



SMP Rochester River Challenge Duathlon Race Day Details
IMPORTANT RACE DAY INFORMATION! PLEASE READ THOROUGHLY!!
Saturday, April 21, 2018

We are excited to have you join us for the SMP Rochester River Challenge! The race location is the Genesee Waterways Center at 149 Elmwood Avenue. You can visit the www.FlowerCityChallenge.com for directions and parking details. By now, you should have received several communications of the cancellation of the Paddle Portion due to high velocity of water flow rate. All Participants are now doing the duathlon.



RACE DAY SCHEDULE:

6:00AM – Packet Pickup (under the tent in the field) & Bike Transition Opens (**NO DAY OF Registration**)

PLEASE NOTE: YOU CAN NOT DRIVE/PARK IN THE WATERWAYS CENTER. YOU MUST PARK AND WALK YOUR BELONGINGS OVER

7:15AM – Packet Pickup Closes

7:20AM – Be prepared to exit the transition area so the race can start

7:30AM/7:33AM – Men Solo Start (**7:30AM**), Women Solo & Teams Start (**7:33AM**) (*Note: Subject to change*)

10:00AM - Bike Course/Transition Exit closes; any participant not completed with the bike and on the run by 10am will not be able to continue. Race Personnel will be present to let you know.

10:30AM - Awards Ceremony (*Note: we will not be mailing awards*) – we hope everyone can stay for this

KEY RACE DAY DETAILS THAT YOU MUST KNOW (PLEASE READ TO BE PREPARED):

- Each Individual (Solo) Athlete is given a bib number to be worn on the FRONT of their body, a number for their bike frame, a number for their helmet.
- For teams – every team participant will be given a bib number to be worn on the FRONT of their body, the biker will get a number for their bike frame and helmet.
- Parking information is on the website under “Race Weekend”, “Directions/Parking”. Parking is at U of R Ext. Lot, **NOT** at the waterways or across the street from the waterways.
- Each Individual will be assigned 1 Bib with a Timing Chip which is to be worn ONLY on the front torso. For teams, each member will receive a bib with the team name on it. None of these bibs will have the timing chip attached to it. Your team will also receive ONE bib with the word "TIMING" on it. This timing bib has a timing chip attached to the back and it will be attached to a belt. This belt will first be worn by the runner, then in transition pass it to the biker, when the biker returns they then pass it to the runner in transition. ALL Chip Handoffs must occur inside bike transition – NOT near the entrances or exits of transition. The timing belt must be returned at the finish line.
- Bikes will be stored before and during the event in the Bike Transition Area. It's a parking lot in the upper area of the entire lot. When you set up your bikes that morning it's on a first come first serve basis. When you return from the bike portion, you must return your bike to the place you set it in the morning. Please do not take up too much space in transition. We reserve the right to move your bike and gear if it's taking too much room. Be friendly share room with your neighbors. All bikes need to be removed from transition by 11am.
- Only participants are allowed in transition before, during & after the race. Absolutely NO ONE else is! Anyone else will be asked to leave. Your number must be affixed to your bike. We will check to make sure your bib matches your bike in order to get in & out with it.
- Helmets Required. If we see a biker without a helmet even if it's before or after the race, we reserve the right to disqualify you. Period!
- NO HEADSETS AT ALL per USAT rules. You can be disqualified if you wear them during the du. We will take it from you if we see you wearing it.
- Bike course is open to traffic, so please heed caution. There are officers at major intersections, but still be careful. There are 2 railroad crossings as well, slow down on these.
- Your bib number is your food ticket. Please keep it on you for post race food at the food tent. One meal per athlete.
- After the race enjoy the post race party, there will be music, a kids bounce house and the awards ceremony at 10:30 am. We have adjusted the awards given out now that the event is a duathlon for all, so please join us for the awards.
- Reminder: Please remove your bikes from transition by 11AM.
- Thank you so much for joining us!!

HAVE A GREAT TIME OUT THERE!

And be sure to stop by the SMP truck to say THANK YOU for their support!

Be sure to also THANK THE VOLUNTEERS! They are there for you!