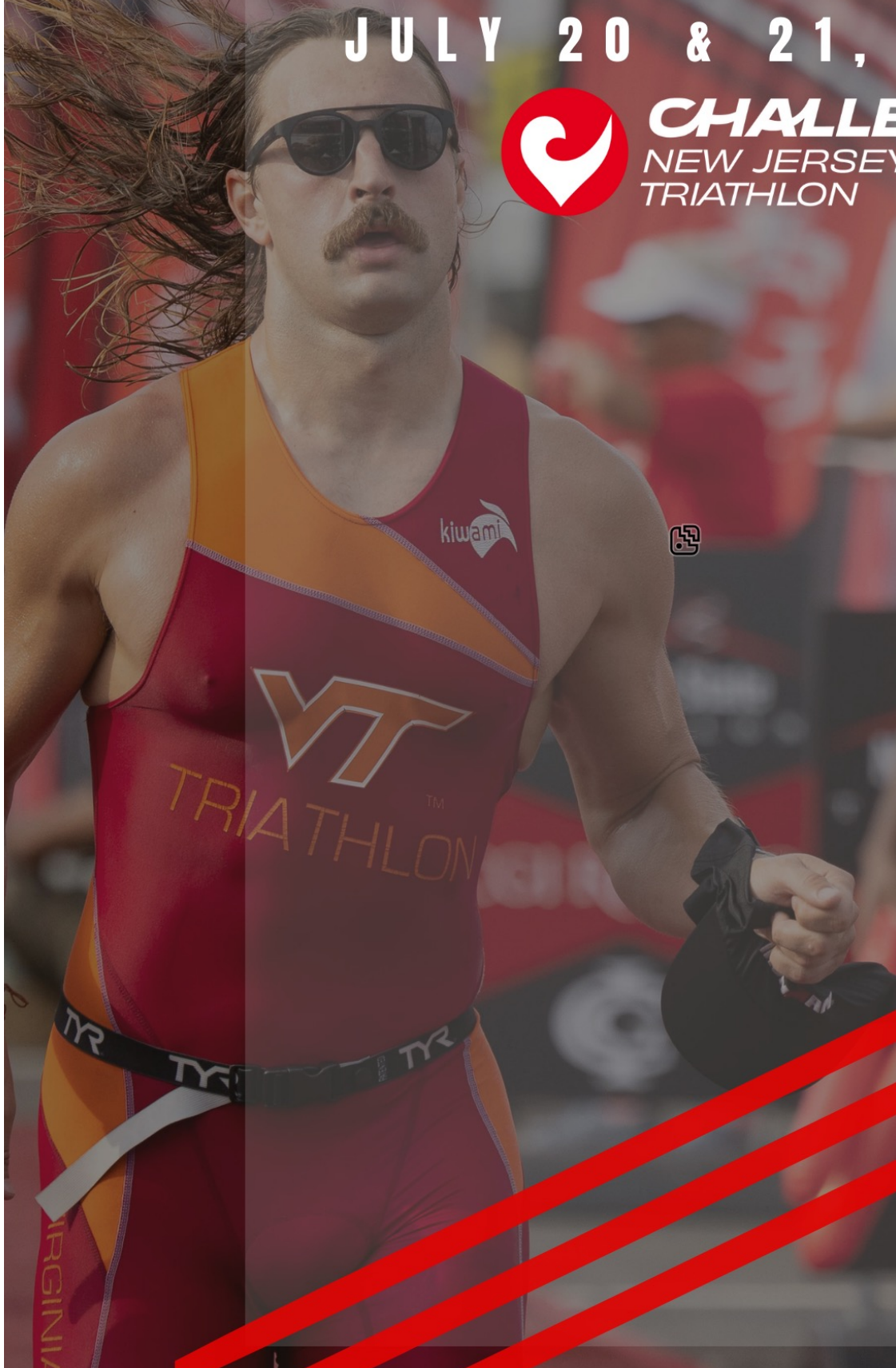


ATHLETE GUIDE

JULY 20 & 21, 2024



CHALLENGE
NEW JERSEY STATE
TRIATHLON



WELCOME

Thank you for joining us for the 18th running of the Challenge NJ State Triathlon; not only one of the largest triathlons in the region (and nation) but one of the longest running events.

Race weekend is a family-friendly event and we encourage you to bring out your loved ones to enjoy and share with you this inspirational and unforgettable memory.

If this is your first triathlon remember just breathe and take in every extraordinary moment because we all know the difference between ordinary and extraordinary is that little extra.

Please remember when you are racing to thank a volunteer! They are donating their valuable time to make your dream come true and this race could not be possible without their continued support.

Thank you for being part of our family of triathletes!

Race Directors

Larry Redrow

Michele Redrow

CHALLENGE
NEW JERSEY STATE
TRIATHLON



EVENT SCHEDULE

FRIDAY, JULY 19, 2024

2:00 PM	6:30 PM	Athlete Check In
5:30 PM	6:00 PM	Pre-Race Meeting

SATURDAY, JULY 20, 2024

5:45 AM	7:10 AM	Transition Area Open
7:00 AM		Practice Swim Opens
7:30 AM		Race Start
10:30 AM		Awards Ceremony
7:00 AM	12:00 PM	Information Tent
9:00 AM	1:00 PM	Finish Festival & Beer Garden
12:00 PM	4:00 PM	Athlete Check In (Olympic)
3:00 PM	3:30PM	Olympic Pre-Race Meeting

SUNDAY, JULY 21, 2024

5:45 AM	7:10 PM	Transition Area Open
7:00 AM		Practice Swim Opens
7:30 AM		Race Start
12:00 PM		Awards Ceremony
7:00 AM	12:00 PM	Information Tent
9:00 AM	1:00 PM	Finish Festival & Beer Garden



ATHLETE CHECK IN

SELF BODYMARK ONLY

All athletes must self body mark prior to arriving on race day. See Page 10 for Body Marking Instructions.

WHEN:

Friday, July 19 from 2pm to 7pm

Sprint and Olympic Distances

Saturday, July 20 from 11am to 4pm

Olympic Distance

WHERE:

MERCER COUNTY PARK

Boathouse Marina

1638 Old Trenton Rd./West Windsor, NJ

WHAT TO BRING:

*Photo ID

*USAT card – if you are not a USAT member, you paid for a one day license when registering.

WHAT TO BRING:

*Photo ID

*USAT Card – if you are not a USAT annual member, you paid for a one-day license when registering. 2024 USAT one day license fees: \$13 Sprint; \$18 Olympic.

RULES OF CHECK IN:

- Race day packet pickup is for pre-reservations only. No exceptions.
- Only you can pickup your packet.
- Mandatory wristband - A wristband will be included in your athlete kit. This wristband designates you as an official entrant and is a mandatory security ID.



ATHLETE CHECK IN CONT.

PARKING AND DIRECTIONS:

[Details can be found here](#)

RACE DAY PARKING/TIMELINE:

Make sure you give yourself plenty of time to get in the park on race day. The parking is most congested from 6:15 AM – 7:00 AM.

You will be directed by rangers into one of the many parking lots. PLEASE DO NOT STOP AND ASK THE RANGERS QUESTIONS. THIS SLOWS THE PROCESS FOR ALL ATHLETES.

Spectators may come later; they will be directed into the park/lots by rangers as well.

CHALLENGE
NEW JERSEY STATE
TRIATHLON



RACE KIT

IN YOUR KIT

1. RACE BIB NUMBER

Worn on the front and attach with race belt or safety pins (provided in your kit).
Do not fold or alter race bib.

2. BIKE NUMBER COMBO

You will receive a bike sticker to be adhered (self stick) over the center bar or on seat post. Bike helmet number should be adhered to front of bike helmet.

Please place bike number on prior to arriving on site race day.

3. SWIM CAP

Provided swim cap must be worn during swim leg. Swim caps are latex

4. ATHLETE WRISTBAND

Secure your wristband prior to arriving on race day. You will not be allowed access into athlete restricted areas without wearing a wristband.

NO WRISTBAND = NO ACCESS

5. TIMING CHIP

Timing chips will be provided at packet pickup. They are to be worn on your ankle throughout the race. We ask that you remove your chip at the finish line and place in provided receptacles.



RACE KIT

Run Bib Number



Timing Chip

Bike Frame & Helmet Combo



Swim Cap



Mandatory Wristband



Please note the above images are for reference only. The 2024 race kit will look different both in Color and design.



PRE-RACE INFO

BIB NUMBERS

[Get Your Bib Number](#)

Bib #'s are assigned after 7.1.24. If you registered after 6/17, your bib number will be assigned on 7.15.24.

SWIM ASSIGNMENT

The swim start will be a “time trial start” with athletes called into their chute according to their BIB # assignment. For example, BIBs 1-120 will be called first. Once they are clear of the start chute, 120-240 will be allowed to enter, and so forth until all swimmers have entered the swim. Athletes must start the swim with their assigned number grouping. This entry process is used as a tool that allows us to accurately reconcile the swim portion of the race.

All athletes must be ready to start at 7:30 am.

Once the last swimmer starts, the swim area will be sealed off and no one will be allowed to start after this time. There are no exceptions to this rule.

ATHLETE COMMUNICATION

It is imperative that you have a clear communication plan with your family prior to coming to the race. Be sure to share your race plans, bib number and race emergency contact info with your family and friends.

EMERGENCY INFO

911 Command Center is located at the Finish Line behind the medical tent.

Please update your emergency contact information if needed at Registration.



PRE-RACE INFO

EMERGENCY INFO CONTINUED

In the event of an emergency your emergency contact will be called. Please be sure to share your bib number with your loved ones. **If you don't start the race, please turn your chip in at the timing tent (located at the finish line); so we can record your choice to not race.**

DROPPING OUT

If you drop out it is crucial that you turn your chip in at the timing tent. It is important that we know where you are on the course at all times.

PRE-SWIM ADVISEMENT

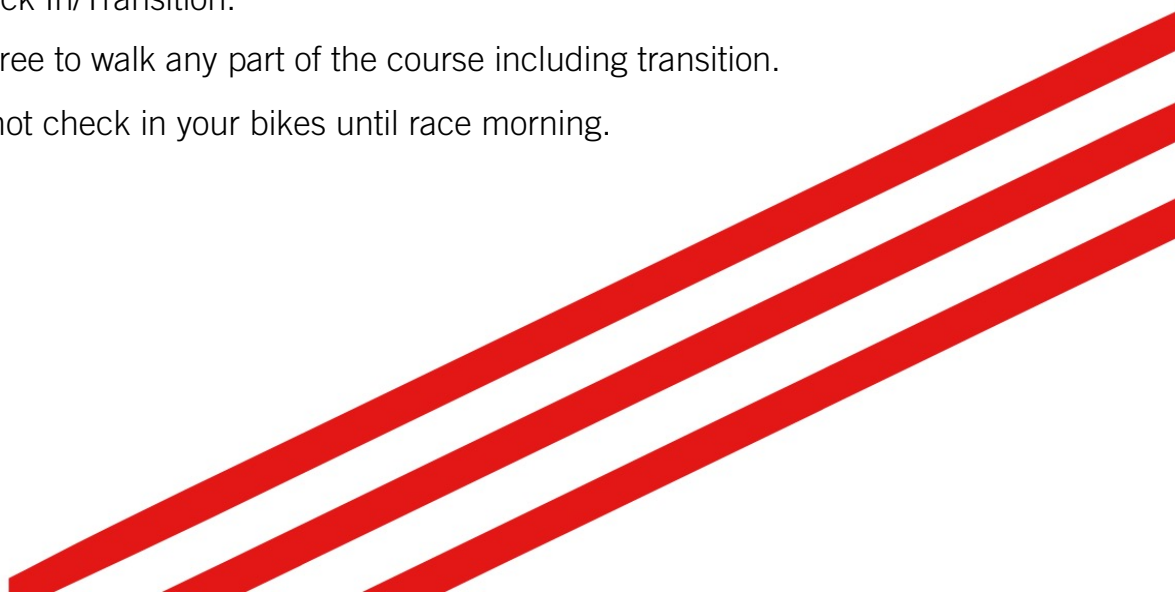
There will be a designated swim practice area to the north of the boathouse. The swim practice area will be manned by guards and *you must be wearing your timing chip when you enter the swim practice area*. All athletes will be checked in and out of the practice area via the timing chip.

Athletes may swim in the practice area on race morning from 6:45 AM until their wave start but must exit the water and start at the official swim start.

Bike Check In/Transition:

You are free to walk any part of the course including transition.

You cannot check in your bikes until race morning.



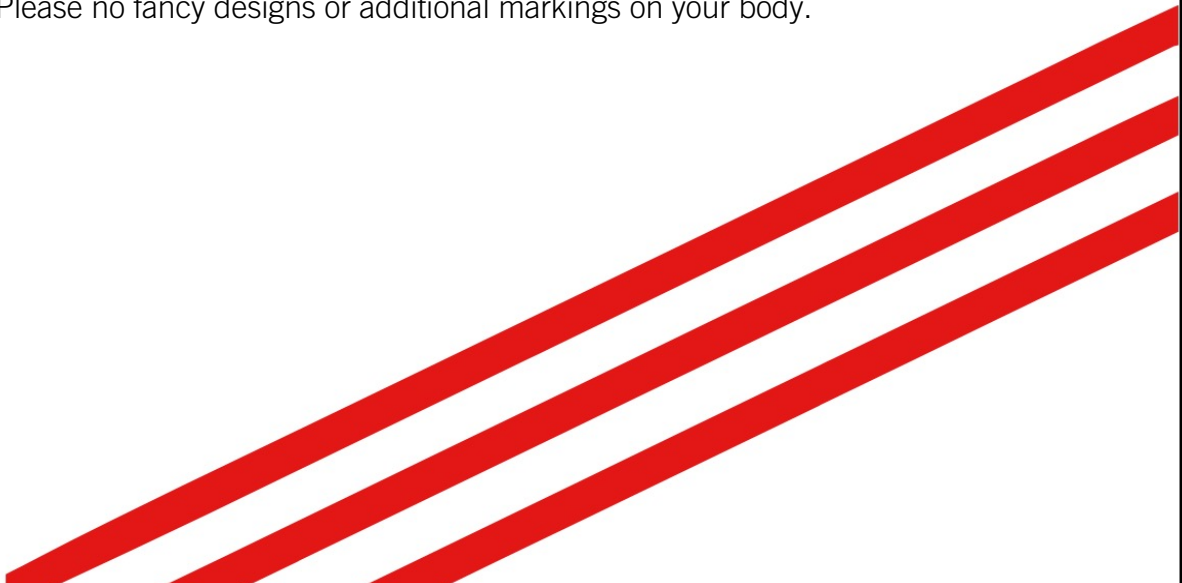
SELF BODY MARKING

MANDATORY SELF BODY MARKING

Athletes will be required to **SELF** body mark **PRIOR** to arriving on race day. You will not be permitted into transition unless you are body marked. Please do not add for any special markings or additional markings to your self body marking.

BODY MARKING STEPS

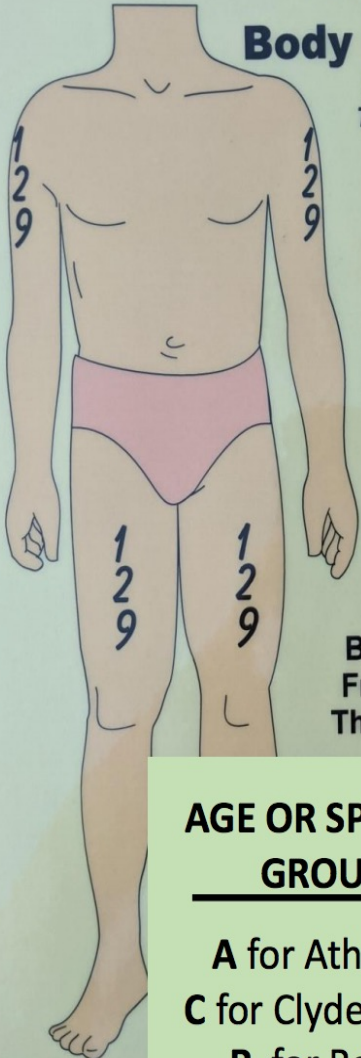
1. Magnum or King size Sharpie suggested.
2. Clearly (and large) write your assigned race number on your upper right and upper left arms, upper right and left thighs as well as your left hand.
3. Additionally mark the back of you left calf with your age (as of 12/31/24) if you are racing in the Age Group division or with you race division if you are racing as a Clydesdale, Athena, Aquabike, First Responder (FR), or Relay.
4. Please no fancy designs or additional markings on your body.



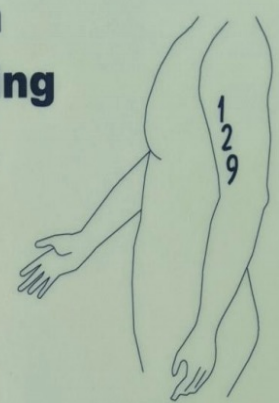
SELF BODY MARKING

Triathlon Body Marking

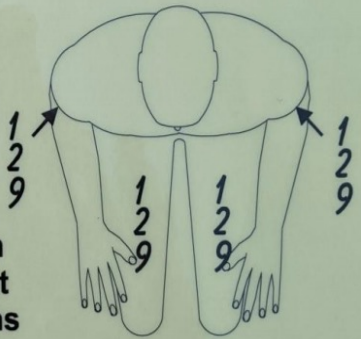
Use Broad Tip Markers



Upper Arms
45deg
to
front




Both
Front
Thighs



AGE OR SPECIAL GROUP
→
A for Athena,
C for Clydesdale,
R for Relay

Back of Legs



RACE DAY INFO

Pre- Race Swim

Mercer Lake is **NOT** a public swimming lake. You may **ONLY** practice swim on race morning from 6:45 am – until your wave starts.

Olympic athletes are not permitted to swim during the Sprint distance race.

Bike and Gear Check In

All bikes are racked on race morning.

Transition opens at 5:45 am for both distances. All athletes must be checked in to transition and **SELF BODY MARKED** by 7:10 am or you will not be permitted to race.

To enter the transition area, each athlete must have their race number affixed to their bike and helmet and their wristband on their wrist. *Please do so PRIOR to arriving at transition.*

Each entrant will have an individually numbered bike rack on which to rack their bike (will correspond with your bib number). Please make sure to store your gear under and near your bike and out of the way of your fellow competitors.

Aquabike Athletes

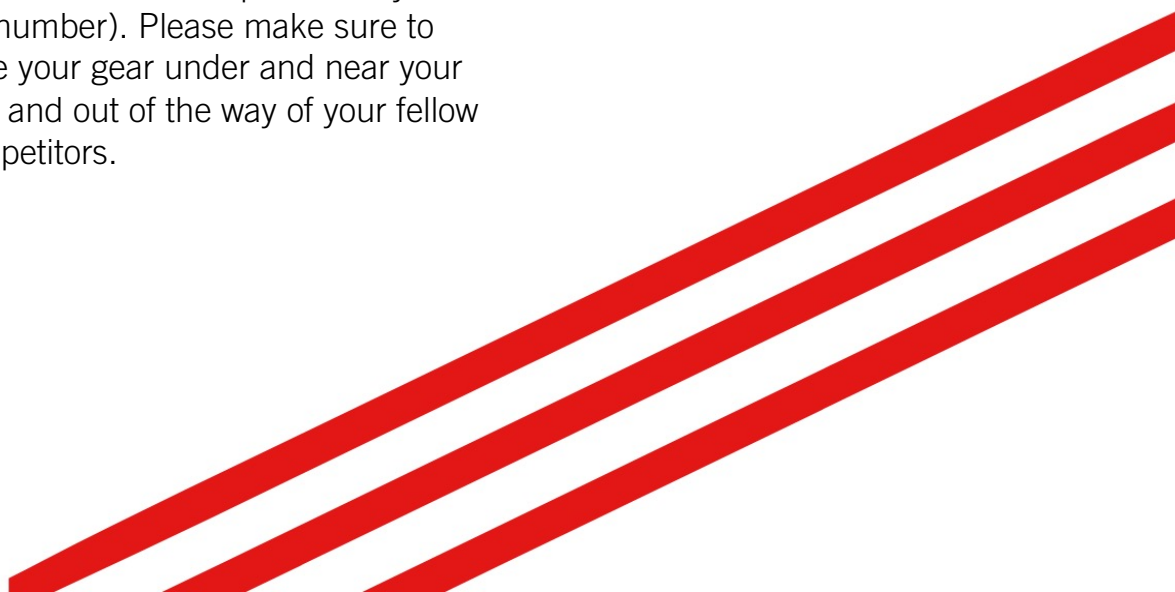
You may enter at the top of the finish chute so you can finish with the other athletes to collect your medal.

Timing Chip

Your timing chip will be in your packet.

Your chip must be worn on your ankle at all times during the race. If you do not start the race, you are responsible for returning the chip to a NJ State Triathlon staff member or timing team member.

It is essential that we know where you are on the course at all times for your safety. If you lose your chip while on the course, please notify a timing official immediately after crossing the finish line.



RELAY TEAMS

All relay team members will have access to the Transition area.

Bikes must be in the transition area by the time transition area access closes at 7:10 am.

Relay teams must pass the timing chip to their teammates at your bike rack spot in the Transition area.

***PLEASE DO NOT WAIT IN CENTER AISLES**

On race day, enter the transition zone and wait at your assigned team bike rack.

The timing chip must be passed during each transition, from swimmer to biker to runner.

Do not start before your teammate has reached your bike rack to pass the chip or you will be disqualified.

Packet Pickup

You must have the ID of all team members if you are picking up someone else's packet.

All members must sign the waiver PRIOR to coming to the expo. Please check your entry online and make sure all members have done so.

You cannot substitute a member without officially making that change prior to online closing or your team will be disqualified.



SWIM COURSE

Swim Cutoff Times

Sprint :30 minutes after your wave start

Olympic 1:10 after the your wave start

AID STATIONS

Swim Start – there is a self serve water station located at the swim start. Athletes may utilize this before and after the swim.

Water Temperature

Historically 79+

Wetsuit Legal - is up to 78° Fahrenheit.

Wetsuit Optional but not eligible for awards
78.1° - 83.9°.

Wetsuits Not Permitted – 84° or more.

Swim Course Rules

1. Athletes must wear cap provided by the race.
2. Athletes must go out in your designated wave.
3. Time Trial Start with athletes going into the water every :05. Olympic :04.
4. Wet suits will be permitted according to USAT regulations.
5. Swimmers may hang on to a buoy, boat or a pontoon to rest without disqualification so long as they are not pushed or propelled in any way.
6. Relay swimmers tag off to team cyclists in the designated relay team area in the bike corral.
7. NOTE: Any athlete electing not to race must notify a race official immediately.

TIME TRIAL START

The swim start will be a “time trial start” with athletes called into their chute according to their BIB # assignment. For example, BIBs 1-120 will be called first. Once they are clear of the start chute, 120-240 will be allowed to enter, and so forth until all swimmers have entered the swim. Athletes must start the swim with their assigned number grouping. This entry process is used as a tool that allows us to accurately reconcile the swim portion of the race.

All athletes must be ready to start at 7:30 am. Historically it takes about :40 mins for all waves to enter the water.

Swim to Bike Transition

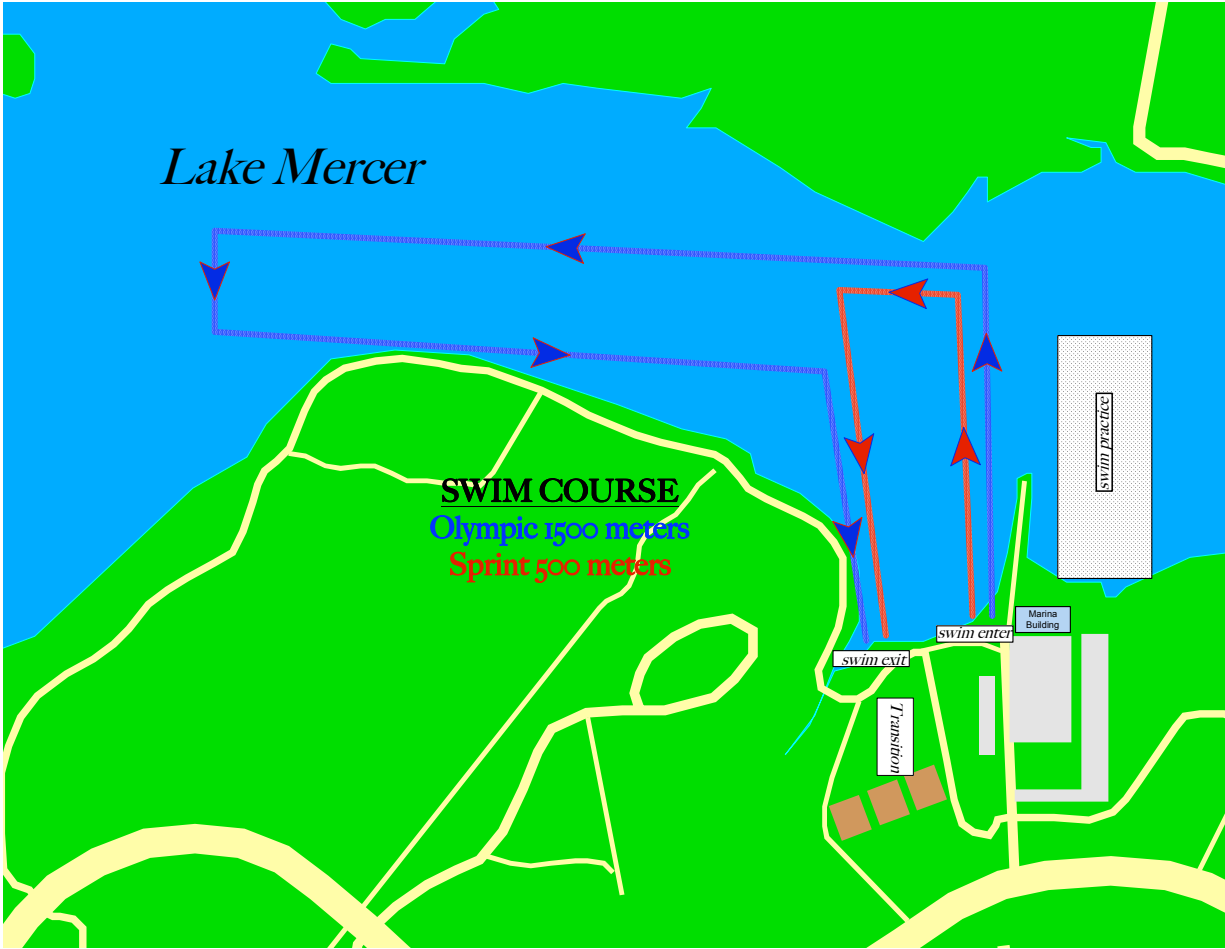
After the swim, you will be directed through the timing chutes to the swim to bike transition.

Public nudity is not permitted.
Personal nutrients are permitted if carried on you or your bike.



SWIM COURSE

Both swim courses are in calm Lake Mercer. Sprint course will keep all buoys to their left. Olympic course will keep all buoys to the left until the final turn indicated with a buoy on your right.



SPRINT SWIM ASSIGNMENTS

BIB SEQUENCE	CATEGORY	CAP COLOR
1- 120	ELITE, NJ 1ST RESP, Para Tri, M19 & UNDER, M20-24	Silver White
121-240	M25-29, M30-34, M70+	Orange White
241-360	M35-39, M65- 69	Blue White
361-480	M40-44, Clydesdale, F20 - 24, Non-Binary	Red White
481-600	F 19 & UNDER, F 25-29, F30-34, F65-69, F70+, Athena	Yellow Black
601-720	F35 - 39, F40-44	Silver Black
721-840	M45 - 49, F55-59	Orange Black
841-960	M50-54, F60-64	Blue Black
961-1080	M55- 59 , M60-64	Red Black
1081-1300	F45-49, F50-54, Relays	White Black



OLYMPIC SWIM ASSIGNMENTS

BIB SEQUENCE	CATEGORY	CAP COLOR
1 - 120	M/F ELITE; NJ 1st RESP; Para-Tri, M 19 & U, M20-24	Silver White
121-240	M25-29, M30-34	Orange White
241-360	M35- 39, M65-69, M70+	Red White
361-480	M 40 - 44, Clydesdale	Blue White
481-600	F19 & UNDER, F20-24, F25-29, F30-34, F35-39, F65-69, F70+, Non-Binary	Yellow White
601-720	F40 -44, F45-49, F50-54	Silver Black
721-840	M45-49, F55- 59	Orange Black
841-960	M50 - 54, F60-64, ATHENA	Red Black
961-1080	M55-59, M60 -64	Blue Black
1081-1300	Aquabike, Relays	White Black

CHALLENGE
NEW JERSEY STATE
TRIATHLON



BIKE COURSE

Sprint 11.5 miles Olympic 25.2 miles

Bike Cutoff Times

Sprint will close at 11:15 am

Olympic will close at 12:00 pm

The bike course will exit the park and is flat, fast and scenic.

*The courses are said to be some of the fastest in the nation so please ride with caution.

Sprint is one loop. Olympic is two loops.

Hart's Cycles will provide all SAG services. SAG Vehicles SAG will be provided on both courses. Note: SAG is for assistance only. Athletes need to know how to change their own tires, etc. SAG will not transport athletes back to transition area. Headsets are not permitted at any time at the event.

There is no bottle exchange on the Olympic bike course. All athletes are to prepare accordingly with their own hydration supplies.

Bike Course Rules

1. Each competitor is responsible for having his/her bike in proper working condition. You must have bar end plugs on your bike to race.

2. All cyclists are responsible at all times for their own safety and for compliance with traffic laws on the cycling course and are solely responsible for the consequences of any infraction.

3. Cyclists are expected to heed directions and instructions of race officials.

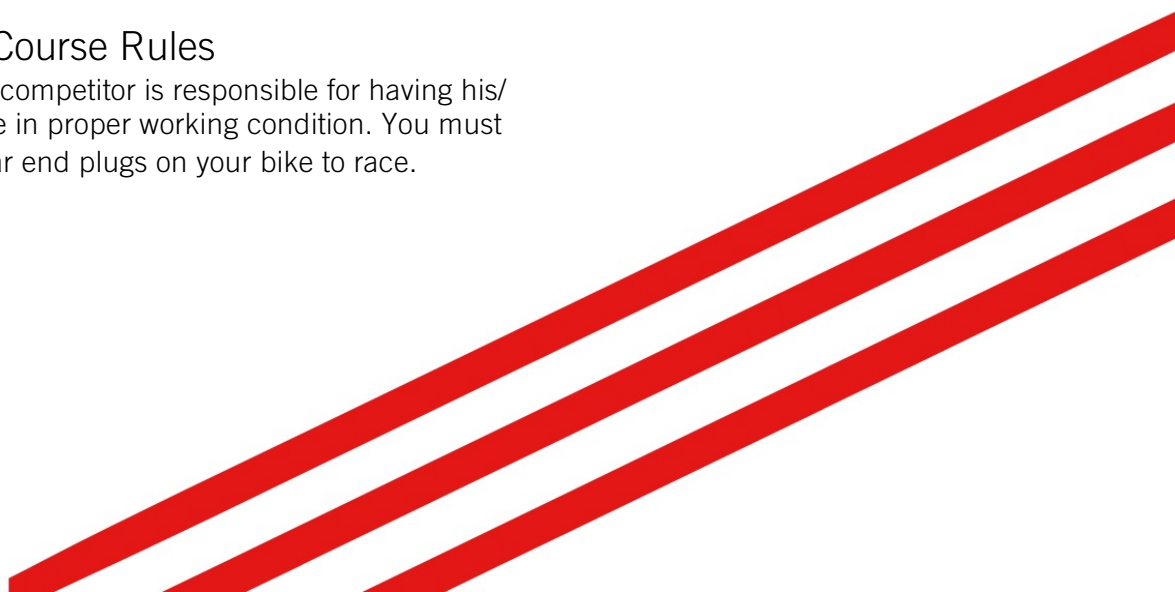
4. ALWAYS ride on the right side of the road. Crossing the center line is not allowed. Take care making corners at high speed. They will be swept, but use caution just in case.

5. HELMETS are required during the bike race. They must be on your head with chin strap fastened securely any time you are on your bike before, during and after the race. This violation is grounds for disqualification.

6. No individual support vehicles or assistance by anyone is allowed.

7. NO DRAFTING OFF ANOTHER BICYCLE or motor vehicle is allowed.

8. ABSOLUTELY NO RIDING IN THE TRANSITION AREA.



SPRINT BIKE COURSE

The NJ State bike courses are said to be the flattest and fastest in the nation!
The Sprint is a one loop course = 11.5 miles.



[DOWNLOADABLE SPRINT MAP](#)



OLYMPIC BIKE COURSE

The Olympic course, super flat and fast is a two-loop course = 25.5 miles



[DOWLOADABLE OLYMPIC MAP](#)



RUN COURSE

Sprint 3.1 miles

Olympic 6.2 miles

RUN COURSE RULES

Sprint Course Closes @ 11:30 AM
Olympic Course Closes @ 1:00 pm

1. Sprint distance – You must finish within 2:15 of your swim start time. Olympic distance you must finish within 4:30 of your swim start time.
2. No headphones, cell phones, or devices of any kind that play music.
3. Always use respect when coming through the finish line chute and be aware of your surroundings.
4. Emergency conditions may occur during race. Please pay attention to your surroundings for indication of the need to clear the course or take other instructed action.
5. Do not litter or hand trash to volunteers. Place all trash in receptacles at each aid station.
6. All participants not meeting the cutoff time limits of any or all courses will be disqualified and, if they continue, will assume all risks and must adhere to local traffic laws. Any participant who is still on the course past the respective cut off time will be directed back to the transition zone.

COURSE DETAILS

AID STATIONS

Aid stations are located every 1 – 1.5 miles on the courses.

Aid Station Swim Start – Self –serve and stocked for pre-race so athletes can hydrate prior to race.

NUUN and water will be on every water station.

Honey Stinger will be provided on water station 2 (Sprint) and water stop 5 (Olympic).

MISTING TENTS

Will be located at

- *1.5 miles for the Sprint course
- *2.5 & 3.25 miles for the Olympic course.
- *Finish Line

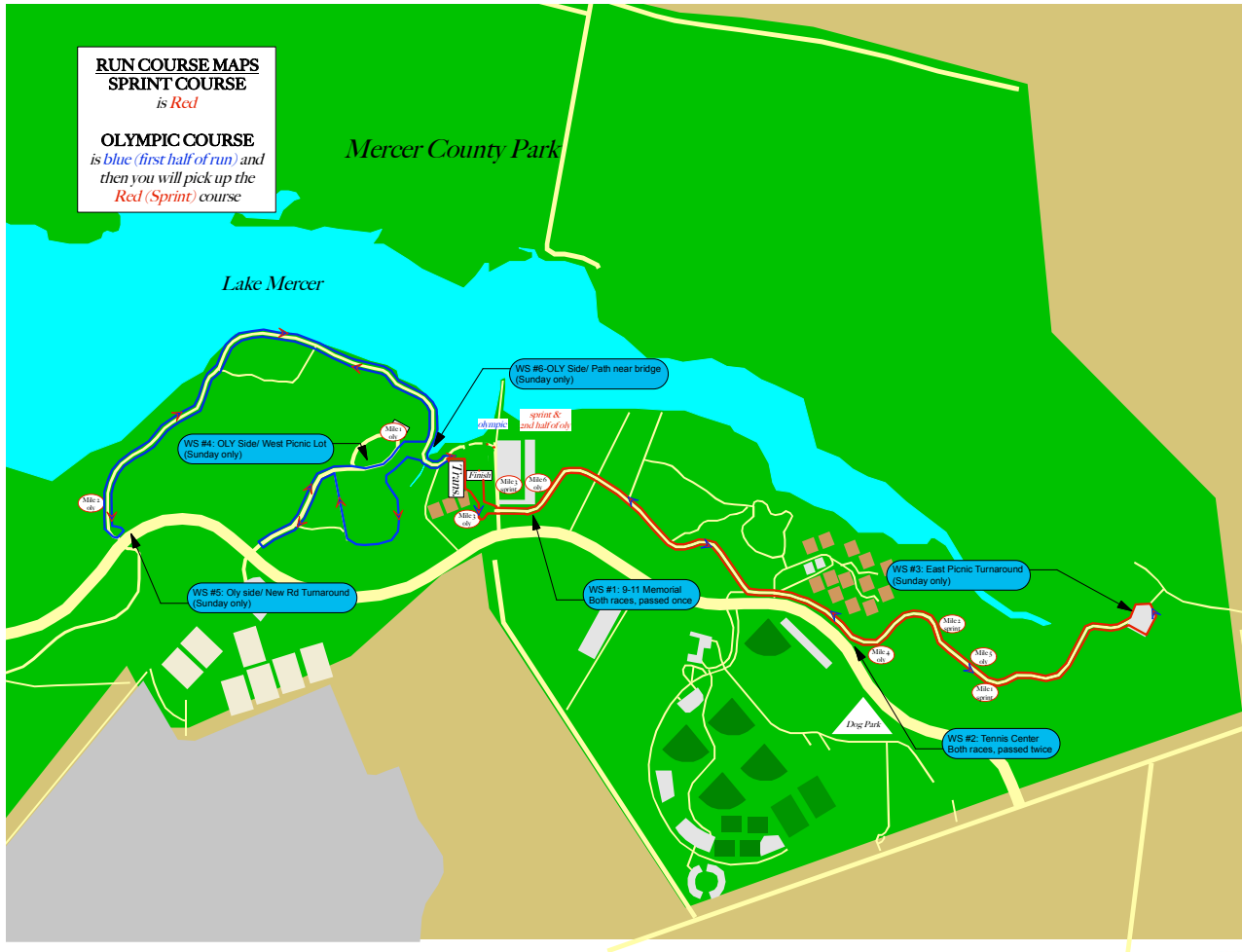
Gu will be offered at water stop 2 on the Sprint course and water stop 5 on the Olympic course.

CHALLENGE
NEW JERSEY STATE
TRIATHLON



RUN COURSE

Both courses run along the beautiful, partially shaded paved trails of Mercer County Park. The course is flat and fast. The courses are well marked and will offer water/aid stations about every mile.



[DOWNLOADABLE RUN MAP](#)



RESULTS

Results will be available within minutes of crossing the finish line.

DOWNLOAD THE CHALLENGE NJ STATE TRI APP

The 2024 Live Tracking App is now available! Download at https://rtrt.me/ulink/RT/DMP-NJST-2024?use_app=1 and select the 2024 Challenge New Jersey State event.

Participants, Family & Friends can all use Live Tracking to share in the excitement. On race day, spectators can get status of participants in real-time using the Live Tracker & Leaderboard. Details such as time, pace, position on the map and estimated finish will be instantly available! This will also be where you can find the official race results with times and division places.

You can view your results two ways:

- Download the [RTRT.ME mobile app](#) and select the NJ State Triathlon Event.
- [NJ State Triathlon Results Page](#)

Athlete Tracking will be available on 7.10





MEDICAL

USAT EXCESS MEDICAL COVERAGE POLICY

The athlete excess medical coverage protects each participant for the day of the event at USAT sanctioned races, camps and clinics.

When athletes purchase a USAT annual license or one day permit, a portion of those fees cover the cost to provide them with excess medical insurance. This coverage only extends to their participation in an USA Triathlon sanctioned event and is only available after the injured party has filed with any primary insurance policies. A deductible does apply for this excess coverage.

If an athlete is injured while participating in a USA Triathlon sanctioned event the following steps must be followed:

1. Race Director completes an incident report form. The race director is obligated to report the incident to USA Triathlon. No medical claim can be filed with insurance until this report is completed. You can find the incident report form by emailing sanction@usatriathlon.org for a copy of the form. The signed document should be returned to USAT immediately.

2. Athletes must file with their primary healthcare provider (i.e. United Healthcare, Blue Cross Blue Shield, Aetna, traveler's insurance, etc.).

3. Athlete completes a medical claim form. For serious incidents or for athletes requesting coverage, either the race director or USAT can provide them with a medical claim form. The medical claim form along with all explanation of benefit documents should be sent directly from the athlete to the insurance company as indicated on the claim form. Please email sanction@usatriathlon.org for a copy of the form.

4. Athletes will pay a deductible and fifty U.S. dollars) to \$1,000 (one thousand U.S. dollars) out of pocket and possibly more for uncovered expenses.

5. Coverage limitations. Be advised that coverage may not apply to each and every claim. Additionally, coverage only extends to participants that have purchased an USA Triathlon annual license or one-day permit and were injured through participation in an USA Triathlon sanctioned event.

Please email questions to [Event Services](#)

IMPORTANT MEDICAL TREATMENT INFORMATION

Athletes treated at the medical/EMT triage for minor, non life threatening conditions will not be billed for any services. However if the medical team decides in their professional opinion an athlete needs priority, life saving treatment services will be billed directly to the athlete. Such treatments include but are not limited to IV, medical transport, etc.

Capital Health Systems will be the medical team on race weekend under the direction of West Windsor EMS.



FROM THE HEAD REFEREE

VERY IMPORTANT – KNOW THE RULES OF RACING

We hope you will take the time to read the following summary of Position Violations, which you probably know as the drafting rules.

- Ride on the right side of your lane.
- Keep three bike lengths between you and the cyclist in front of you.
- Pass on the left of the cyclist in front, never on the right.
- Complete your pass within 15 seconds. If passed, you must drop completely out of the zone, at least 3 bikes to the rear of the person who passed you, before attempting to re-pass.
- Passed athletes must be seen making immediate and constant rear progress out of the drafting zone to avoid a DRAFTING call.

Remember you are racing in a USA Triathlon sanctioned event and there are trained referees on the course to ensure fairness in the competition.

- There will be NO WARNINGS if you commit a foul during competition.
- Triathlon is an individual event and you must take personal responsibility to understand the rules and avoid penalties. At the end of the race all citations by the officials are reviewed by the Head Referee who then decides if a penalty should be assessed.
- The Head Referee's ruling is final in the case of Position Violations and there are no protests or appeals of Position penalties. Officials commonly cite the following violations:
- Illegal Position or Blocking – riding on the left side of the lane without passing.
- Illegal Pass – passing on the right.
- Overtaken - failing to drop back three bike lengths after being passed and before re-passing.
- Drafting – following a leading cyclist closer than three bike lengths and failing to pass within 15 seconds.
- Race Numbers are to be worn at all times. They may not be altered in any way.

Three violations result in a disqualification



FAQ'S

FREQUENTLY ASKED QUESTIONS

Q. How do I edit my entry after I have registered?

A. After 7/15 You must make all changes on site either Friday or Saturday.

Q. Can I get a refund or transfer my bib?

A. Sorry no refunds, transfers or deferrals at this time.

Q. Can someone other than myself pick up my packet?

A. No only you are permitted to pick up your packet.

Q. What time do I need to be in transition?

A. You must be in transition prior to its closing at 7:10 am or you cannot race.

Q. When will results be posted?

A. Results are available shortly after you cross the finish line.

Q. What age group will I race in?

A. The Age Group breakdown is as follows:

- 18-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75+
- Elite; Athena; Clydesdale; Relay; First Responder

USAT AGING UP

You will race in the Age Group corresponding with your USAT age, which is your age at the end of the year on December 31, 2024.



RACE DAY CHECKLIST

BODY MARKING MUST BE DONE AT HOME BY YOU

VISIT PAGE 10 FOR INSTRUCTIONS

Use the following checklist to help you pack for this epic race weekend.

We suggest laying everything out the night before and packing your bag so it is ready to go in the morning.

- Two towels (large and small)
- Water bottles (bottle of water)
- Food (bars and/or gel)
- Swim goggles
- Swim cap (you must wear the cap issued in your race packet)
- Timing chip and strap
- Race bib and race belt (or use safety pins)
- Bike
- Shoes (both biking and running if using two pairs)
- Socks
- Helmet
- Sunglasses
- Wetsuit
- Seat pack (tube, patches, tire levers, multi-tool, co2)
- Running hat
- Body Lubricant (BodyGlide)
- Photo ID/Driver's License
- Warm-Ups or dry clothes for after the race
- Watch or heart rate monitor



SPECTATOR INFO

If you have family or loved ones who decide they will come to the race we urge you to have them respect the rules of racing.

Best Viewing Locations

The best part about the NJ State Triathlon – You can view your athlete on many great spots along the course without leaving the main event area. You can see the swim start within walking distance of the main transition area; bike in and out; run out (sprint); run out and mile 3 (olympic).

Please do not drive on the bike course it can be very unsafe and most of the course is closed to traffic.

ATHLETE COMMUNICATION

It is imperative that you have a clear communication plan with your athlete prior to coming to the race. Be sure to share their race plans, bib number and race emergency contact info with your family and friends.

Parking and Directions

Please arrive early – parking is heaviest from 6:15am – 6:45 am.

GPS: Hughes Road and Paxson Ave, Hamilton NJ

[Parking and Directions](#)

EMERGENCY INFO

911 Command Center is located at the Finish Line behind the medical tent.

If you would like to inquire about an athlete you can only do so with their BIB #.

In the event of an emergency, the emergency contact will be called.

CHALLENGE
NEW JERSEY STATE
TRIATHLON

