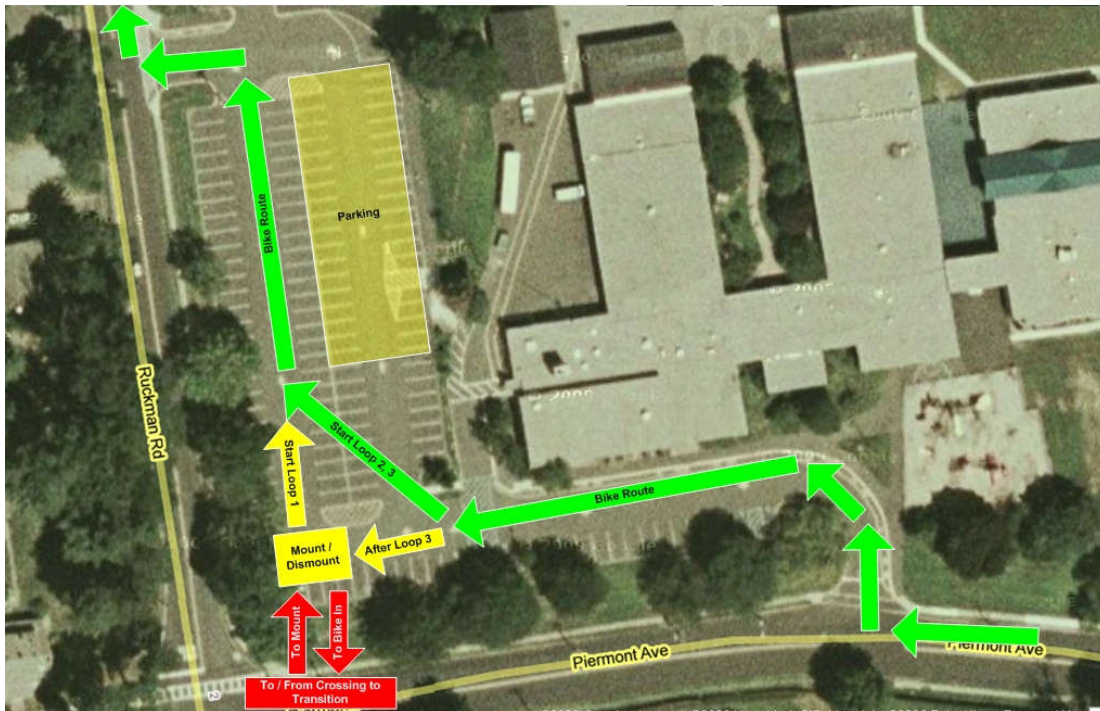
Bike Map:



(images/pvtribike.jpg)

Click For Interactive Map (<http://www.mapmyrun.com/routes/view/9235120>)

Mount / Dismount:



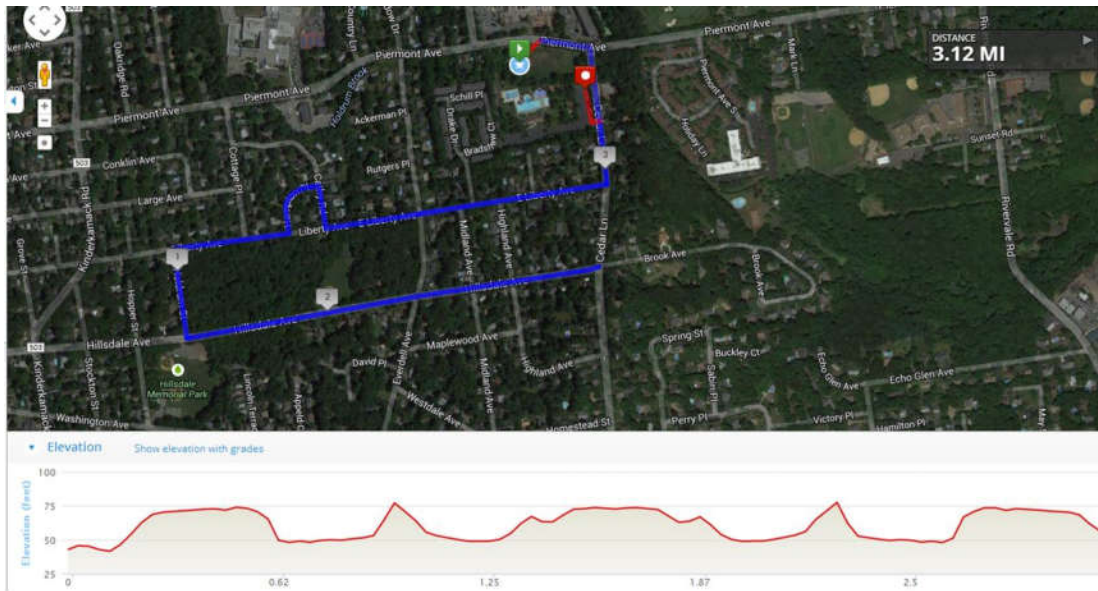
5K Run Course Description

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. An interactive online map is available at the following below:

Run Directions: (New 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

Run Map:



(images/pvtrirun.jpg)

Click For Interactive Map (<http://www.mapmyrun.com/routes/view/427421898>)

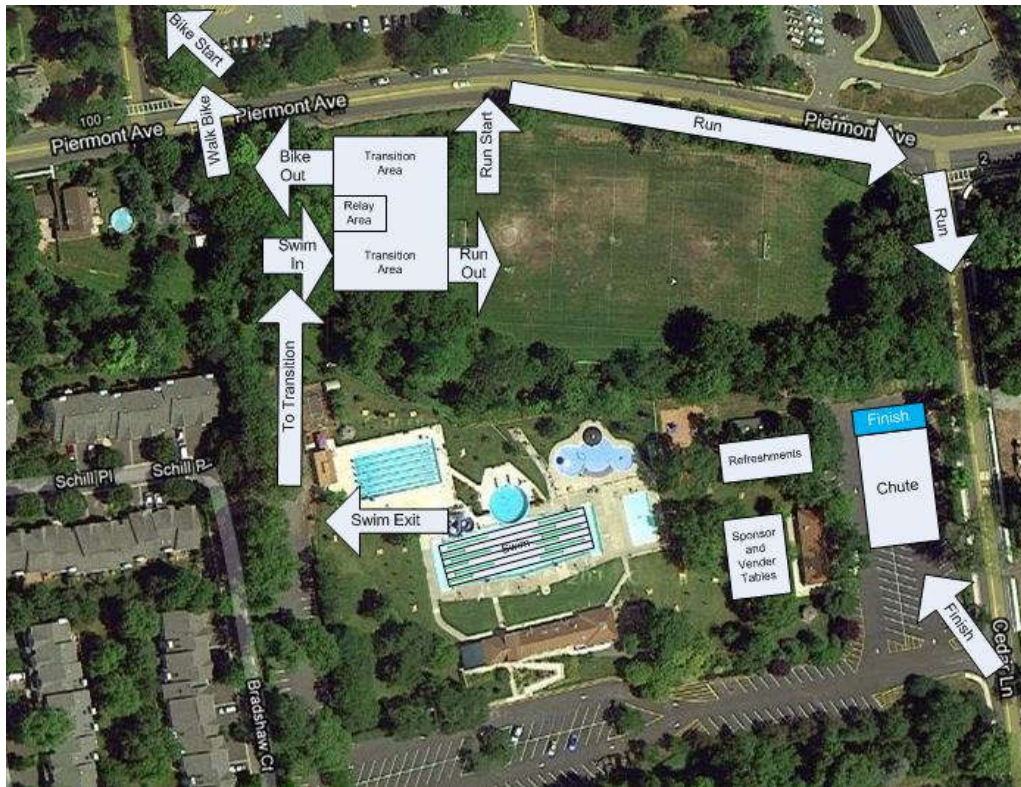
Transition Area

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: 20 Yards from last years start (See map below).

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 transition area is allowed. Please use swim club bathrooms if necessary.
- Venue and Transition Area Map:



(images/pvtri_venue.jpg)



(<http://www.ameripriseadvisors.com/laura.m.grasso/>)



(<http://www.nextlevelsportspt.com/>)



Dr. David Levesque
Sports Medicine of the Foot and Ankle

(<http://www.davidlevesquedpm.com/>)



(<http://www.westwoodcycle.com/>)



(<http://www.cyclesportonline.com/>)



(<http://therunnershouse.com/>)



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Stonybrook Swim Club

(<http://www.hillsdalenj.org/stonybrook>)



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