

TOUGHKids®

2025 TRIATHLON



ATHLETE GUIDE

SEPTEMBER 13, 2025
HARRIMAN STATE PARK, NY

Morgan Stanley



LANDING POINT



White Plains Hospital



MORGANFRANKLIN
CONSULTING



NASSAU
ANNUITY

BORN BOUND
WE ARE BORN BOUND

MESSAGE FROM THE EVENT DIRECTOR

Welcome to the TOUGHKids Triathlon! This event is all about one thing: **having fun and celebrating the spirit of multisport!**

Remember, sportsmanship is at the heart of our race. This isn't a battle for individual glory—it's a joyful experience shared with friends, family, and fellow athletes. Please stay safe, respect the course and those around you, and show kindness to every participant.

Parents: We know how proud you are of your kids, and we want the best for them. Let's all commit to creating an environment where safety, fairness, and encouragement are given to every child and parent alike.

If you're feeling excited now, just wait until race morning—you're in for an unforgettable day! You've trained hard and prepared well. Now, all that's left is to relax, enjoy, and soak in every moment of this event we carefully designed to be safe, organized, and full of fun for the whole family.

Rain or shine, the race will go on!

Love every second—from:

- Setting up your unique transition area
- Taking that exhilarating first jump into the lake
- Surrounded by cheering friends and family
- Crossing the finish line and proudly earning your medal

Remember, every child who finishes is a champion.

Your place doesn't define your victory—your courage and effort do.

Athletes, welcome to the wonderful world of multisport! We hope this is just the start of a lifelong passion. Looking forward to seeing you out there!



YOUTH EQUIPMENT VIDEO

Watch Video: <https://youtu.be/qqwfbdaLfuE>

By Jeff Boyer, CSCS

USAT Level 2 | Youth & Junior Coach

Head Coach Barracuda Tri

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SCHEDULE

*SCHEDULE IS SUBJECT TO CHANGE

FRIDAY, SEPTEMBER 12: LAKE WELCH, HARRIMAN STATE PARK

12 pm – 4 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 13: LAKE WELCH, HARRIMAN STATE PARK

10:00 am – 11:30 am TOUGHKids Packet Pick-Up Only

7:00 am – 10:30 am Main entrance closed to traffic

Please note the main entrance will be closed for the Olympic Triathlon so enter on Route 106.

11:00 pm – 11:45 am Transition open

11:45 am All racers head to the beach

11:45 pm TRANSITION CLOSED UNTIL APPROX. 2 P.M.

12:00 pm – 2:00 pm Park closed to traffic for TOUGHKIDS race

12:00 pm TOUGHKids Ages 4-6 race begins

12:05 pm Ages 7-8 racers head to the beach

12:20 pm TOUGHKids Ages 7-8 race begins

12:25 p.m Ages 9-10 racers head to the beach

12:40 pm TOUGHKids Ages 9-10 race begins

12:45 pm Ages 11-12 racers head to the beach

1:00 pm TOUGHKids Ages 11-12 race begins

1:05 pm Ages 13-14/TOUGHTEEN racers head to the beach

1:20 p.m TOUGHKids Ages 13-14 race begins

1:30 p.m TOUGHTEEN race begins

2:30 pm Park roads re-open when last racer heads out on run course

2:30 pm Transition re-opens when last racer finishes

2:30 pm Awards Ceremony

3:00 pm All bikes/gear must be removed from transition by this time

10:00 a.m. - 6:00 p.m. Expo Open. We have lots of great gear for kids, so don't forget to bring cash/credit cards.



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

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	9/12	12 p.m. – 4 p.m. Registration Tent, Lake Welch, Harriman State Park
Saturday	9/13	10 a.m. – 11:30 a.m. Registration Tent, Lake Welch, Harriman State Park

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 11:40 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

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

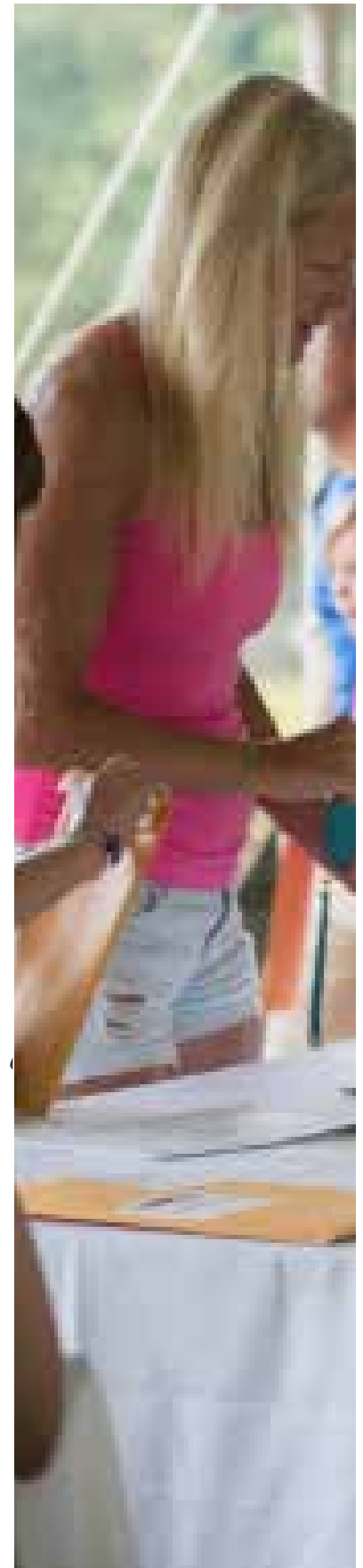
You need the Wristband on for:

- 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

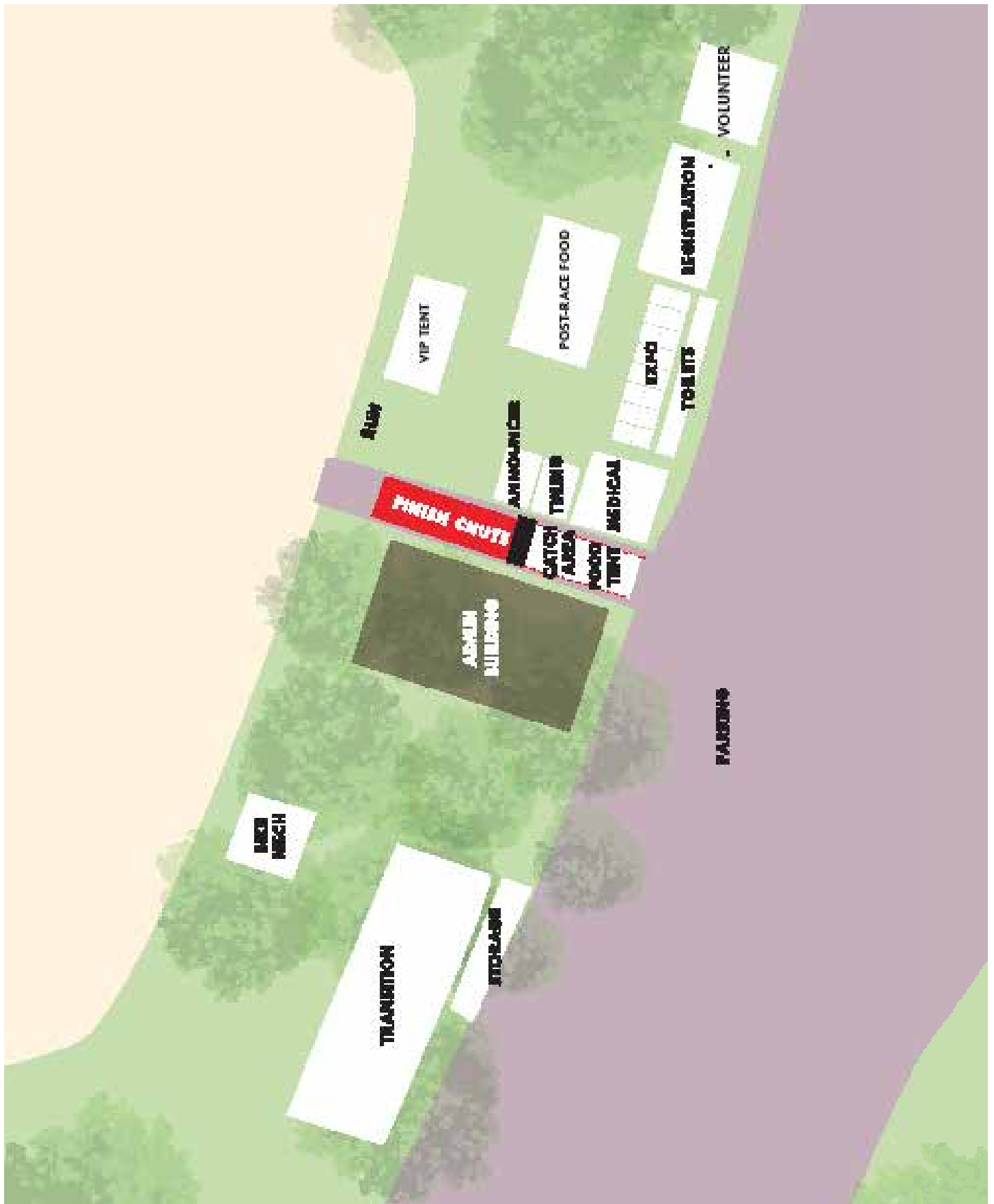
RACE MORNING INSTRUCTIONS

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 11:45 a.m.

- Tire wrenches
- Water bottle and energy drink
- Sunglasses





TRANSITION AREA

- Opens at 10:00 p.m., closes at 11:40 p.m. for setup. Do not touch or move other racers bikes or equipment.
- We have open racking for the TOUGHKids 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 2:30 p.m. **YOU CANNOT REMOVE YOUR ITEMS UNTIL THAT TIME.**

TIMING CHIPS

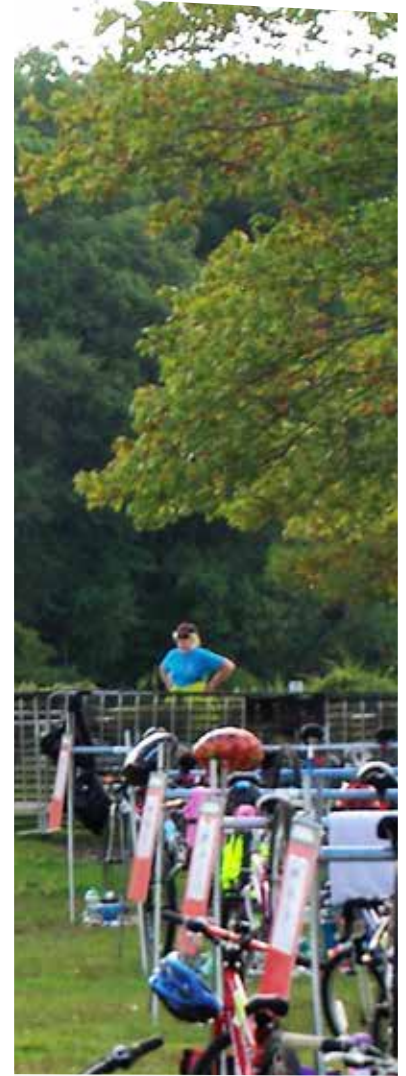
- Chip Station is located next to the Registration Tent in the event of any issues.
- Wear your Timing Chip around your ankle, being careful to secure it at the correct tightness. **NO CHIP = NO TIME and NO AWARDS.**
- If your child does not finish the race: **turn in the chip to the nearest volunteer 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 10:00 p.m.
- Bring your parents, grandparents, friends and siblings - all welcome!
- Dogs aren't allowed in the park.



PARENT REMINDER

TOUGHKids 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.

ET TOUGH!

TOUGH Kids[®] SHOP

OPEN FRIDAY 12PM - 5PM SATURDAY 8AM - 6PM SUNDAY 6AM - 3PM



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)

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

- Follow the volunteers' instructions on where to ride
- Only the 11-14 year olds and TOUGHTEEN 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 (see page 10)
- ANSI approved helmets must be worn at all times from leaving transition to returning to transition

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



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

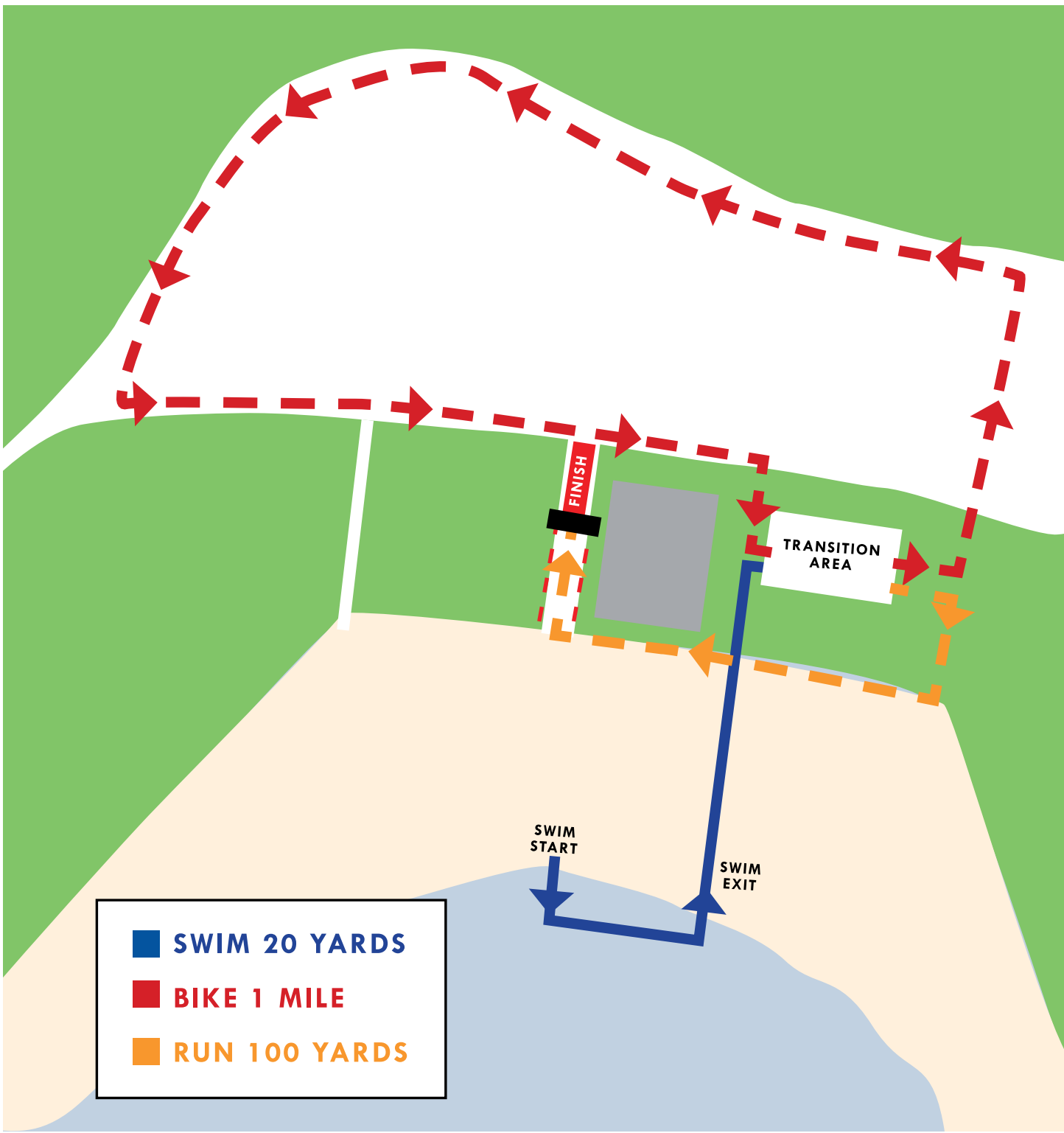
No parents allowed (ages 7+)
 No retrieving gear until it re-opens
 No riding bike inside transition
 No dropping bike carelessly on ground
 Helmets must be buckled before exiting TII
 Shoes must be worn on the bike
 No personal audio devices

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+.

4-6
YEARS OLD

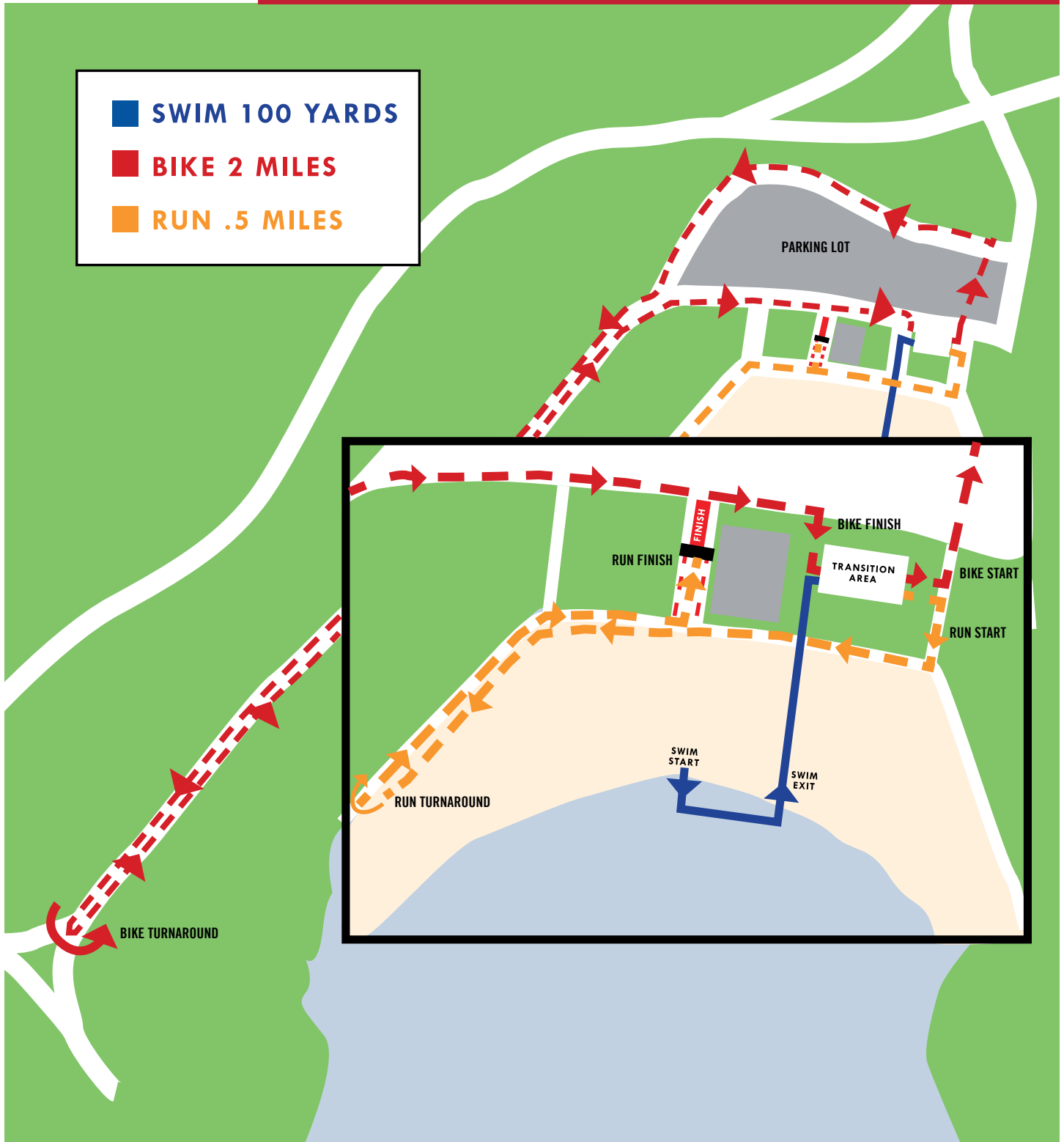
COURSE MAP



7-10
YEARS OLD

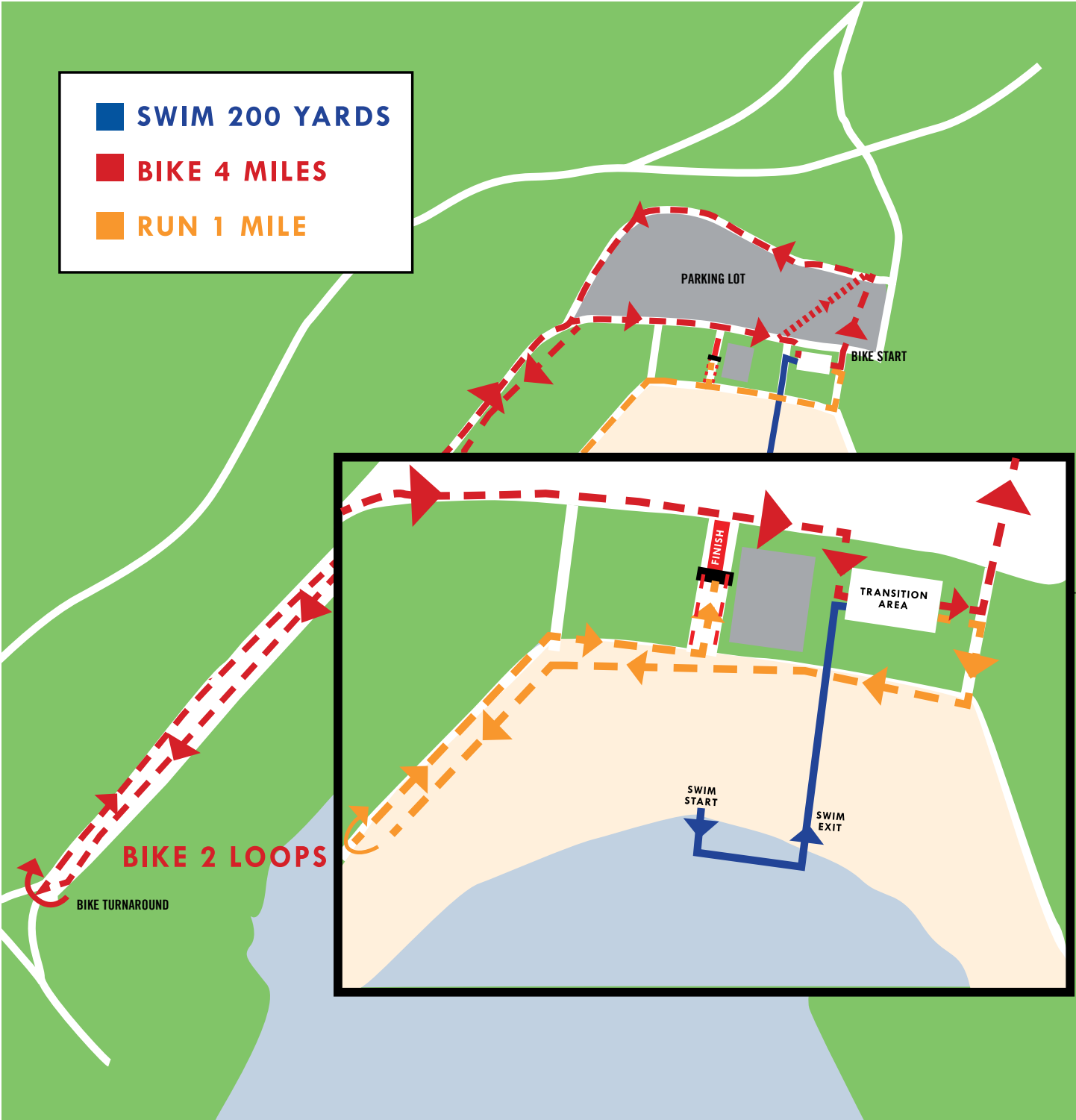
COURSE MAP

- SWIM 100 YARDS
- BIKE 2 MILES
- RUN .5 MILES



11-14
TEEN

COURSE MAP



MAKE-A-SIGN TENT

Stop by and create a picture or sign

AWARDS

- Awards Ceremony will start at approximately 2:00 p.m.
- Age group awards given to the top 3 girls and top 3 boys of each age group.
- Athletes that do not complete the full course are not eligible for prize placement.

POST RACE

- Transition is open 2:00 p.m. - 3:00 p.m.. You must remove ALL items during that time.
- Expo will be ongoing until 6 p.m.

ALERT! PARK CLOSED

Saturday, September 13

7:00 am – 10:00 am..... Main entrance closed to traffic

Please note the main entrance will be closed for the Olympic Triathlon so enter on Route 106.

12:00 pm – 2:30 pm..... Park closed to traffic for TOUGHKIDS 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 approx. 2:30 p.m. at: www.TOUGHKIDSTri.com
- Athletes not competing the entire course will show as DNF.
- See live results on our website.



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<p>Mark J. Klion MD, PC markklionmd.com 212.737.3301</p> 	 <p>LANDING POINT</p>	 <p>White Plains Hospital</p>



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

I'M A
TOUGHKID