

COMPETITOR INFORMATION

Event Schedule - Sunday, October 11, 2009 Dockside Park, Cold Spring, NY

7:00-7:45 AM:

RACERS WITH YOUR OWN KAYAK:

DROP OFF YOUR BOAT AT DOCKSIDE WATERFRONT PARK

THEN PARK IN THE METRO NORTH PARKING LOT AT LUNN TERRACE AND MARKET STREET.

RACERS RENTING FROM HUDSON VALLEY OUTFITTERS: WWW.HUDSONVALLEYOUTFITTERS.COM

YOU WILL BE DIRECTED TO YOUR BOAT BY RACE PERSONNEL FOLLOWING CHECK-IN.

PARK IN THE METRO NORTH PARKING LOT AT LUNN TERRACE AND MARKET STREET, THEN WALK TO DOCKSIDE WATERFRONT PARK.

7:00-8:30 AM: Check-In at Dockside Waterfront Park in Cold Spring.

Driver's license or other form of positive ID is required at check-in. RACE NUMBERS (bib numbers, bike numbers, and inked arm numbers) WILL BE ISSUED AT CHECK-IN ONLY TO PARTICIPANTS WHO CAN PRESENT PICTURE ID. No one may pick-up a number for another participant. Numbers and race packets will not be issued after 8:30 AM. All three participants in a relay team must check in at this place and time interval.

Registration

Entry fee. No entry fees will be refunded, transferred, or credited in whole or in part for any reason, including registrant withdrawal or cancellation of the Event in whole or in part at the sole discretion of the Event organizers. For those renting kayaks from Hudson Valley Outfitters, this fee is in addition to the Event registration fee.

Kayak rental. The Event and its organizers, agents, sponsors, volunteers, and officials are in no way a party to the commercial kayak rental transaction, which shall be solely between the registrant and the commercial kayak rental company. Contact Hudson Valley outfitters for information on renting a kayak for the race: www.hudsonvalleyoutfitters.com Alternatively, a registrant may elect to use her/his personal kayak and kayaking equipment for the kayak portion of the Event, provided that the registrant electing this option shall drop off her/his personal kayak and kayaking equipment at the kayak corral in the transition area at Dockside, Cold Spring, between 7:00-7:45AM.

8:30 AM: Mandatory Orientation & Safety Session

Attendance at the 8:30 AM orientation & safety session is REQUIRED for all participants!

9:00 AM: Start (RAIN OR SHINE)

1:30 PM: Awards Ceremony

3:00 PM: All transition areas, bike corrals, and kayak corrals are broken down; all security and safety barriers are removed; all Event personnel depart; and any abandoned or unclaimed equipment is left in place.

Race

COMPLETE RULES AND REGULATIONS ARE POSTED ON www.HudsonHighlandsTriathlon.org

The rules and regulations of the Event are designed to promote safety, fairness, and enjoyment for all participants, hosts, and public. Failure to comply with any of the following rules may result in penalties and/or disqualification. Race management reserves full authority to change the Event's course, format, and check-in and start times at its sole discretion. It is each participant's sole responsibility to thoroughly familiarize herself/himself with the race course prior to the Event and to follow the race course during the Event. Participants must run, bike, and paddle only within designated routes, shoulders, and lanes at all times. Every portion of the race involves travel on SHARED thoroughfares (public trails, streets, roads, highways, and waterway) that WILL NOT BE CLOSED TO REGULAR TRAFFIC (including non-Event pedestrians, cyclists, motor vehicles, and human-powered and motorized boats and ships) during the race. All participants MUST OBEY ALL TRAFFIC LAWS AT ALL TIMES DURING THE EVENT!!

PARKING: Race participants and volunteers must park in the Metro North Parking Lot located at the corner of Lunn Terrace and Market Street in Cold Spring. Spectators are directed to this parking lot as well.

PRIOR TO THE EVENT, THE PARTICIPANT MUST HAVE STUDIED AND UNDERSTOOD THE WEBSITE'S COURSE MAPS: www.HudsonHighlandsTriathlon.org

It is each participant's responsibility to know and stay on the Event's race course at all times.

DIRECTIONAL SYSTEM: Turns at road intersections and road-crossings on the road-running and cycling courses may be marked by linear arrays of green cones, flagging tape, colored chalk or small flags. Following the course is essential to staying on course and on the proper side of the road while road-running and cycling. Do not expect volunteers, marshals, and/or police personnel to point you in the right direction. They are on the course only for traffic control at key intersections.

POST-RACE: Award winners must be present at the post-race awards ceremony to claim their prize. Refreshments are for numbered participants and Event personnel only and are not provided for friends, family members, or spectators.

GARBAGE: Do not throw cups or any other refuse on the ground in or around any Event sites or the race course. On the running course, discard cups in the garbage cans located just past the water tables. Do not throw cups on the running trail or road.

TIMING: The event will be timed with an electronic-chip timing system. At check-in, each participant will be issued an electronic chip, race-number bib(s), and adhesive-backed bicycle-frame race-number, along with fasteners and instructions on attachment. The race-number bib must be attached at all four corners to the front of each participant's shirt and must be legibly worn throughout the entire Event. The bicycle-frame race-number must be attached to the front of the top tube of each cyclist's bicycle before the race start and may not be removed during the Event.

FINISH LINE: Participants will stay in finishing order in the chute after passing through the finish gantry, pushing or carrying their bicycles. Each participant must stop at the stop sign at the end of the chute to have her/his chip removed by a Timing official. Any participant who fails to stop and surrender the chip shall be disqualified. Any participant who fails to return the electronic chip shall be assessed a charge of \$35.

RESULTS: Results will be posted to www.HudsonHighlandsTriathlon.org

BICYCLE DRAFTING RULES: Riding in a pack (drafting) is a serious violation of the Rules of the Event. You must maintain a distance of THREE bike lengths from the bike in front of you. You may not be closer than this distance for any period exceeding 15 seconds. If you are, you will be assessed a two-minute penalty for each infraction.

NO GLASS CONTAINERS are permitted on the race course or in the transition areas!

HYDRATION: Although hydration stations will be provided in the transition areas and at certain points along the race route, each participant is solely responsible for providing adequate portable hydration for herself/himself.

HELMETS: Penalties will be assessed if cycling helmets are not firmly secured with chin-strap BEFORE leaving the transition area. Riding without a hard-shell, ANSI, SNELL, or USCF approved helmet will result in immediate disqualification.

TRANSITION AREAS: ONLY participants and authorized Event personnel are permitted in the transition areas. No friends or family may accompany competitors inside the barriers. Whenever a participant enters or leaves a transition area, he/she must properly place his/her bicycle upright on the numerically marked bike rack, or her/his kayak in the numerically marked kayak bay that corresponds to her/his assigned race number. Successive members of any given relay team must physically pass—from hand to hand, not throwing—their team's electronic chip in the appropriate transition area BEFORE continuing out of the transition area. NO participant may mount his/her bike inside a transition area! NO bike, kayak, or equipment may be taken out of a transition area EXCEPT by a participant whose run bib number is plainly visible to security personnel and corresponds to the plainly visible bike-frame number or BYO kayak number

KAYAKS: Kayaks must be at least 14 feet long. Racing shells and surf skis are not allowed. Paddlers must be experienced boat handlers and know how to do a "wet exit" (i.e., how to get out of the boat if it capsizes). Any paddler deemed inadequately experienced by the water safety personnel may be pulled from the race at the staffs' discretion. All paddlers must stay within the designated lanes of the race course (marked by staff kayaks) and not paddle in the shipping lane of the river. All paddlers must carry a whistle (provided on race-day), wear a PFD and carry a paddle float and bilge pump. Shoes or sandals must be worn when launching and landing. If you are in need of assistance during the kayak leg, raise your paddle overhead and blow your whistle.

VOLUNTEERS NEEDED: Is there someone you know who could help while you're competing? Please email info@HudsonHighlandsTriathlon.org, or call 845-803-4145 and let us know their name and contact information.

Examples of Common Race Violations and Penalties

Time Penalties, to be assessed at sole discretion of Race Director:

- Riding bicycle anywhere within transition area.
- Bicycle not on assigned bike rack or racked incorrectly.
- Each drafting or "pack riding" violation.
- Accepting outside assistance or pacing.
- Race number not visible.
- Unsecured helmet chin-strap leaving/entering transition area.
- Biking in the center or left of roadway.

Disqualification, to be decided at sole discretion of Race Director:

- Riding without an approved biking helmet.
- Wearing headphones during any portion of race.
- Verbal abuse of any volunteer, official or staff or any other unsportsmanlike conduct.

DIRECTIONS:

To Race Start/Finish Area: Dockside Waterfront Park, Cold Spring

From Palisades Parkway: Take Palisades Parkway N to end and cross Bear Mountain Bridge. Turn left immediately onto NY-9D. Proceed 8.5 miles north on NY-9D, and turn left onto Main Street in Cold Spring. Proceed 0.2 mile down Main St, and turn left onto Lunn Terr, then right onto Market St, then left onto North St, and then right into Dockside Waterfront Park.

Those renting kayaks park in the Metro North Parking Lot at Lunn Terrace and Market Street, and walk bikes to Start/Finish area at Dockside. Those with their own kayaks drop off at Dockside, then park at Metro North Parking Lot.

From Westchester/Connecticut:

Take Sprain Brook Pkwy N, which becomes Taconic State Pkwy. After 2 miles, exit onto NY-9A N/Rt-100 N. After 2 miles, keep left at fork to go on NY-9A N. After 5 miles, merge onto US-9 N. Proceed on US-9 N 12 miles to Rt 403, and take diagonal left at light. Proceed on Rt 403 2 miles to the next light, and turn right onto NY-9D. Proceed 4 miles north on NY-9D, and turn left onto Main Street in Cold Spring. Proceed 0.2 mile down Main St, and turn left onto Lunn Terr, then right onto Market St, then left onto North St, and then right into Dockside Waterfront Park.

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From I-84: From I-84, merge onto US-9 S via Exit 13. Proceed 5 miles on US-9 S and turn slight right onto Fishkill Rd. Proceed 3 miles and turn slight right onto Main St. Proceed 1.0 mile on Main St and turn left onto Lunn Terr, then right onto Market St, then left onto North St, and then right into Dockside Waterfront Park.

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From Philipstown Recreation Center, Glenclyffe, Garrison: Turn left out of Glenclyffe onto NY-9D. Proceed 4 miles north on NY-9D, and turn left onto Main St, Cold Spring. Proceed 0.2 mile down Main St and turn left onto Lunn Terr, then right onto Market St, then left onto North St, and then right into Dockside Waterfront Park.

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HAVE A SAFE AND FUN RACE!