



TOUGHKids[®]
WESTCHESTER

**ATHLETE
GUIDE**

SEPTEMBER 20, 2025
RYE PLAYLAND, NY

MESSAGE

The TOUGHKids Westchester Triathlon is all about fun and sportsmanship! We're excited to bring the triathlon back to the iconic Rye Playland—what a perfect place to create lasting memories!

This event is for enjoyment—not a contest of life or death. Please share the course safely and respect others' space. Parents, we're all proud of our kids and want them to do their best, but let's ensure safety and fair play for everyone.

If you're excited now, just wait until race day! You've worked hard—now relax and enjoy. We've worked hard to make this event safe and fun for you, rain or shine.

Love every moment: setting up your transition, jumping in the lake, running past cheering fans, and crossing the finish line with a medal. Every child who finishes is a winner.

Athletes, welcome to the amazing world of multisport—we hope you love it as much as we do!



YOUTH EQUIPMENT VIDEO

Watch Video: <https://youtu.be/QQwFbdaLfuE>
By Jeff Boyer, CSCS
USAT Level 2 | Youth & Junior Coach
Head Coach Barracuda Tri
info@barracudatri.com
914-960-7762



SCHEDULE

*SCHEDULE IS SUBJECT TO CHANGE

FRIDAY, SEPTEMBER 19

LOCATION: RYE TOWN PARK, PLAYLAND

12 pm – 3 pm..... Packet Pick-Up

Parents must sign a waiver for each of their children racing, therefore you cannot pick up anyone's else packet.

SATURDAY, SEPTEMBER 20

LOCATION: RYE TOWN PARK, PLAYLAND

7:30 am – 9:00 am TOUGHKids Westchester Packet Pick-Up Only and Transition Open

9:00 pm – 11:00 am Transition Closed

8:45 am..... All racers head to the beach

9:00 am – 12:00 pm..... Park closed to traffic for TOUGHKIDS Westchester race

9:00 am **TOUGHKids Ages 4-6 race begins**

9:05 am..... Ages 7-8 racers head to the beach

9:20 am **TOUGHKids Ages 7-8 race begins**

9:25 am Ages 9-10 racers head to the beach

9:40 am **TOUGHKids Ages 9-10 race begins**

9:45 am..... Ages 11-12 racers head to the beach

10:00 am **TOUGHKids Ages 11-12 race begins**

10:05 am..... Ages 13-14/TOUGHTEEN racers head to the beach

10:20 am **TOUGHKids Ages 13-14 race begins**

10:30 am **TOUGHTEEN race begins**

11:00 am..... Park roads re-open when last racer heads out on run course

11:30 am Transition re-opens when last racer finishes

11:00 am..... Awards Ceremony

1:00 pm..... All bikes/gear must be removed from transition by this time

TKS	WAVE	CAP COLOR	WRIST BAND	TIME
4-6	1	NEON YELLOW	YELLOW	9:00 AM
7-8	2	ORANGE	RED	9:20 AM
9-10	3	NEON GREEN	GREEN	9:40 AM
11-12	4	NEON RED	BLUE	10:00 AM
13-14	5	WHITE	WHITE	10:20 AM
TOUGHTEEN	6	SILVER	SILVER	10:30 AM



Start times are subject to change based on the previous waves progress. The listed times are estimates. Please listen for announcements.

PACKET PICK-UP

Friday **9/19** 12 p.m. – 3 p.m.
Registration Tent,
Rye Town Park, Playland

Saturday **9/20** 7:30 a.m. – 9:00 a.m.
Registration Tent,
Rye Town Park, Playland

Parents must sign a waiver for each of their children racing, therefore you cannot pick up anyone's else packet.

Parents need PHOTO ID to collect children's packets along with the child's USA Triathlon membership card, if they own one. If you lost the card or it has expired, print a copy or renewal receipt at USATriathlon.org. Each participant will receive a goody bag and T-shirt.

You will receive the T-shirt size you ordered. We will gladly swap sizes AFTER registration closes. Stop by the Race Info Tent 11:00 a.m. - 1:00 p.m. to exchange your shirt.

RACE PACKET

If you have a sibling racing, be careful not to mix up your numbers, swim cap and timing chips!

Enclosed in each athlete's packet will be:

Swim Cap Bib # Wristband Bike Frame# Helmet #
Timing Chip Tiki Beach Water Bottle Finisher Shirt

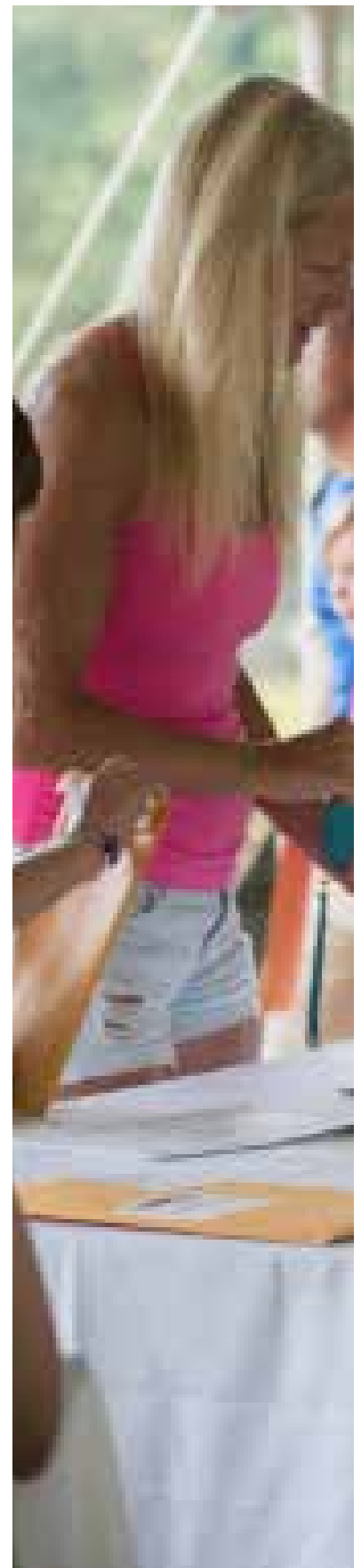
You must wear your assigned Swim Cap – no substitutions or color changes.

You need the Wristband on for:

- T-shirt
- Access in/out of Transition Area
- To race on the course (swim/bike/run)
- Post race refreshments
- Receive an Award

Your Race Number must be visible on:

- Skin (body marking)
- Bike frame & Bike helmet
- Front of run shirt/shorts or Race belt with Bib (not back); Bib # has a medical alert form on the back to complete. You should NOT wear your race number on your swimsuit – attach it to your run shirt or shorts instead and leave in transition. Boys may run bare chested as long as their number is fixed to their shorts.



RACE DAY CHECKLIST

SWIM

- Timing chip
- Swimsuit
- Goggles
- Goggle defogger
- Swim Cap
- Towel

BIKE

- Bike
- Bar ends plugged
- Bike number affixed
- Bike shorts
- Bike shirt
- Bike helmet
- Bike pump

RUN

- Safety pins / race belt
- Running shoes
- Running shorts
- Running shirt
- Running socks
- Visor / Hat
- Race number

TRANSITION AREA

- Bag or backpack
- Energy source
- Sunscreen
- Extra Towel
- Jacket / Sweatshirt
- Post race clothes
- Proper psi in bike tires
- Tire wrenches
- Water bottle and energy drink
- Sunglasses

RACE MORNING INSTRUCTIONS

Since you and 500 other athletes will be arriving at the same time, please follow these directions for a smooth race morning:

- 1) Give yourself plenty of time to drive, park and unload
- 2) Find the Registration Tent
- 3) Get on any line to pick up your race packet
- 4) Wear your timing chip
- 5) Place your Bike Number onto your bike frame and head to transition
- 6) Rack bike
(8 bikes per rack, 3 per side)
- 7) Set up gear
- 8) Place Bib Number onto front of shirt/shorts
- 9) Place Helmet Number onto helmet
- 10) Get body marked with race #
- 11) Use bathrooms
- 12) Take Timing chip, swim cap & goggles and head to the beach by 8:45 a.m.



TRANSITION AREA

- Opens at 7:30 a.m., closes at 9:00 a.m. for setup. Do not touch or move other racers bikes or equipment.
- We have open racking for the TOUGHKids Westchester race.
- There should be 8 bikes per rack and tell the child to remember where they rack.
- Rack by your bike by the seat, not the handle bars.
- Do not lean your bike against another bike/pole.
- Parents can help set up their child's transition area, but they are not allowed in transition during the race (except parents of 4-6 year olds who are allowed one (1) helper throughout the entire race).
- Bike must have a BIKE FRAME NUMBER attached in order to enter transition & wristband must be on.
- Please label all your belongings to avoid confusion on race day.
- Mylar balloons are acceptable for marking spot.
- Transition does not re-open until 11:30 a.m. YOU CANNOT REMOVE YOUR ITEMS UNTIL THAT TIME.

TIMING CHIPS

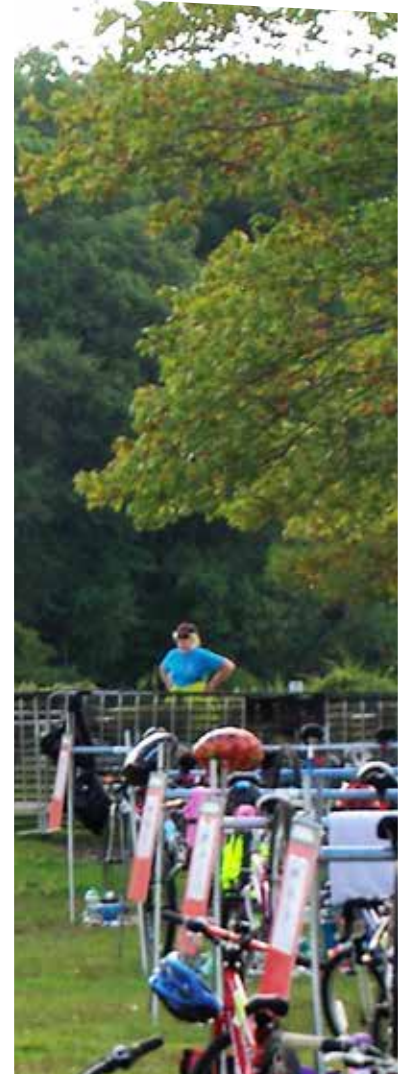
- Chip Station is located next to the Registration Tent in the event of any issues.
- Wear your Timing Chip around your ankle, being careful to secure it at the correct tightness. NO CHIP = NO TIME and NO AWARDS.
- If your child does not finish the race: **turn in the chip to the nearest volunteer or staff member.**

BODY MARKING

- Body Marking is available inside transition.
- All participants should get body marked.
- Race age will be marked on left arm.

SUPPORTERS

- Arrive before 9:00 a.m.
- Bring your parents, grandparents, friends and siblings - all welcome!
- Dogs aren't allowed in the park.



PARENT REMINDER

TOUGHKids Westchester Triathlon is a closed race course – meaning you cannot be anywhere on the race course in the way of the athletes (except the one adult allowed to accompany the 4-6 yr olds). Any parents aiding or found on the course will result in their child being disqualified (DQ). This policy will be strictly enforced to ensure the safety of all children competing.

SWIM

- Family can be with you on the beach prior to the race, but not allowed in the athlete corral, except 4-6 year olds who may have 1 helper
- Swim start is a land start
- Freshwater swim with sandy bed (no rocks)
- Buoys and rope will clearly mark the course
- Kayakers and lifeguards will be in the water for assistance/guidance/emergency. Holding on is OK, but if brought in then DQ
- Swim finish marked by a huge TOUGHKids inflatable arch
- Don't forget your goggles! (See check list, pg. 5)

SWIM COURSE

- 4-6 Age Group: 25 Yards
- 7-10 Age Group: 100 Yards
- 11-14 Age Group: 200 Yards



BIKE

- Follow the volunteers' instructions on where to ride
- Only the 11-14 year olds and TOUGHTTEEN ride 2 laps, and must count their laps.
- Remember "Ride Right" - ALWAYS stay to the right to let others pass (no riding 2-3 aside)
- Any type of bicycle is allowed EXCEPT BIKES WITH AEROBARS—road, mountain, cross, bmx, tricycle, training wheels, hybrid.
- ANSI approved helmets must be worn at all times from leaving transition to returning to transition

TRANSITION – T1

- Helmets must be worn at all times from leaving transition to returning to transition
- Walk or trot with your bike in the transition lanes to the designated Bike Mount area before riding
- No ipods allowed on bike

BIKE COURSE

- 4-6 Age Group: 1/2 Loop
- 7-10 Age Group: 1 Extended Loops
- 11-14 Age Group: 2 Extended Loops



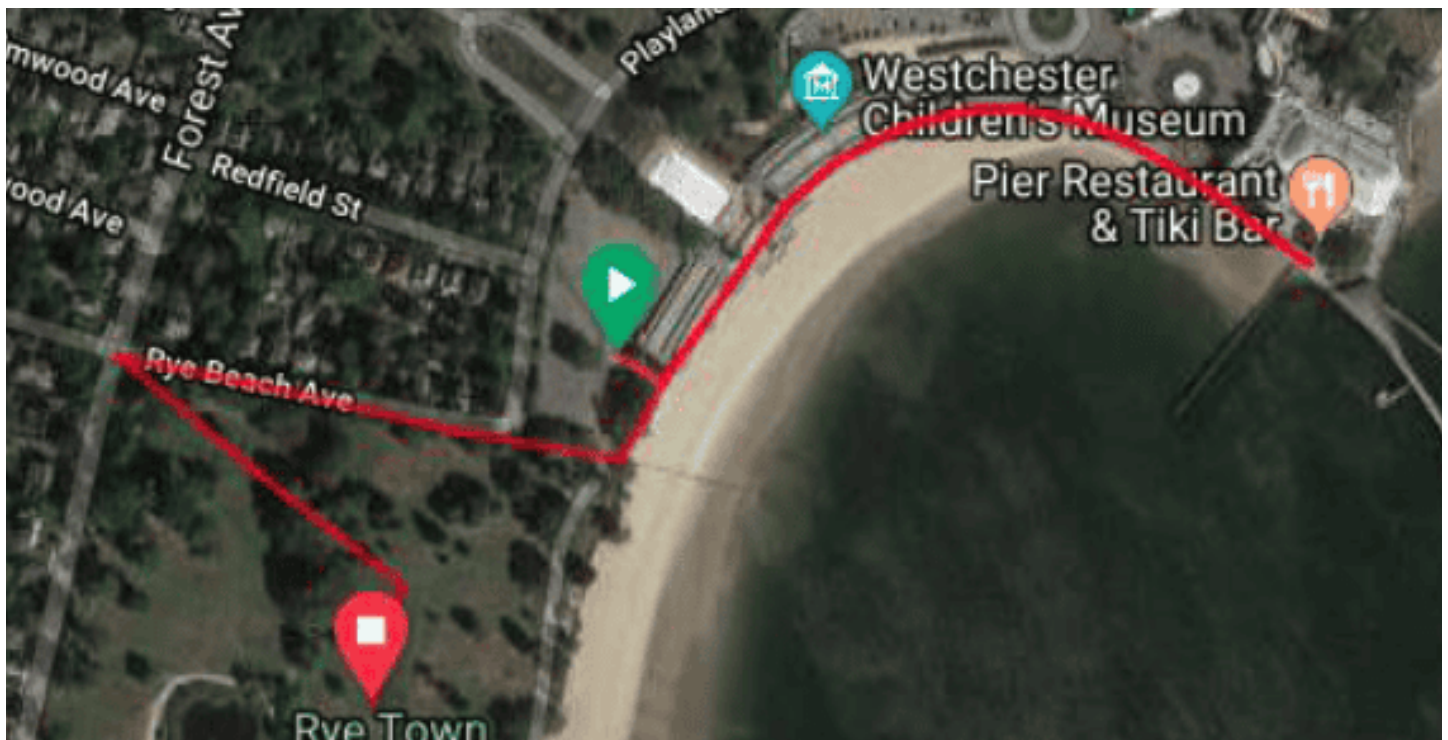
RUN

TRANSITION - T2

- Walk or trot with your bike from the Dismount line to the transition area
- No iPods allowed on run
- Race number must be worn on FRONT of run clothing

RUN COURSE

- The run course will go STRAIGHT INTO Rye Town Park and go straight into the finish line which will be parallel to the water



EQUIPMENT GUIDE AND USAT RULES

EQUIPMENT	AGES 4-6	AGES 7-8	AGES 9-10	AGES 11-12	AGES 13-14	TOUGHTEEN
Road, Mountain, Hybrid	✓	✓	✓	✓	✓	✓
BMX, Cyclo-cross	✓	✓	✓	✓	✓	✓
Training Wheels	✓					
Balance Bike	✓					
Tricycle	✓					
Aero wheels	Banned	Banned	Banned	Banned	Banned	✓
Disk wheels	Banned	Banned	Banned	Banned	Banned	✓
Aero bars	Banned	Banned	Banned	Banned	Banned	✓
Aero Helmet	Banned	Banned	Banned	Banned	Banned	✓
Motorized Bike	Banned	Banned	Banned	Banned	Banned	Banned
Tandem Bike	Banned	Banned	Banned	Banned	Banned	Banned



The use of banned equipment will result in disqualification (DQ)

USAT YOUTH RULES FOR ALL AGE GROUPS

Violations of any of the following will result in a time penalty or DQ

SWIM

No flotation devices of any kind
 No fins, paddles or gloves
 No pulling along rope

TRANSITION

No parents allowed (ages 7+)
 No retrieving gear until it re-opens
 No riding bike inside transition
 No dropping bike carelessly on ground
 Helmets must be buckled before exiting T1
 Shoes must be worn on the bike
 No personal audio devices

CONDUCT

Cyclists must ride in a safe manner. No drafting.
 No unsportsmanlike conduct from athletes or parents.
 No rude, abusive or discourteous language or behavior.
 No unauthorized assistance of any kind ages 7+.

AWARDS

- Awards Ceremony will start at approximately 11:00 a.m.
- Top 3 girls and boys in each age group receive awards.
- DNF athletes aren't eligible for prizes.

POST RACE

- Transition is open 7:30 a.m. - 9:00 a.m.
- You must remove ALL items during that time.

PARK CLOSED

Saturday, September 20

9:00 am – 11:00 am

Park closed to traffic

for the race

RESULTS

- Preliminary results will be posted on the results board when each Age Group finishes and on Facebook
- Final results will be posted at: TOUGHMANWESTCHESTER.com
- Athletes not competing the entire course will show as DNF.
- See live results on our website.

POST-RACE DISCOUNTS

Enjoy special savings from our partners:



Tiki Beach:
10% off

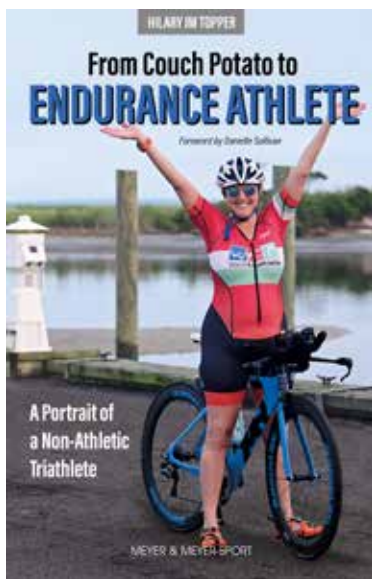


The Barley Beach House:
10% off sit-down orders
15% off takeout

3RD ANNUAL ITALIAN FESTIVAL

We're thrilled to announce that our 3rd Annual Italian Festival is back and bigger than ever — now spanning two days!

- Saturday & Sunday, September 20th & 21st
- Get ready for more delicious food, lively music, rich culture, and, of course, plenty of amore!



SPECIAL GUEST — HILARY TOPPER

At the awards ceremony, Hilary Topper will share insights from her new book, *From Couch Potato to Endurance Athlete*.

Hilary's story is one of transformation that will move, motivate, and inspire you. Expect to laugh and cry as you follow her incredible journey. Even if you don't consider yourself an endurance athlete, this book will leave you believing that no matter the challenge, crossing the finish line is within your reach.



SPONSORS

Thank you to our generous sponsors for supporting the TOUGHMAN Westchester Triathlon.



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A Triathletes Diary



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Danny's Cycles



Roads Less Cycled



TOUGHKids
WESTCHESTER

THANK YOU FOR CHOOSING TO RACE TOUGHKIDS WESTCHESTER THIS YEAR - OUR ANNOUNCER WILL BE LETTING EVERYONE KNOW THAT:

I'M A
TOUGHKID