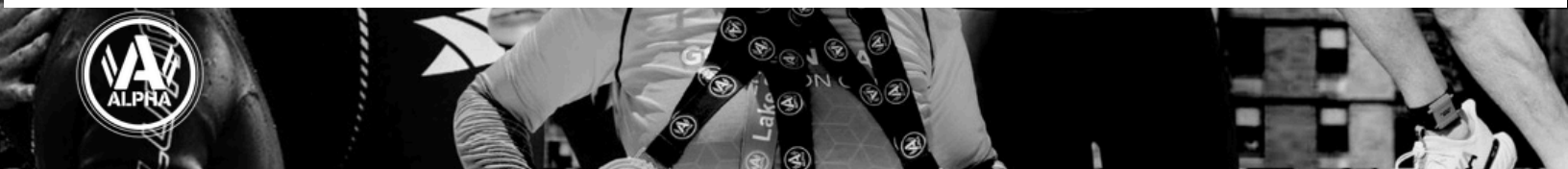
BIG APPLE TRIATHLON

NEW YORK CITY

ALPHA WIN

Saturday, October 10, 2026

2026 ATHLETE GUIDE



Message from
ALPHA WIN

Dear Alphaletes,

Alpha Win welcomes you to the 2026 Big Apple Triathlon!

This is an unforgettable course designed to showcase one of the greatest cities in the world. After some years away, this iconic urban race is back to invite athletes of all levels to experience the energy and excitement of racing through the heart of NYC.

Athletes will begin their race in the Hudson River, swimming with the current for one of the fastest swims of their life. From there, the course takes athletes onto a completely car free West Side Highway! The final miles bring athletes into Central Park, where the race concludes in the heart of Manhattan. From the Hudson River to the West Side Highway and into Central Park, every part of the course captures the spirit of New York City.

The Big Apple Triathlon would not be possible without the help and support of NYC Parks, NYPD, FDNY, Riverside Parks, Central Parks, NYS DOT, NYC DOT, DEP, CECM, DOHMH, DOB, BLACKBARN NOMAD, and our volunteers! Whether you're new to the sport, a seasoned triathlete, or looking to test yourself against some of the best, the Big Apple Triathlon offers a distance for everyone. Athletes can choose from the Sprint Triathlon, Olympic Triathlon, USATRI Draft-Legal Sprint Cup, or Duathlon, making it possible to experience the Big Apple your way.

We are proud to continue offering A Distance For Everyone® at some of the most beautiful destinations across the country, including our six New York races; Hudson Valley Marathon, Bolton Landing Triathlon, Hudson Valley Triathlon, Lake George Triathlon, Saugerties Triathlon, and the Big Apple Triathlon. In all, we will produce 10 races and host approximately 10,000 athletes this year, demonstrating our unending passion for the sport and our commitment to providing a fun and safe race for all.

Sincerely,
The Alpha Win Team

Getting to know

Alpha Win Triathlon Series

WHO ARE WE?

Alpha Win was formed in 2020 as a successor to HITS Endurance, and produces ten events annually in three states; New York, California and Florida, bringing endurance sport to the doorstep of athletes around the country. With the mantra "A Distance For Everyone®," Alpha Win prides itself on catering to athletes of every level, from the first-time competitor to the elite athlete. With its family-friendly feel and beautiful locations, Alpha Win provides a destination racing series that anyone can enjoy.

Thomas (Tommy) Z Struzzieri – Owner, CEO and Race Director Alpha Win

Tommy's interest in endurance sports started at an early age, going to watch his father race and joining in on some early morning track workouts. He fell in love with endurance sports and was named a USA Triathlon All-American age group triathlete at 12 years old. Throughout high school, he began to focus on running and despite several large-scale injuries, ran Division 1 Track and Cross Country at Syracuse University.

In 2020 Tommy took the reins of the family endurance business from his father, rebranding HITS Endurance to Alpha Win, bringing the company into the new decade with a new energy and vigor. With the mantra "A Distance For Everyone®," Alpha Win prides itself on offering competitive opportunities for everyone, from the beginner athlete to the seasoned veteran, and everyone in between.

Tommy is a USAT-certified race director and has served as a Board Member on the USAT Multisport Committee. His races have been selected multiple times to host USAT Championship Events, including the USAT New York State Championship at Alpha Win Lake George in 2022 and 2025, USAT Military and First Responders National Championships at Alpha Win Palm Springs in 2023 and 2024, and USAT California State Championship at Alpha Win Napa Valley Spring in 2024.

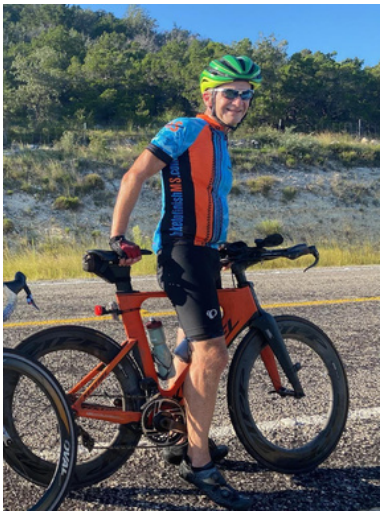
Tommy continues to train in track and road racing, driving himself to be successful both personally and professionally, applying his passion and dedication for endurance sports into all aspects of Alpha Win.

Getting to know

Alpha Win Triathlon Series

Thomas (Tom) G. Struzzieri – Founder HITS Endurance, Assistant Race Director Alpha Win

In 1977, Tom founded what would become the largest equestrian show jumping company in the world, HITS Horse Shows. With the approach of "Grass Roots to Grand Prix," Tom changed equestrian sport by offering competitive opportunities for riders at all levels, from first-time competitors to seasoned Olympians. HITS Horse Shows were chosen to host multiple international championships including Nations Cup, World Cup and Olympic Qualifying events.



In 2011, Tom combined his passion for events with his personal interest in a healthy active lifestyle and founded HITS Endurance, the predecessor to Alpha Win. He mirrored the competitive format from his equestrian success and brought it to triathlon, where he offered as many as five race distances in a weekend, from an Open introductory race to a 140.6 distance. Under his son's direction, HITS Endurance, now Alpha Win, carries on this approach, reaching a broad range of athletes at nearly a dozen races across the country.

Some of the original races and locations from HITS Endurance remain, such as the Palm Springs (CA) and Sarasota (FL) triathlons, but his son has added his own flair to the races and added some amazing locations such as Napa Valley and June Lake (CA) and Lake George (NY).

Tom continues his active lifestyle, running or biking most every day. He has completed bicycle rides across the United States, South America, and Vietnam, with his next venture being to bike through Africa.

Where will we go next?

Alpha Win is confident you will enjoy every aspect of your race experience, from the course, to the location, to the staff and the smile that will greet you at the finish line. With over 40 years of experience producing major athletic participation events, the Alpha Win team ensures high-quality endurance events with a focus on its participants. Alpha Win offers "A Distance For Everyone®," because there is an Athlete in Everyone. Let Alpha Win be your next race.

PACKET PICK UP

PRESENTED BY
OFFICIAL RACE APPAREL SPONSOR ATHLETIFREAK

WHEN

- **Thursday, October 8, 2026 from 12pm - 7pm**
- **Friday, October 9, 2026 from 12pm - 7pm**

*There is **NO** race day packet pickup. All athletes must pick up their packets Thursday or Friday and drop their bikes Friday. **NO** exceptions.

MANDATORY BIKE DROP OFF

- **Friday, October 9, 2026 from 12pm - 8pm**

****Packets must be picked up before bike drop off.***

WHERE

BLACKBARN NOMAD
19 E 26th St, New York, NY 10010
(26th St between Madison and 5th Avenue, across from Madison Square Park)

WHAT TO BRING

Photo ID or passport, or a copy.

RELAYS

All relay team members must be present at check-in. If a relay team member is unable to attend, the participating team member must have a valid photo ID or a copy of the absent member's photo ID on hand.

PRE-RACE VIDEO

A pre-recorded race overview will repeat throughout the entirety of packet pick-up. It is highly recommended that all athletes stay to attend a briefing!

PACKET MATERIALS

- Timing chip - must be worn at all times
- Swim cap - must be worn for the swim
- (2) Tattoos - right arm + left leg
- Bike stickers - 1 for helmet, 1 for bike
- Run bib - must be worn on the FRONT of the body for the run
- (3) Clear plastic bags - 12" x 18"

It is highly recommended all athletes carry a tire patch kit through the bike portion

ALPHA

RACE RESULTS

Access your race results here: *https://my.raceresult.com/424360/*
*Please note that while live tracking is not available, athlete splits will be recorded throughout the race and updated periodically.

PACKET PICK UP

PRESENTED BY
OFFICIAL RACE APPAREL SPONSOR ATHLETIFREAK

MANDATORY BIKE DROP OFF

Friday, October 9, 2026 from 12pm - 8pm ONLY

**Packets must be picked up before bike drop off.*

Transition: 101st St Field Riverside Park, Riverside Dr. &, W 101st St, New York, NY 10025

https://maps.app.goo.gl/mYD66dLrApR3zxzZ7

DINNER AT BLACKBARN

Reservations are highly encouraged and spots are limited. After picking up your race materials at BLACKBARN, enjoy a meal before heading to the transition area. The race weekend menu has been specially created by Escoffier Award-winning Chef John Doherty. ***Please note that seating is not guaranteed without a reservation**, as BLACKBARN will also be serving regular restaurant guests. We encourage athletes and volunteers to make their reservations as early as possible to secure a table.

Athletes may also pre-order a meal to-go from BLACKBARN for pickup. To-go orders must be placed by Thursday, October 8.

Click here to make your reservation!

ARRIVING AT TRANSITION FROM BLACKBARN

After dinner or picking up your to-go meal, athletes should make their way to the transition area for bike drop off (**Friday only**) .

- Take the 1 subway North to 95th St.

OR

- Ride your bike to the transition area, this will be approximately a 5-mile bike ride. Athletes can ride along the Hudson River Greenway.

Transition Area

BLACKBARN NYC

Schedule of Events

Thursday, October 8, 2026

- Packet pick up 12:00 pm - 7:00 pm at BLACKBARN NOMAD

Friday, October 9, 2026

- Packet pick up 12:00 pm - 7:00 pm at BLACKBARN NOMAD
- **MANDATORY bike drop off 12:00 pm - 8:00 pm at the Transition Area**

Saturday, October 10, 2026

All times are subject to change

- 5:00 am: Transition opens for all distances
- 7 am – 2 pm: Alpha Win Fitness Expo at Finish Area
- 6:30 am: Transition area closed to all Sprint Athletes
- 7:10 am: Transition area closed to all Olympic Athletes
- **7:02 am: USATRI Draft Legal Sprint Cup waves begin**
- **7:05 am: Sprint waves begin presented by Toyota**
- **7:15 am: Sprint Duathlon waves begin**
- **7:30 am: Olympic Waves begin presented by Northwestern Mutual, Patrick Di Cerbo CFP**
- 9:30 am: Sprint Awards Ceremony**
- 11:00 am: Olympic Awards Ceremony**
- 10:30 am – 2 pm: Mandatory Bike pick up and T-shirt pick up opens
- 2:00 pm- Transition area closed

**PLEASE NOTE: Athletes MUST be present at their Awards Ceremony to receive an award.

Important Addresses:

Swim Start:

80th Street and Riverside Park. New York, NY 10024

https://maps.app.goo.gl/Q1gk5S26ypuxzG8GA

Transition Area / Duathlon Start:

101st St Field, Riverside Park, Riverside Dr. &, W 101st St, New York, NY 10025

https://maps.app.goo.gl/mYD66dLrApR3zxzZ7

Finish Area & Expo:

Dead Rd Central Park, New York, NY 10065

https://maps.app.goo.gl/quUyAKPTxY6oKdx99

Packet Pickup:

BLACKBARN NOMAD

19 E 26th St, New York, NY 10010

https://maps.app.goo.gl/DCJFJuBFmHrfkSFi8

CUT OFF TIMES

OLYMPIC DISTANCE CUT-OFF TIMES

All cut-off times are strictly enforced and non-negotiable. Athletes must meet each designated cut-off time to continue racing.

- Swim Course (Out of the Water): 8:30 a.m.
- Bike Turnaround – Gun Hill Road: 9:50 a.m.
- Southbound Transition Pass – Final Turnaround: 10:30 a.m.
- Bike Course: 11:00 a.m.
- Run Course: 1:00 p.m.

Athletes who miss any cut-off time will not be permitted to continue racing and must stop and return their timing chip as directed by race officials.

Southbound Transition Pass: Athletes must meet the 10:30 a.m. cut-off when passing southbound by the transition area, towards the final turnaround. Athletes who miss this cut-off will be removed from the course and must return their bicycle to transition.

No exceptions will be made to these cut-off times.

Transition and Bag Check Bags

In your race day packet, you will receive three clear bags:

Transition Bag

The first two clear bags are for use in the transition area. **All items must be placed inside this clear bag provided.** In your packet you will receive two labels for your transition bags denoting your bib number. *Stick these labels onto your transition bags before placing them at your spot in transition.* **Backpacks and duffel bags will not be accepted into the transition area.**

Bag Check Bag

The third clear bag is for bag check, located at the swim start security entrance. In your packet you will also receive a colored label for your bag check bag denoting your bib number. *Stick this colored label onto your bag check bag before turning it in to security at the entrance.* All items being turned in must fit in this clear bag check bag. **No outside bags or backpacks will be accepted.**

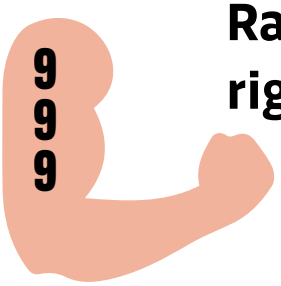
Bag check bags may be collected at the finish line following your race. You must be wearing your athlete wristband and bib to collect your bag. Bags cannot be collected by friends or family members; you must collect your own bag check bag.

Race Materials

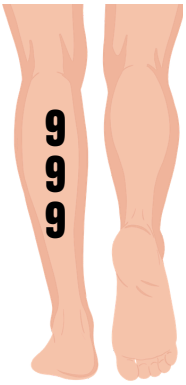
Athletes must wear race materials in accordance with the following diagram.
Failure to wear required race materials may result in disqualification.

Bike stickers go on the front of your helmet and around your seat post.

Run bibs need to be pinned <u>on the front</u> of your outermost layer, or fastened to a racebelt <u>facing front</u>.



Race tattoos must be worn on your right arm (biceps) and left leg (calf).

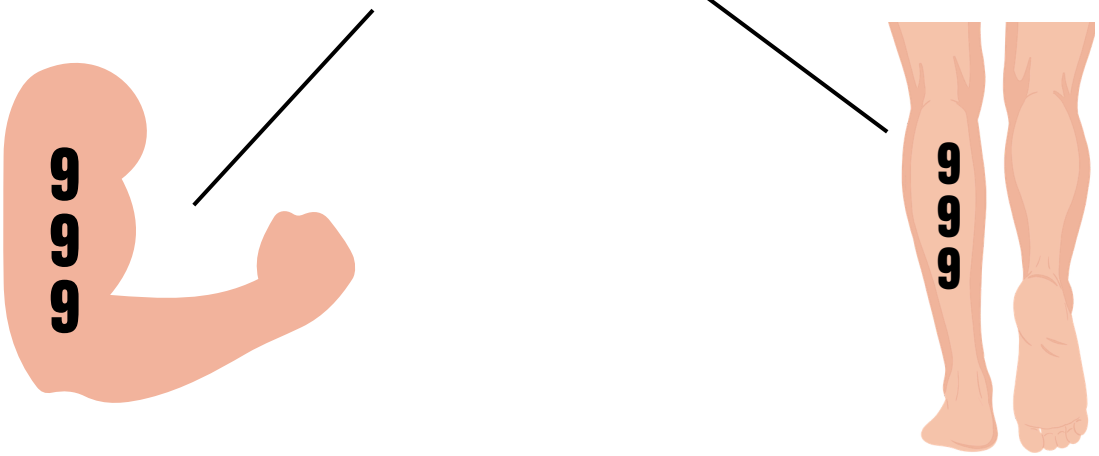


Wristbands need to be worn on either wrist <u>at all times</u> for access in and out of transition.

NOTE for Relay Teams – Wristband is worn by the biker, race tattoos by the swimmer, and run bib by the runner <u>at all times</u>.

HOW DO I PUT ON MY RACE TATTOOS?

Race tattoos must be worn on your right arm (biceps) and left leg (calf).



To put on a race tattoo, peel off the plastic covering and line it up facedown with where you want to place it on your clean dry skin.

Press the tattoo against your skin and using a damp paper towel or sponge, wet the back thoroughly, ensuring the paper does not move or slide during application.

After 30 seconds, gently peel off the paper and let the tattoo air dry for a few minutes. You're ready to race!

Need a bike rental?
Unlimited Biking has you covered!

Book your bike with Unlimited Biking and don't worry about the travel hassle.

Bike Rental Information:
All bikes must be booked at least one week in advance; simply click on the link below to reserve your bike.

Bike Pickup Information:

- **Friday at the Transition area (12 PM – 8 PM)**: This takes place the day before the triathlon at 101st Street Field, Riverside Park. **This is the only time you can pick up your bike rental**, as all athletes must stage their bikes on Friday at the transition area. Secure overnight security is provided for the transition area so you can show up Saturday ready to ride.

Bike Return Information:

- Saturday After the Race: Please return your bike to the Unlimited Biking team at the same location where you originally picked it up at the transition area.

During bike rental pickup, Unlimited Biking is happy to assist with height adjustments, pedal installation on road bikes if needed, and provide you with a free helmet.

Note for Road Bike Rentals: All Unlimited Biking road bikes come with standard flat pedals. If you prefer specific pedals compatible with your cycling shoes, please bring them with you and the Unlimited Biking mechanics will install them on your rental bike.

https://unlimitedbiking.com/events/alpha-win-big-apple-triathlon/

Arriving at swim start

Athletes have two options for accessing the Swim Start. Please review the options below and plan your arrival accordingly.

Option 1: From Transition

Athletes visiting the transition area the morning of the race may walk approximately 1 mile, exiting to the underpass onto the Hudson River Greenway to reach the Swim Start. From the transition area, exit onto the Greenway and follow the path south toward Riverside the Swim Start. Athletes using this option should bring the 1 bag they wish to check at Bag Check with them.

Transition Area Pin: Here

Option 2: Riverside Park Entrance

Athletes arriving directly at the Swim Start should enter Riverside Park at 83rd Street and Riverside Drive and follow the park path down to the Swim Start. This is the designated entrance and drop-off location for athletes arriving by vehicle or rideshare.

Swim Start Entrance Pin: Here

Swim Start Pin : Here

NO ENTRY AT THE 79TH STREET ENTRANCE. Athletes arriving at the Swim Start must use the 83rd Street and Riverside Drive entrance.

There is NO event parking available at Riverside Park or Central Park. Athletes are strongly encouraged to use public transportation or rideshare services when traveling to the Swim Start. The 1, 2, and 3 subway lines provide access to the area, with stops at 72nd, 79th, and 96th Streets. From the subway, athletes should proceed to the designated 83rd Street and Riverside Drive entrance.

Race Day FAQ

MORNING GEAR CHECK

- Transition will open at 5:00 a.m. on race morning. Athletes are permitted to enter transition on race morning to prepare their equipment; however, all bikes must be dropped off by Friday, October 9, at 8:00 p.m. Transition close times will be strictly enforced. **Bike drop-off will not be permitted on race morning.**

CUT-OFF TIMES

- Cut-off times are strictly enforced. Athletes who do not meet the designated swim, bike, or run cut-off times will not be permitted to continue the race and must return their timing chip immediately.

OLYMPIC presented by Northwestern Mutual, Patrick Di Cerbo CFP

  - Swim Course: 8:30 a.m.
  - Bike Turnaround – Gun Hill Road: 9:50 a.m.
  - Passing transition heading south to final turnaround: 10:30 a.m.
  - Bike Course: 11:00 a.m.
  - Run Course: 1:00 p.m.

BAG CHECK

- Athletes may check one bag at the Swim Start to be transported to Central Park for pickup near the finish line. Bags must be placed in 1 clear bag that is provided at packet pickup and labeled with the bag sticker provided at packet pickup. Once bags are checked, they cannot be accessed until pickup at Central Park. To retrieve your bag, you must present your race wristband.

AID STATIONS

- There will be NO aid stations on the bike course. Athletes should plan accordingly and carry adequate hydration and nutrition for the entire bike leg.
- Five aid stations will be available throughout the run course at approximately miles 1, 1.6, 3.0, 3.6, and 5.2 including saltines, gatorade and water.

Race Day FAQ

FINISHER T-SHIRTS

- All athletes completing the race will receive their Finisher T-Shirt at the transition area when they return to retrieve their bikes and gear. Be sure to stop by the designated area before leaving transition to pick up your shirt.

POST RACE ATHLETE SHUTTLES

- All athletes will have the opportunity to take a complimentary shuttle from the finish line back to the Transition area to retrieve their bikes. The shuttle will run from 10am to 1:30pm. Pick up will be at Central Park West & 67th St and drop off will be at Riverside Drive & 95th St.
- Athletes should plan accordingly and allow sufficient time for the shuttle ride and bike retrieval before the designated bike and gear recovery deadline at 2pm.

SPECTATORS

- For the safety and accessibility of all participants, spectators are not permitted on the race course. We encourage spectators to watch at the finish line in Central Park, where they can enjoy the excitement of race day and cheer athletes on as they complete their race and cross the finish line.

POST RACE FOOD

- All athletes are invited to enjoy a post-race meal catered by BLACKBARN Nomad upon finishing including a focaccia sandwich with meat and meatless options available, along with bananas, water, and Gatorade.

Missed the VIP Package at registration?

It's not too late, email info@alpha.win to purchase today!

BLACKBARN
EST.2015 restaurant NEW YORK
NOMAD

- CARB TO WIN! Complimentary three-course Dinner for two at BLACKBARN NOMAD during race week (drinks and gratuity not included) MUST make a reservation ahead of time, click HERE
- Priority Packet Pick Up at BLACKBARN NOMAD on Thursday or Friday.
- Priority Racking in Transition with access to exclusive restrooms
- Two Passes to VIP Hospitality Spectator tent at finish line for athlete +1.
- Access to VIP Restrooms at Finish Line
- Unlimited Access to Personalized Race photos
- Commemorative Big Apple Triathlon Swag item

THANK YOU
Big Apple Triathlon
2026 Sponsors

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HOTEL

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ATHLETIFREAK

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Patrick Di Cerbo, CFP®

Captivating Sports Photos
The Gold standard in Sports Photography

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TOYOTA

OFFICIAL AUTOMOTIVE SPONSOR

UNLIMITED BIKING

OFFICIAL BIKE RENTAL PARTNER

- PICK-UP/DROP-OFF CONVENIENCE
- FREE HELMET & SEAT/PEDAL ADJUSTMENTS

OFFICIAL ATHLETE HOTEL

- ENJOY DISCOUNTED ATHLETE RATES
- RACE PACKET DELIVERED TO YOUR ROOM

LET'S GET SOCIAL!

USE HASHTAGS #RACEALPHA #ADISTANCEFOREVERYONE

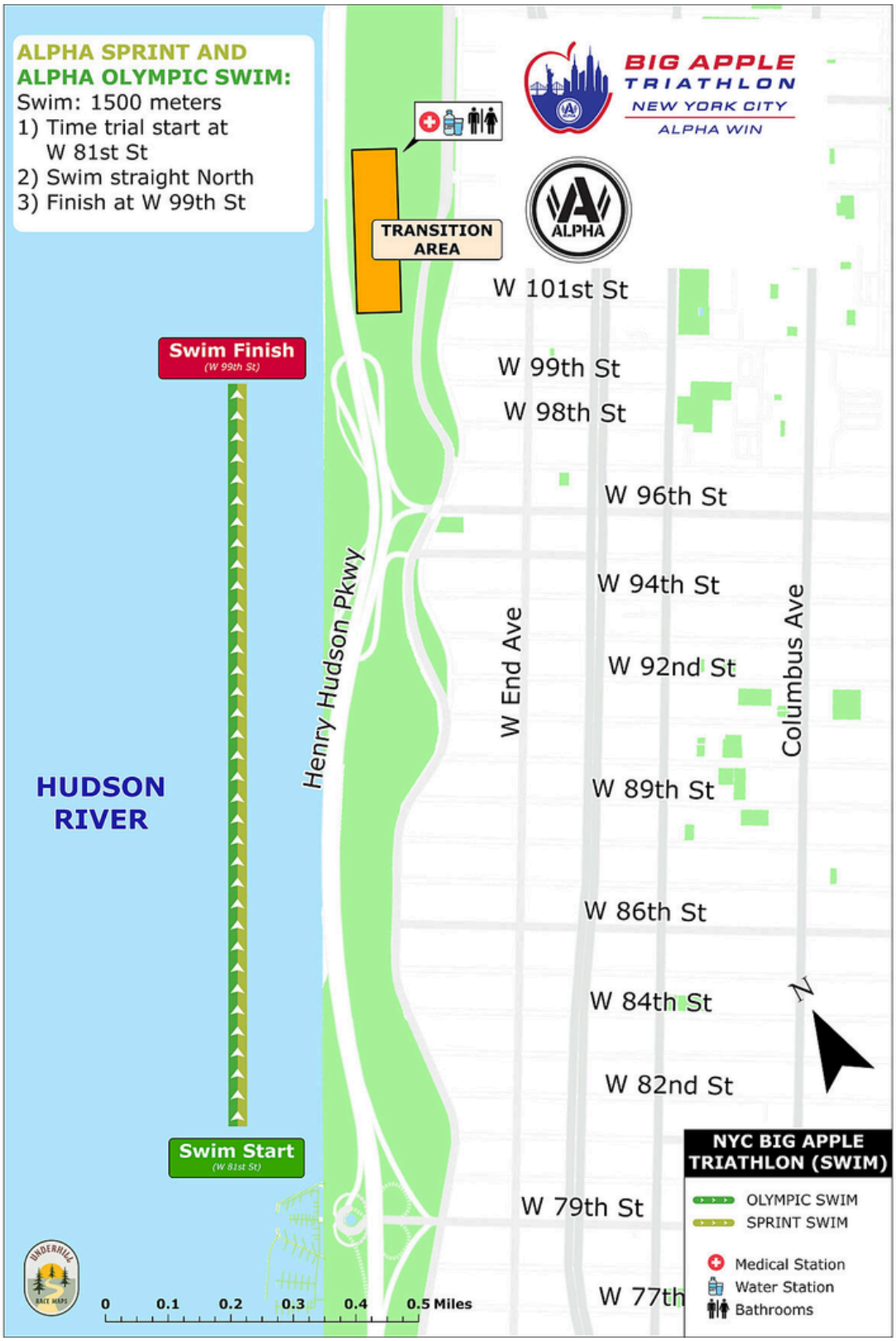
LIKE US ON FACEBOOK!
@AlphaWinRacing

FOLLOW US ON INSTAGRAM!
@AlphaWinRacing

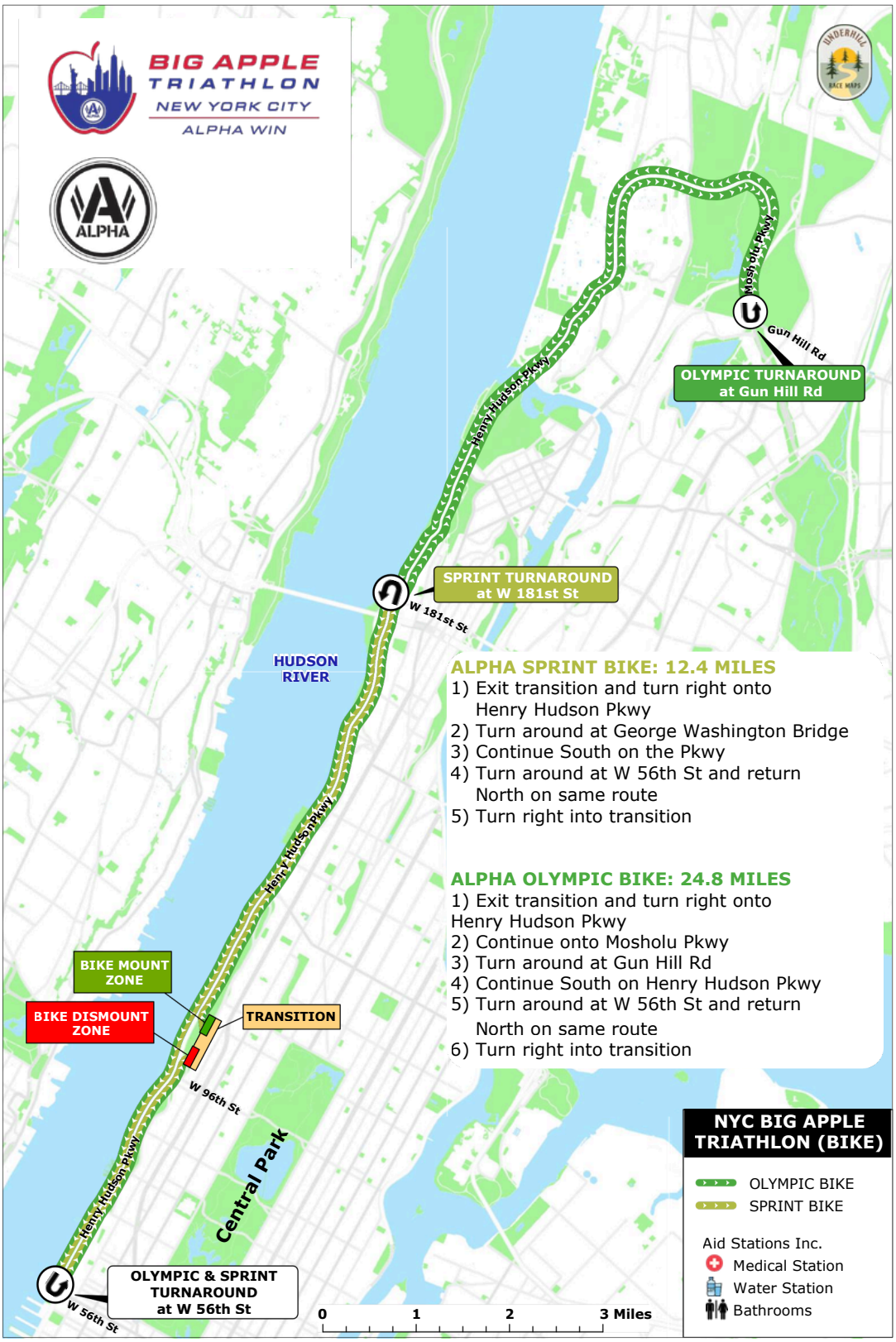
FOLLOW US ON TIKTOK!
@AlphaWinRacing

Swim

Course Maps



Bike
Course Maps



Run
Course Maps

TIMING CHIPS
Athletes will receive a timing chip at check-in and will be responsible for wearing the chip at all times while racing. Fasten it to your ankle, facing outward, under your wetsuit with the Velcro strap provided before the swim and leave it on until after you finish the run. If you lose your timing chip at any time during the race, please notify a timing official and you can receive a new one at transition. Volunteers will help you remove the chip at the finish line. If you do not start the race, you are responsible for returning the chip to timing. If you drop out or are pulled from the race at any time, turn in your chip to a race official. Failure to do so may disqualify you from participating in future Alpha Win events. It is essential that we know where you are on the course at all times for your safety and our peace of mind. If you are transported to any medical station, the medical staff will take responsibility for your chip. By picking up your race number and timing chip, you are guaranteeing that you will return the chip to timing, or you will be billed $25 for its replacement.
NO CHIP = NO TIME.

Race Timing & Cut-Offs - Individual cut-offs for each distance and segment of the races are as follows:
Swim Cut-off:

Alpha Olympic	8:30 am

Bike Turn around cut-off

Alpha Olympic	9:50 am

Bike Cut-off:

Alpha Olympic	11:00 am

Run Cut-off:

Alpha Olympic	1:00 pm

Cut-off times will be strictly enforced, athletes that do not meet the cut off times are not permitted to continue and must return their timing chip immediately,

AID STATIONS
There will be no aid stations on the bike courses for both the Sprint and Olympic distances. There will be aid stations approximately every 1 - 1.5 miles on the run courses of the Sprint and Olympic distances.

Each run aid station will offer: Water, Saltines, Ice, Sponges, Vaseline, Sunscreen, Fruit, and Gatorade.

Race Information

BICYCLE & GEAR RECOVERY
Mandatory bike and gear recovery for Alpha athletes is 10:30 am - 2:00 pm on race day. In the event of an emergency, your emergency contact person will be contacted and allowed to claim your bike and gear from transition. Any bikes or gear left in the transition area after the transition area closes will be considered lost and found. You must have your athlete wristband on in order to claim your bike and gear.

DOG POLICY - ALPHA WIN TRIATHLON ADHERES TO A STRICT NO DOGS POLICY.
For the safety of athletes, spectators, staff and pets, Alpha Win does not allow dogs in or around the race site. Spectators with dogs may be asked to leave the race site. This policy will be enforced regardless of the rules of the park / area where the race is held.

LOST & FOUND
If you lose any equipment during the race weekend, please see the Alpha Win staff at the on-site administration tent to claim it. Alpha Win is not responsible for equipment left behind at the race site.

COLD WEATHER POLICY
Some events are held in areas of the country and at times of the year when weather conditions are cold, resulting in low water temperatures and/or low air temperatures. The best way for athletes to be prepared for this is to check the local weather forecast on the day prior to and on the morning of the race and to have the proper attire available to be able to race safely in cold conditions, including jackets, gloves, tights and shoe coverings.

Alpha has also implemented the following policy:

1. If the water temperature is below 59 degrees Fahrenheit, the race director will consider shortening the swim distance; if the water temperature is below 54 degrees Fahrenheit, the swim will be cancelled.
2. If the air temperature is below 41 degrees Fahrenheit regardless of water temperature, the swim will be cancelled or the race may be delayed until air temperatures rise above 41 degrees Fahrenheit

EVENT SANCTION & RULES - All Alpha Win events are sanctioned by USA Triathlon (USAT) and will enforce all USAT rules and conduct guidelines. Doping and drafting are strictly prohibited at all distances at every Alpha Win event. Race Marshals will be present on course penalizing athletes who do not abide by the rules. Please visit UsaTriathlon.org to view a complete set of the competitive rules.

FINISH LINE POLICY - Per USAT rules, Alpha Win will not allow friends and/or family members of athletes to cross the finish line or enter the finish chute with participating athletes at any distance in order to ensure the safety of all participants, volunteers and spectators. Time and space will be provided at the finish line for celebration. Athletes who choose not to respect this policy will receive an automatic disqualification.

HEADPHONES / EAR BUD POLICY - Per USAT rules, the use of headphones, ear buds, iPods, MP3 players or any other listening device is strictly prohibited during all Alpha Win races. Athletes are welcome to use these devices in transition areas only, but will not be allowed to use them on the swim, bike and/or run courses of any distance. Athletes who choose not to respect this policy will receive an automatic disqualification.

Rules

USAT GENERAL RULES OF CONDUCT PENALTIES

3.1 Preparation and Training. No person shall participate in a triathlon or other multi-sport events unless such person:

a. is trained adequately for that specific event, as might be expected of a prudent person entering a similar competition, and

b. is in excellent health, based on recent training, physical examinations, if any, and generally accepted standards of good health.

3.2 Age Group Competition.

a. All age group athletes must participate and compete in the age group division corresponding to the athlete's age on December 31 of the year of the event.

b. Clydesdale/Athena Categories. The official minimum weight standard for this category is 220 pounds for men, 165 pounds for women, to be monitored by the local race director.

3.3 General Conduct - At or during an event, or while at the event site, all participants must:

a. Act in compliance with these Competitive Rules;

b. Conduct themselves in a manner that is not offensive in any way to fellow participants, spectators, officials or volunteers and is considered reasonable and acceptable in the community;

c. Treat all participants, officials, volunteers and spectators with fairness, respect and courtesy;

d. Refrain from the use of abusive language or conduct

e. After violating any of the Competitive Rules, report such violation to the Head Referee or retire from the event.

3.4 Race Conduct - All participants in USA Triathlon sanctioned events must adhere to the rules in this **Section 3.4:**

a. **ENTIRE COURSE.** Participants must cover the prescribed course in its entirety. It is the participant's responsibility to know the course. Any violation of this section, even if no advantage is gained, shall result in a variable time penalty, unless the Head Referee in his sole discretion determines that (i) the violation was substantial and resulted in an unfair time advantage, or (ii) the violation constituted endangerment under Section 3.4(l). In the event the Head Referee makes such a determination, the penalty shall be disqualification.

b. UNSPORTSMANLIKE CONDUCT. Participants shall refrain from unsportsmanlike conduct, including the improper use of language or conduct directed toward an official. Violations of this Section shall result in disqualification or a variable time penalty depending on the severity of the violation as determined in the sole discretion of the Head Referee.

c. OBSTRUCTION. Participants shall refrain from intentionally or accidentally blocking, charging, obstructing, or interfering with the forward progress of another participant. Any violation of this Section shall result in a variable time penalty.

d. UNAUTHORIZED ASSISTANCE. No participant shall accept from any person (other than a race official) physical assistance in any form, including food, drink, equipment, support, pacing, a replacement bicycle or bicycle parts, unless an express exception has been granted and approved, in writing, by USA Triathlon. The receipt of information regarding the progress, split times, or location of other competitors on the race course shall not be considered the acceptance of unauthorized assistance. Any violation of this Section shall result in a variable time penalty.

e. RE-ENTRY. Upon leaving the course, a participant shall re-enter the course and continue at the same point of departure. Any violation of this Section shall result in a variable time penalty, unless the Head Referee in his sole discretion determines that (i) the violation was substantial and resulted in an unfair time advantage, or (ii) the violation constituted endangerment under Section 3.4(l), in which case the penalty shall be disqualification.

f. RACE NUMBERS. Participants shall plainly display their race numbers at all times, and shall maintain the race number in an unaltered, unobstructed and readable state at the start and finish gates, in the transition areas, and on the course. Any violation of this Section shall result in a variable time penalty.

g. UNFAIR ADVANTAGE. No participant shall use his body, head, arms, or legs to gain an unfair advantage, or to push, pull, hold, strike, or force through one or more participants. Any violation of this Section shall result in a variable time penalty.

h. ABANDONED EQUIPMENT. No participant shall leave any equipment or personal gear on the race course. Any violation of this Section shall result in a variable time penalty.

i**. UNAUTHORIZED ACCESSORIES**. No participant shall, at any time during the event, use or wear a hard cast, headset, radio, personal audio device, or any other item deemed dangerous by the Head Referee. Any violation of this Section shall result in a variable time penalty.

j. GLASS CONTAINERS. No participant shall utilize any glass bottles or glass containers at any time during the event. Any violation of this Section shall result in a variable time penalty, unless the Head Referee determines that such conduct constituted endangerment under section 3.4(l), in which case the penalty shall be disqualification.

k. UNAUTHORIZED EQUIPMENT. No participant shall use any equipment which the Head Referee determines to be improper, including but not limited to equipment which might provide an unfair advantage or endanger other participants. Unless otherwise provided for in these Rules, any violation of this Section shall result in a variable time penalty.

l. ENDANGERMENT. No participant shall commit any dangerous act which could cause injury to any participant. Any violation of this Section shall result in disqualification.

m. WAVE STARTS. When the beginning of any event is commenced by starting designated “waves” or groups of participants at different times, all participants shall start in and with the proper wave or group. Any participant who violates this section by starting in an improper and earlier wave or group shall be disqualified. Any participant who starts in an open or elite wave in an event with age group waves shall be ineligible for age group awards and USAT national rankings.

n. INDECENT EXPOSURE. Public nudity at any time during the event is prohibited. Any violation of this section shall result in variable time penalty.

3.5 Unregistered Participants.
a. Any person who participates in any portion of a sanctioned event without first properly registering and paying any required registration fee shall be suspended or barred from membership in USA Triathlon and barred from participation in any sanctioned event for a period of up to one year.
b. Any person who in any way assists another athlete to violate Section 3.5a by providing or selling a race number to that athlete shall be suspended or barred from membership in USA Triathlon and barred from participation in any sanctioned event for a period of up to one year. Any second violation of this Section shall result in a lifetime suspension or ban from membership in USA Triathlon.

3.6 Penalties and Prohibited Conduct - Penalties, including disqualification and suspension, may be imposed upon race participants and/or members of USA Triathlon who violate any of these Competitive Rules or who solicit, encourage, or assist a violation of these Rules. Except as otherwise provided in these Rules, the specific penalty to be imposed in any given case shall depend on the nature and severity of the violation as determined by the Head Referee or USA Triathlon. The following penalties may be imposed for a violation of these Rules:
a. Assessment of a time penalty
b. Disqualification
c. Written reprimand or censure
d. Monetary fines
e. Suspension from membership in USA Triathlon (including retroactive suspension), and
f. Permanent expulsion from USA Triathlon

3.7 Time Penalties.
a. In General. A time penalty may be imposed for a violation of any Section of these Rules in which a time penalty is expressly authorized. In the event that a participant is assessed a time penalty, the applicable time period shall be added to that participant's aggregate finishing time in calculating official race results. Except as otherwise provided in Section 3.7B of these rules, time penalties shall be cumulative and a participant may be assessed more than one time penalty for violations of the same rule.
b. Variable Time Penalties. A "variable time penalty" as used in these Rules shall mean a time penalty that varies in accordance with the distance category of the event, as defined by the length of the cycling course. The variable time penalty for each of the distance categories shall be the following:

Distance Category	**First Offense**	**Second Offense**	**Third Offense**
Youth Events	1 minute	2 minutes	Disqualification
Short/Intermediate -- Cycle Course less than 50k	2 minutes	4 minutes	Disqualification
Long -- Cycle Course greater than 50-100k	4 minutes	8 minutes	Disqualification

3.7A. Time Penalties for Elites. A "variable time penalty" as used in these Rules shall mean a time penalty that varies in accordance with the distance category of the event. The variable time penalty for each of the distance categories shall be the following:

Distance Category	**Time Penalty**
Short/Intermediate Cycle Course less than 50k	1 minute
Long Cycle Course 50-100k	2 minutes

a. First Violation – Time Penalty. A variable time penalty shall be imposed for the first violation of these Rules in which a time penalty is expressly authorized.
b. Second Violation. For a second violation of these Rules the athlete shall be disqualified from the event and shall be required to immediately withdraw from the race and vacate the course. Any athlete who fails to withdraw from a race and continues on the course after being disqualified shall be suspended from membership in USA Triathlon and barred from participation in any USA Triathlon sanctioned event for a period of one year.

3.7B Assessment of Time Penalties/Conduct of Athletes. All variable time penalties imposed under **Section 3.7A shall be assessed in accordance with this Section.** Except as otherwise provided herein, any violation of or failure to comply with this Section 3.7B shall result in disqualification.
a. First Violation – Stop and Go System. Unless a Penalty Area System is being used pursuant to subsection (b), an athlete charged with a first violation of these Rules in which a time penalty is expressly authorized shall safely pull over to the side of the bicycle course and shall come to a complete stop, placing both feet on the ground. An athlete charged with a violation while in transition or on the run course shall come to a complete stop. The race official shall properly mark the athlete's race numbers and the athlete shall remain stopped under the direction of the race official for a period of time equal to the applicable variable time penalty. When the official indicates that the time penalty has expired, the athlete may continue with the race.
b. First Violation – Penalty Area System. Notwithstanding subsection (a), if a Penalty Area is being used in the event, an athlete charged with a first violation of these Rules in which a time penalty is expressly authorized shall (1) safely decrease speed while maintaining a straight line of movement, (2) come to a complete stop, and (3) place both feet flat on the ground while completely stopped. The race official shall properly mark the athlete's race numbers and allow the athlete to continue with the race. After completing the bicycle course and properly securing the bicycle, the penalized athlete shall immediately report to the designated penalty box or penalty area, which shall be located within or adjacent to the transition area (the "Penalty Area"). The penalized athlete shall remain in the Penalty Area for a cumulative amount of time equal to the variable time penalty assessed against the athlete. After such time has expired as determined by race officials, the athlete may exit the Penalty Area and continue with the race. Any time served in the Penalty Area shall become incorporated into the athlete's official time for the event. An athlete charged with a violation while in transition or on the run course shall be directed by the official to serve the penalty either in place or at the Penalty Area.

3.7A. Time Penalties for Elites. A "variable time penalty" as used in these Rules shall mean a time penalty that varies in accordance with the distance category of the event. The variable time penalty for each of the distance categories shall be the following:

Distance Category	**Time Penalty**
Short/Intermediate Cycle Course less than 50k	1 minute
Long Cycle Course 50-100k	2 minutes

a. First Violation – Time Penalty. A variable time penalty shall be imposed for the first violation of these Rules in which a time penalty is expressly authorized.
b. Second Violation. For a second violation of these Rules the athlete shall be disqualified from the event and shall be required to immediately withdraw from the race and vacate the course. Any athlete who fails to withdraw from a race and continues on the course after being disqualified shall be suspended from membership in USA Triathlon and barred from participation in any USA Triathlon sanctioned event for a period of one year.

3.7B Assessment of Time Penalties/Conduct of Athletes. All variable time penalties imposed under **Section 3.7A shall be assessed in accordance with this Section.** Except as otherwise provided herein, any violation of or failure to comply with this Section 3.7B shall result in disqualification.
a. First Violation – Stop and Go System. Unless a Penalty Area System is being used pursuant to subsection (b), an athlete charged with a first violation of these Rules in which a time penalty is expressly authorized shall safely pull over to the side of the bicycle course and shall come to a complete stop, placing both feet on the ground. An athlete charged with a violation while in transition or on the run course shall come to a complete stop. The race official shall properly mark the athlete's race numbers and the athlete shall remain stopped under the direction of the race official for a period of time equal to the applicable variable time penalty. When the official indicates that the time penalty has expired, the athlete may continue with the race.
b. First Violation – Penalty Area System. Notwithstanding subsection (a), if a Penalty Area is being used in the event, an athlete charged with a first violation of these Rules in which a time penalty is expressly authorized shall (1) safely decrease speed while maintaining a straight line of movement, (2) come to a complete stop, and (3) place both feet flat on the ground while completely stopped. The race official shall properly mark the athlete's race numbers and allow the athlete to continue with the race. After completing the bicycle course and properly securing the bicycle, the penalized athlete shall immediately report to the designated penalty box or penalty area, which shall be located within or adjacent to the transition area (the "Penalty Area"). The penalized athlete shall remain in the Penalty Area for a cumulative amount of time equal to the variable time penalty assessed against the athlete. After such time has expired as determined by race officials, the athlete may exit the Penalty Area and continue with the race. Any time served in the Penalty Area shall become incorporated into the athlete's official time for the event. An athlete charged with a violation while in transition or on the run course shall be directed by the official to serve the penalty either in place or at the Penalty Area.

c. Penalty marking. For any first violation, the race official shall apply a visible diagonal mark across the face of each race number worn by the penalized athlete. For any second violation, or for any violation which results in disqualification, the race official will apply a second visible diagonal mark across all the athlete's race numbers resulting in an X shaped mark.
d. Penalty Area Conduct. While in the Penalty Area, no athlete shall dress, undress, change uniforms, or adjust any race equipment. Running shoes may be worn into, but shall not be carried into the Penalty Area. While in the Penalty Area, no athlete shall accept any form of aid or assistance, including food, drink, or equipment, from any other person, including race officials. Any violation of this Section shall result in disqualification.

3.8 Acts Warranting Suspension - In addition to other penalties which may be imposed at the discretion of USA Triathlon, the following acts may be grounds for suspension for a period of time designated by USA Triathlon:
a. A flagrant or willful violation of the Competitive Rules;
b. Gross or continued unsportsmanlike conduct;
c. Physical violence directed toward a race official, participant, volunteer, spectator, or other person;
d. Any fraudulent act, such as falsifying name or age, filing a false affidavit or protest, or providing false information to USA Triathlon, the Board of Hearings and Appeals, or race officials;
e. Intentionally participating in an event despite failure to register;
f. Repetitive or recurring violations of the Competitive Rules;
g. Failure to notify a race official after withdrawing from a race;
h. Violation of the Medical Control Rules as set forth in Article VIII;
i. Refusal to abide by the final determination by USA Triathlon of any matter relating to these Rules or the sport of triathlon;
and
j. Any act which disgraces or brings discredit to the sport of triathlon.

3.9 Effect of Suspension. Any person suspended from membership in USA Triathlon shall be ineligible to participate in any USA Triathlon sanctioned event and shall be disqualified from any USA Triathlon sanctioned event during the suspension period and until such time as that person has applied for and received written notice of reinstatement from USA Triathlon.
3.10 Reinstatement. Any person who has been suspended must apply in writing to USA Triathlon for reinstatement after or immediately preceding expiration of the suspension period.
3.11 Notice of Disciplinary Actions. Any person reprimanded, censured, suspended, or expelled from USA Triathlon shall be entitled to receive reasonable notice of such disciplinary action.
3.12 Acts of Agents. The conduct of any agent acting with apparent authority on behalf of a participant shall constitute grounds for penalizing such participant if such agent's conduct violates any of these Rules.

Rules
Continued

CLYDESDALE / ATHENA ATHLETES - Sprint, Olympic, and Long Course distances within the Alpha Win Triathlon Series are open to Athletes wishing to compete in the Clydesdale/Athena Category. There will be two categories with the same start and cutoff times:
• Clydesdale (Men 220lbs+)
• Athena (Women 165lbs+)

MILITARY ATHLETES - All active and retired military personnel receive 15% off registration for all Alpha Win events. There will be two categories (male and female) with the same start and cutoff times.

PHYSICALLY CHALLENGED ATHLETES - All distances within the Alpha Win are open to Physically Challenged Athletes. Categories will be co-ed and scored the same with the same start and cutoff times, as well as the same awards.

DIVISIONS - Divisions for Alpha Win Series will be based on five year age groups for both male and female athletes starting at age 17 and under and continuing until 85+. In addition to the five year age group scoring for the Alpha Win Championship, each of the events within the Alpha Win Series will follow USAT age group breakouts for sanctioned rankings.

USAT ATHLETE EXCESS MEDICAL 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:
• Athletes must file with their primary healthcare provider (i.e. United Healthcare, Blue Cross, Blue Shield, Aetna, traveler's insurance, etc.).
• 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.
• Athletes will pay a deductible. All claimants will pay anywhere from $250 USD (two-hundred and fifty U.S. dollars) to $1,000 USD (one thousand U.S. dollars) out of pocket and possibly more fo uncovered expenses.
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 Sanction@UsaTriathlon.org.

Ready for a new Challenge?

Checkout our New York Triathlon Series:

To register for any of our upcoming races, visit: **Alpha.Win**

Big Apple Triathlon
October 10, 2026:
Register

Hudson Valley Marathon
May 2, 2027:
Register

Bolton Landing Triathlon
June 12, 2027:
Register

Hudson Valley Triathlon
June 26, 2027:
Register

Lake George Triathlon
September 4-5, 2027:
Register

Saugerties Triathlon
September 12, 2027:
Register

#ADistanceForEveryone