

15th Annual Brickwell Multisports

Long Island Gold Coast Triathlon/Duathlon & Relay

Sunday, June 19th Port Washington, NY

Dear Triathlete/Duathlete:

Thank you for entering our event! We look forward to seeing you on June 19th! In order to make this year's event a success, we remind you to carefully read and follow the outlined instructions below.

VOLUNTEERS NEEDED! Is there someone you know who could help while you're competing? Please email larkin@ligoldcoasttri.com. If they volunteer for the entire event we will refund your entry fee.

PICK-UP LOCATIONS –

Saturday, June 18 1P-4P Race Site

THERE IS ABSOLUTELY NO RACE DAY PICK-UP. IF YOU HAVE A CONCERN ABOUT MAKING ONE OF THESE PICK-UPS, EMAIL LARKIN@TRISTATEEVENTGROUP.COM AND PUT “PACKET PICK-UP: IN THE SUBJECT LINE. We will respond to you promptly. We understand that you may be coming from out of state, have conflicts with work/school/family or do not have transportation to get to a specific site. PLEASE do not wait until the last minute and thank you in advance,

PLEASE DO NOT CALL ANY OF THESE LOCATIONS AS THEY ARE NOT INVOLVED IN THE PICK-UP. PLEASE CALL 1-631-791-9659 WITH ANY QUESTIONS. **YOU MUST BRING ID TO THE PACKET PICK-UP.**

THIS EVENT CARRIES THE USA TRIATHLON SANCTION. IT IS REQUIRED THAT YOU BE A USA TRIATHLON MEMBER TO PARTICIPATE. **YOU CAN PURCHASE A ONE-DAY LICENSE AT WWW.LIGOLDCOASTTRI.COM. IF YOU ALREADY HAVE AN ANNUAL MEMBERSHIP YOU WILL NEED TO SHOW YOUR CARD AT PICK-UP. IF YOU ARE PURCHASING A ONE DAY LICENSE AT RACE CHECK-IN YOU NEED TO PAY THE \$10 FEE IN EITHER CASH, CHECK OR MONEY ORDER.**

RACE DAY INFORMATION

- Arrive at race site no later than 6:45AM. Transition opens at 6AM!
- Follow directions at end of letter as to where to park.
- Tell family and friends who are arriving after 7:00AM to park at Harbor Links and arrive from the North end of West Shore Road. WEST SHORE ROAD SOUTH OF THE PARKS WILL CLOSE AT 7AM.

Transition Area – which will have security present

- Entry to competitors only. “OFF LIMITS” to non-competitors. Bicycles not put on assigned racks corresponding to race numbers will be penalized. NO cycling in the transition area. Competitors who cycle past the “DISMOUNT” signs at the entrance to the transition area will be penalized. Bikes and equipment may be removed by competitors ONLY upon the showing of the large run number and bike number to security. Friends and family members will not be allowed to remove bikes.
- Helmet must be strapped on before going out on road. Riding without a helmet will result in IMMEDIATE disqualification.

Swim

½ mile- Out and back

- Be at TRANSITION AREA at 7:15AM for last minute instructions – FIRST WAVE STARTS PROMPTLY AT 7:30AM! WAVE ASSIGNMENTS AND WAVE START TIMES WILL BE POSTED PRIOR TO THE RACE AND HANDED OUT AT PACKET PICK-UP.
- No flotation devices allowed
- Wetsuits allowed
- You MUST wear the swim cap provided in Race Packet

Bike

9.8 Miles

WARNING! IT IS YOUR RESPONSIBILITY TO PROPERLY EXIT THE COURSE AFTER YOU HAVE COMPLETED THE 9.8 MILES. PLEASE FOLLOW ALL SIGNS AND DIRECTIONS. NOTE THE ROAD IS BUMPY IN SOME AREAS. MAKE SURE TO USE CAUTION.

- Approved Helmets are MANDATORY – see the rules section for proper helmet
- Helmet must be properly positioned, and snapped on securely, BEFORE leaving transition area.
- No drafting permitted. Violators risk penalty or disqualification. There will be draft marshalls monitoring the course. If another competitor is drafting, a proven remedy is to yell to him/her “STOP DRAFTING”! Shout loud enough so that other competitors can hear and assist you, witness the violation and record the number. If you wish to file an official complaint regarding “drafters”, you MUST record their race number. A competitor who has THREE “drafting reports” filed by fellow competitors will automatically receive a FOUR minute penalty.
- Makers will be placed on the route designating each mile.
- CONE DIRECTIONAL SYSTEM – All turns on the bike course are marked by 6 -8 small (12 inch) ORANGE cones. FOLLOWING THEM IS ESSENTIAL TO STAYING ON THE COURSE. If in doubt at any intersection, always follow the direction of the cones. Do not expect volunteers, marshals and/or police personnel to point you in the right direction.
- BIKE COURSE WILL BE REOPENED TO TRAFFIC AT 10:00AM. ANY CYCLIST REMAINING ON THE COURSE AFTER THIS TIME WILL BE PULLED OFF.

Bike Route – Exit Park and bear left. Stay on LEFT side of West Shore Road and make RIGHT turn at Harbor Park Drive (Southern Entrance) as instructed. Proceed thru Harbor Park Drive and exit LEFT (at North end of Harbor Park Drive) back on to West Shore Road and follow cones and signs. Make U-Turn as instructed and repeat route. After second loop exit to left and back in to park.

Run

– Out and back course Follow posted signs/cones/race officials for directions.

- Makers will be placed on the route designating each mile.
- NO IPODS OR PORTABLE MUSIC PLAYERS!

Exit transition and head thru Nature Trail. After Nature Trail, head back in to park and continue rest of route as marked. It is ONE LOOP only.

On behalf of the entire staff of the Long Island Gold Coast Triathlon/Duathlon and Relay we thank you for joining us for this year’s event. Any questions prior to the event – 1-631-791-9659

Email – Larkin@ligoldcoasttri.com

Triathlon Waves – FIRST WAVE 7:30AM – Remember your age is determined by your year of birth – not your full birthdate!

7:30 Wave 1 CAP COLOR - White

7:34 Wave 2 CAP COLOR - Red

7:38 Wave 3 CAP COLOR - Yellow

7:42 Wave 4 CAP COLOR - Pink

7:46 Wave 5 CAP COLOR - Maroon

7:50 Wave 6 CAP COLOR - Purple

7:54 Wave 7 CAP COLOR – Green

7:58 Wave 8 CAP COLOR - Black

**Duathlon starts at 7:30 at the run out of
transition area.**

DIRECTIONS to North Hempstead Beach Park

West Shore Road, Port Washington, NY

For GPS USE – USE 1 FAIRWAY DRIVE. PORT WASHINGTON, NY 11050 – THAT WILL TAKE YOU TO THE GENERAL AREA.

ATHLETES MUST PARK IN THE NORTHERN PARKING LOT WHICH IS THE SECOND ENTRANCE TO NORTH HEMPSTEAD BEACH PARK.

LONG ISLAND EXPRESSWAY -495 going East: Exit 37S: Willis Avenue take ramp to light at bottom of the hill. At the light turn left (go under the LIE) Go straight on Mineola Avenue (1.2 miles) make a 90 degree turn at the light onto OLD NORTHERN BLVD.--go down the Hill. Turn left at light at the bottom of the Hill
Go straight on WEST SHORE ROAD (1.7 miles) to NORTH HEMPSTEAD BEACH PARK. GO TO THE SECOND ENTRANCE AS THIS IS WHERE PARKING IS. IT IS THE NORTHERN MOST ENTRANCE.

LIE-495 going West: Exit 39N: From exit ramp, continue straight. Turn right at third light onto Roslyn Road. Take Roslyn Road straight for about 3 miles. At the intersection of Main Street and Roslyn Road at traffic light (clock tower) bear left. At next light continue straight TO NORTH HEMPSTEAD BEACH PARK. GO TO THE SECOND ENTRANCE AS THIS IS WHERE PARKING IS. IT IS THE NORTHERN MOST ENTRANCE.

NORTHERN STATE PARKWAY going East Exit 29: Turn right at the end of the ramp onto Roslyn Road. Take Roslyn Road straight for about 3 miles, At the intersection of Main Street and Roslyn Road at traffic light (clock tower) bear left. At next light continue straight TO NORTH HEMPSTEAD BEACH PARK. GO TO THE SECOND ENTRANCE AS THIS IS WHERE PARKING IS. IT IS THE NORTHERN MOST ENTRANCE.

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NORTHERN BLVD. Going East: After Searingtown Road/Port Washington Blvd. Intersection at the next traffic light, Northern Blvd. Forks with Old Northern Blvd. Bear right onto Old Northern Blvd. Follow to the end. Turn left onto traffic light onto West Shore Road. HEAD NORTH TO NORTH HEMPSTEAD BEACH PARK. GO TO THE SECOND ENTRANCE AS THIS IS WHERE PARKING IS. IT IS THE NORTHERN MOST ENTRANCE.

NORTHERN BLVD. Going West: After crossing the Roslyn Viaduct, turn left at Exxon Gas Station and left again onto Old Northern Blvd. And follow to end. Turn left at traffic light onto West Shore Road. HEAD NORTH TO NORTH HEMPSTEAD BEACH PARK. GO TO THE SECOND ENTRANCE AS THIS IS WHERE PARKING IS. IT IS THE NORTHERN MOST ENTRANCE.

VIA LIRR - Take LIRR to Port Washington Train Station. Head East on Main Street. When you get to the intersection of Port Washington Boulevard, take the road that runs to the left side of the Port Washington Post Office which is Beacon Hill Road. Beacon Hill becomes West Shore Road. Park is on your left.