

OCNJ Triathlon/Duathlon

A few details you should have for race day. Check-in is inside the Ocean City Community Center at the Aquatic and Fitness Center lobby. Check in is morning of the event (only).

For Triathlon Entrants -You need to arrive at the site between 6:00 am and 8:00 am (the swim is first-come, first-serve). At this time you will check in and get your swim event card for documenting your swim time.

Race ankle straps will be available for pick up after 7:00 am for the 9:00 am Run/ Bike/ Run portion of the race.

The Swim event - This segment is timed separately and is added to your outside run/ bike/run time. There will be a warm - up lane from 6:00AM until 7:30AM. Beginning at 7:30 the warm-up lane will open up to those that would double up and swim side by side. Otherwise one swimmer per lane, first-come, first-serve. When you are finished your 1/4 mile (16 laps), or 1/8 mile (8 laps for kids), you can use locker rooms, get changed and meet at the starting line at 9:00 AM. All swim times must be in by 8:30 AM.

For Duathlon Entrants - Please arrive between 7:30 and 8:30 to pick up your ankle strap timing chip and T-shirt. See Instructions for Run/Bike/Run.

The Run/ Bike/ Run - The 2 mile Run/16 mile Bike/2 mile Run event, & 1 mile run/8 mile bike/1 mile run for kids begins at 9:00 AM. The start will be at the south side parking lot of the Aquatic & Fitness Center. It is suggested to rack your bike and get your equipment ready by 8:30am (YOU MUST WEAR A BIKE HELMENT) (NO HEAD PHONES ALLOWED). Water will be available on both runs. There will also be water at the transition area. It is advised to have your own water on your bike, if possible. Your ankle strap must be worn at all times to calculate transition times and finish.

Tri Race -Your swim time and run/bike/run time will be added together at this time for the final results.

Du Race - Your final Run/Bike/Run time will be your final race time.

This early spring event is always a fun workout day!!

Awards and refreshments follow the end of this event. Awards will not be mailed.

Any questions please contact me at (609) 398-6900 or e-mail recreation@ocnj.us