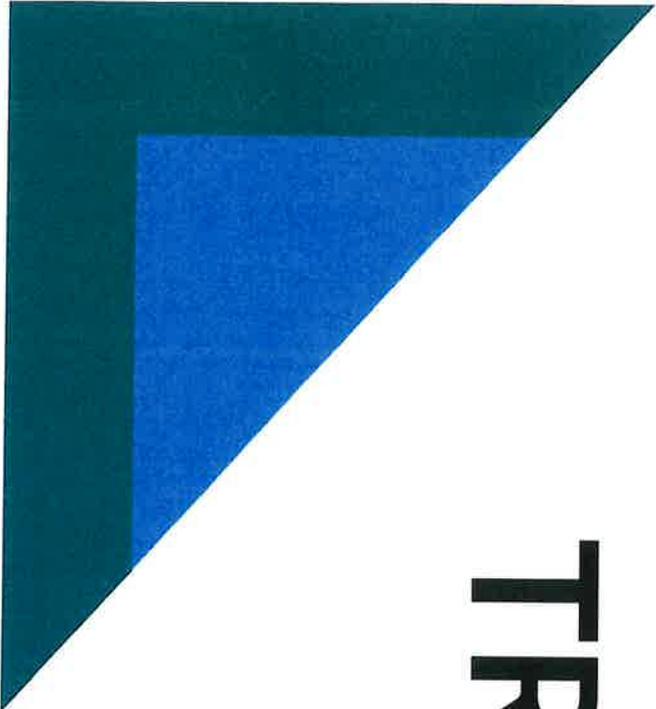




PRINCETON TRIATHLON

2nd Annual Proposal



Executive Summary

- ❑ This proposal is for the 2nd Annual Princeton Triathlon to be held in Princeton, 2026.
- ❑ The 1st Annual Princeton Triathlon event was held in June, 2025 and was very well received (details in following slides).
- ❑ There are suggested modifications for this year's event related almost entirely to participant and other feedback.
- ❑ We look forward to working closely again with Princeton Department Heads to create and run an outstanding event.

Outline

- ❑ Proposal Summary & Background
- ❑ 2025 Event Recap
- ❑ 2026 Proposed Event Overview
 - Details of Proposal
 - Safety Considerations

What is a Triathlon?

- A triathlon is an endurance event that starts with a Swim, then Bike, then Run
 - Triathlon is a featured Olympic sport
 - It is one of the fastest growing sports in the US
 - They are excellent for health and well-being
 - There are many different lengths as follows:

	Swim	Transition 1	Bike	Transition 2	Run
Supersprint	.25 mile		5 mile		1.5 mile
Sprint	.5 mile		10 mile		3 mile
Olympic	1 mile	Swim to Bike	28 mile	Bike to Run	6 mile
Half Iron	1.5 mile		56 mile		13 mile
Iron Man	2.5 mile		112 mile		26 mile

Princeton Multisport Overview

The Princeton Multisport 501(c)(3) organization has established itself as a leader at the local, state, and national level by:

- Laying the foundation for the Princeton High School Triathlon Club.
 - 50+ active members.
 - 3x NJ State Champions and Delaware State Champions.
 - Many local and national sponsors.
 - Featured in [Town Topics](#) as well as a [national case study](#) by USA Triathlon.
- Catalyzing the growth of Wave2Wave.
 - First triathlon club of its kind and fastest growing in the country with 100+ members.
 - Promotes access to multisport for all, including those with disabilities.
 - Offers financial aid for equipment to break barriers for entry into multisport.
- Organizing the Princeton Triathlon!



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2025 Full Course



2025 Event Accomplishments

One of three Youth NJ championship courses!

Estimated

500+

total community involvement

- Nearly sold out at 250 competitors
- 22 local and national companies supported
- Participants drawn from 4 different states

Of all profit,

100%

went to charity

- Dare2Tri - aids athletes with disabilities nationally
- Princeton First Aid & Rescue Squad
- Plans to expand charitable donations

Satisfaction rating of

94%

from a survey of participants

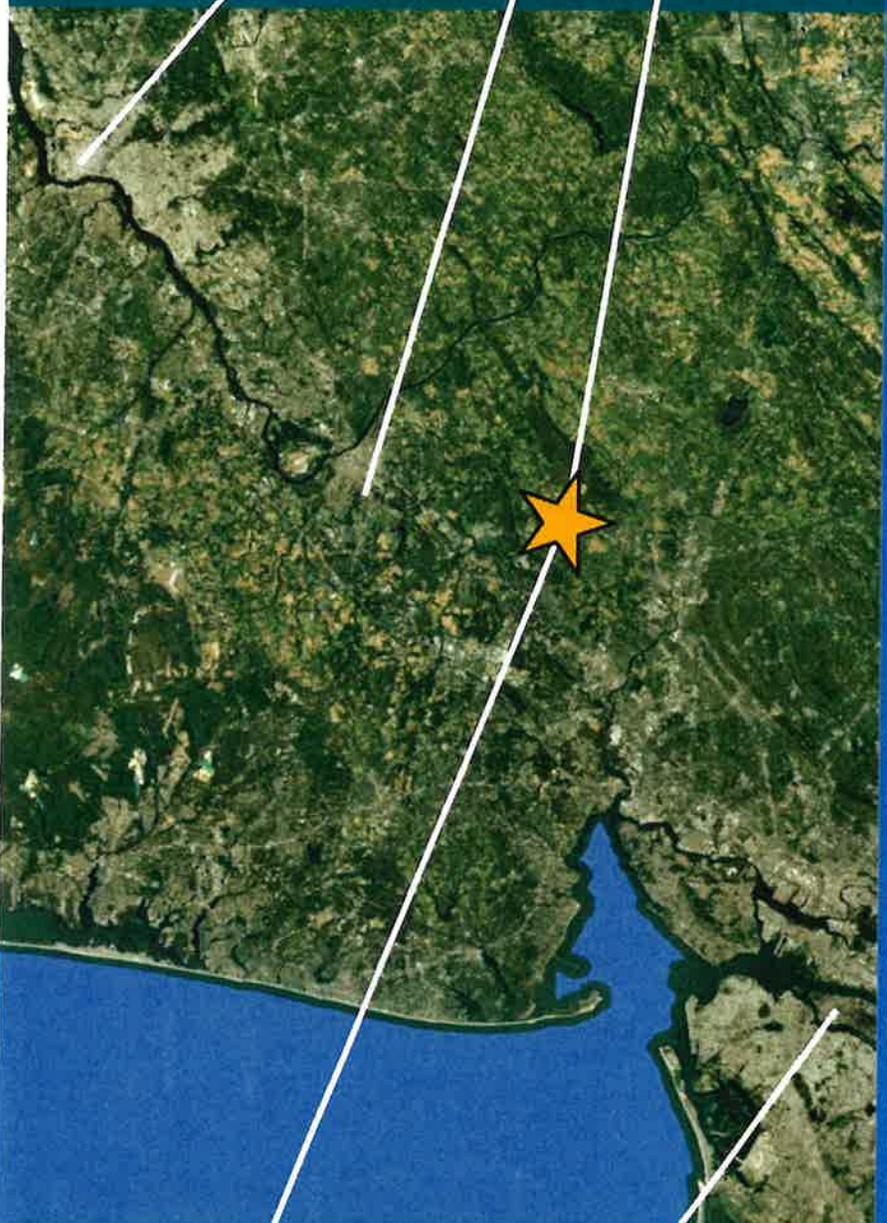
- Extremely high praise from dozens of participants and families
- Many requests to create an annual event
- Event success featured in [Town Topics](#)

2025 Event Community Feedback

"I was very impressed by this race. This was a very accessible tri for a first timer and enjoyable for the more seasoned athlete as well."

"Really enjoyed the short, fast race and plan on doing it again next year! Love that it supports a local HS tri team."

"I told several people that this was one of the best organized triathlons that I have ever competed at! It was hard to believe that it was the inaugural event. Thank you for a well organized and SAFE event."



"You all did an AMAZING job organizing this! The athlete guide was so detailed and organized! Loved the video walk through of the bike and run courses! The event as a whole was very well run."

"It felt like a real community experience. So great to see all ages and abilities taking part. I hope you keep finding ways to grow the sport in the area. Thanks so much and well done in organizing a terrific event!"

Key Takeaways

- ❑ Parking system
 - CP field lot fills up fast
 - Better signage
- ❑ Transition area
 - Better communication with signage and volunteers
 - Bush area protection
 - Need restrooms closer to transition
- ❑ Bike course
 - Better communication with signage and volunteers

Event Partners



Dare2Tri

- Aids disabled athletes across the country.
- Helped with accessibility aspect of course.
- Event beneficiary.



USAT

- National triathlon oversight organization.
- Provided insurance among other benefits.
- Helped with event promotion.



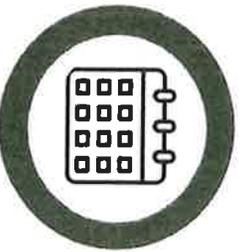
DQ Events

- Manages 100s of events over NJ.
- 20+ year of experience.
- Provided web services, timing, equipment, etc.

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2026 Event Overview



Date*

June 6, 2026



Participants

~500 athletes
100+ members of
PHS athletics have
expressed interest



Safety

Insurance provided
for event through
USAT
Large volunteer
team partnered with
to assist athletes
Lifeguards will be
on duty



Proceeds

PHS Triathlon Club
Dare2Tri (benefits
athletes with
disabilities)
Princeton Township
Departments

Broader Community Benefit

“As a non-profit specializing in adaptive sports, we equip athletes of all abilities to break through barriers, achieve their personal best, and experience the life-changing impact of physical activity. Whether it’s through recreation, competition, or community events, we provide the resources, support, and inclusive environment that athletes need to thrive.”

- Dare2Tri



This unique event, only one of its kind, reaches further than athletics to provide a community wellness event that is supported by neighboring towns and benefits the township and a non-profit for those with disabilities.



2026 Proposed Course

	Swim	Transition 1	Bike	Transition 2	Run
Supersprint	.25 mile		5 mile		1.5 mile
Sprint	.5 mile		10 mile		3 mile
Olympic	1 mile	Swim to Bike	24 mile	Bike to Run	6 mile
Half Iron	1.25 mile		56 mile		13 mile
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2025 - 2026 Overview of Changes

Feedback

- Increased participant count to accommodate USAAT High School State Championship.
- Popular demand for sprint distance and desirable for USAAT.

Changes

- Participant cap increased from 250 to 500 people.
**reduced from 750*
- Sprint distance event included along with supersprint.

Reasoning

- Opportunity to align with USAAT on state championship is a huge one for the town of Princeton.
- Community support and participation is very high so want to accommodate as much as possible.

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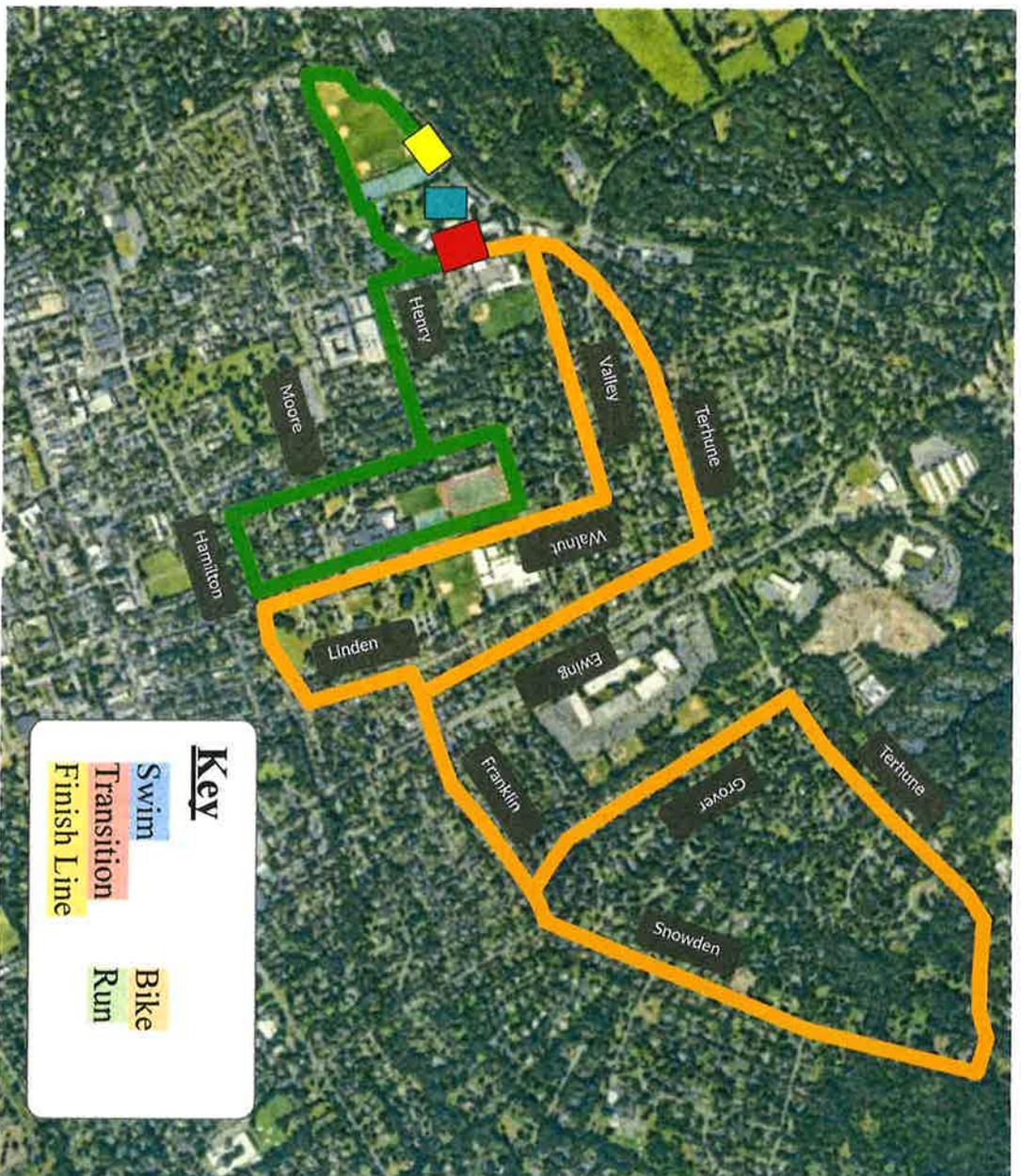
2026 Course

Bike

- Youth - one small loop
- SuperSprint - one large loop
- Sprint - two large loops
- Major street intersections: Witherspoon, Hamilton, North Harrison
- Estimated closure time: 9:25am

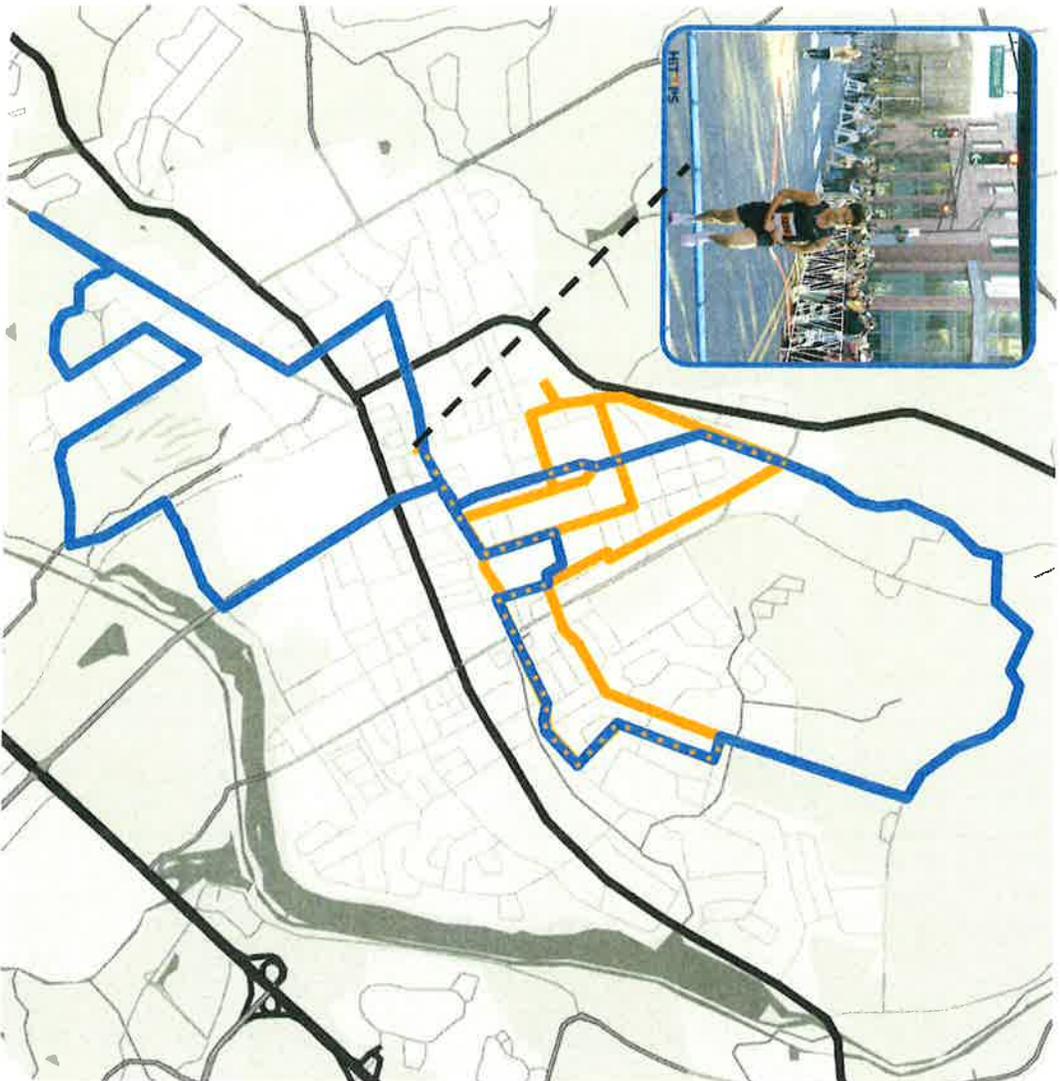
Run

- Kids - straight to park
- SuperSprint - Moore and back
- Sprint - whole course out/back
- Two aid stations (in the park and at Moore x Henry)
- Major street intersections: Wiggins, Witherspoon
- Estimated closure time: 9:50am



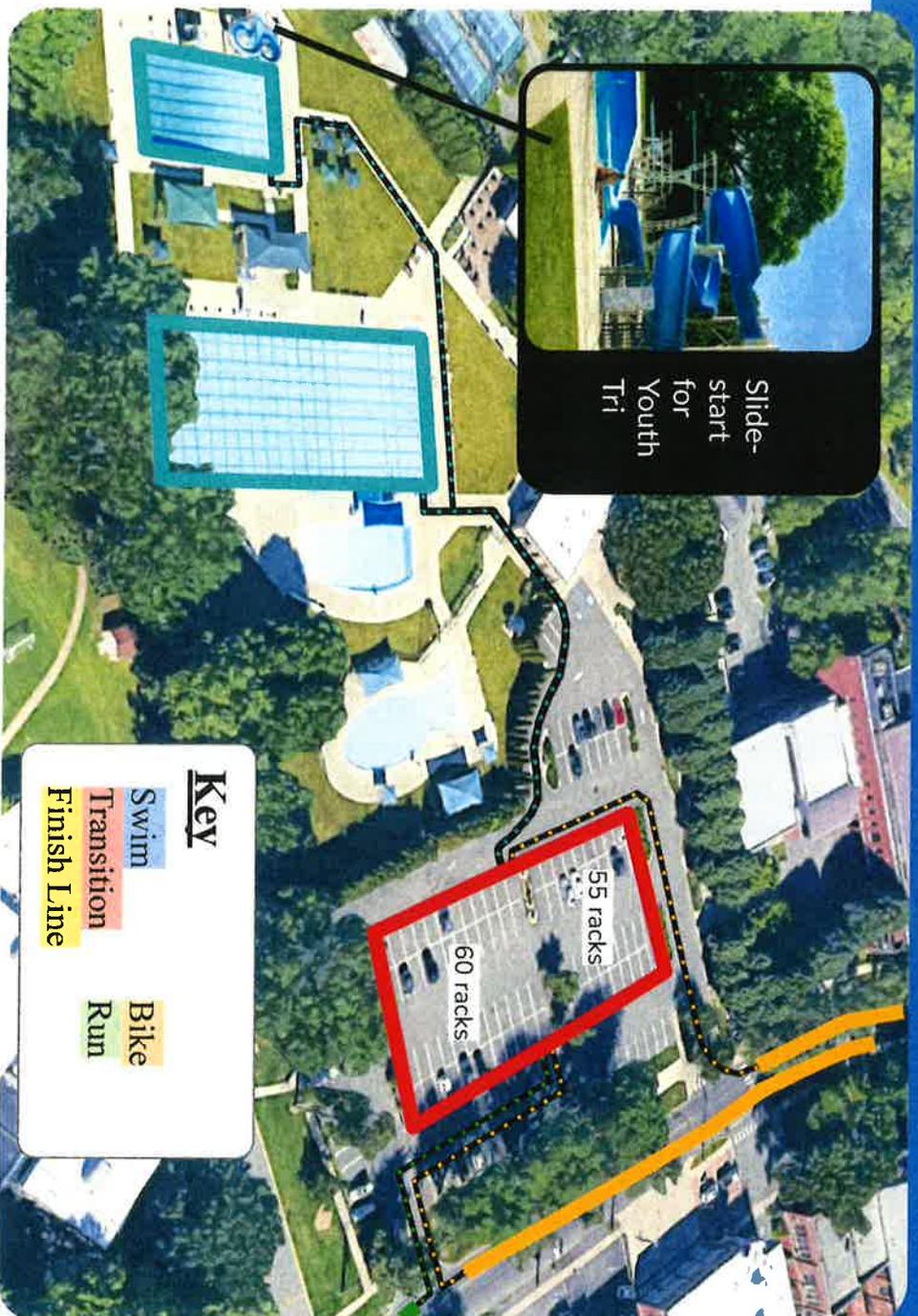
Comparison to Other Princeton Events

Event	Timing	Total Road Closure Time for Event	Footprint covered	Participants	Major street intersections	Other Info
Princeton Triathlon	7:00-10:00am	2 hours 50 min (>75% roads open at 2 hours 25 mins)	6.5 miles	500	Witherspoon, Hamilton, North Harrison	
Princeton 5k	8:30-10:00am	1 hour 5 min	2.7 miles	500	none	
Princeton Half Marathon	7:00-11:30am	3 hours 30 min	~12.5 miles	1,770	Nassau, Alexander, and others	Crosses state and county roads
Critical Mass Princeton	7:00-8:00pm	1 hour 10 min *on open road	3.8 miles	~200	Nassau, Valley, North Harrison, Witherspoon	~45 cyclists on road at the same time (escorted by police)



Princeton Triathlon & Princeton Half Marathon Course Overlay

T1/T2 & Swim



Slide-start for Youth Tri

Key
Swim
Transition
Finish Line
Bike Run

Swim

- Youth - dive well (100m)
- SuperSprint - main pool (300m)
- Sprint - main pool (400m)
- Volunteers controlling lines
- Spectator and participant areas marked off
- Time trial start for all
- 5-15 seconds between

Transition

- Separate area per group to avoid confusion
- Extremely clear signage and volunteers onsite to help
- Staggered start reduces congestion

Timeline to Event

January, 2026

Event posted on NJ
Triathlon website and
registration opens

June, 2026

Hold event in
Princeton

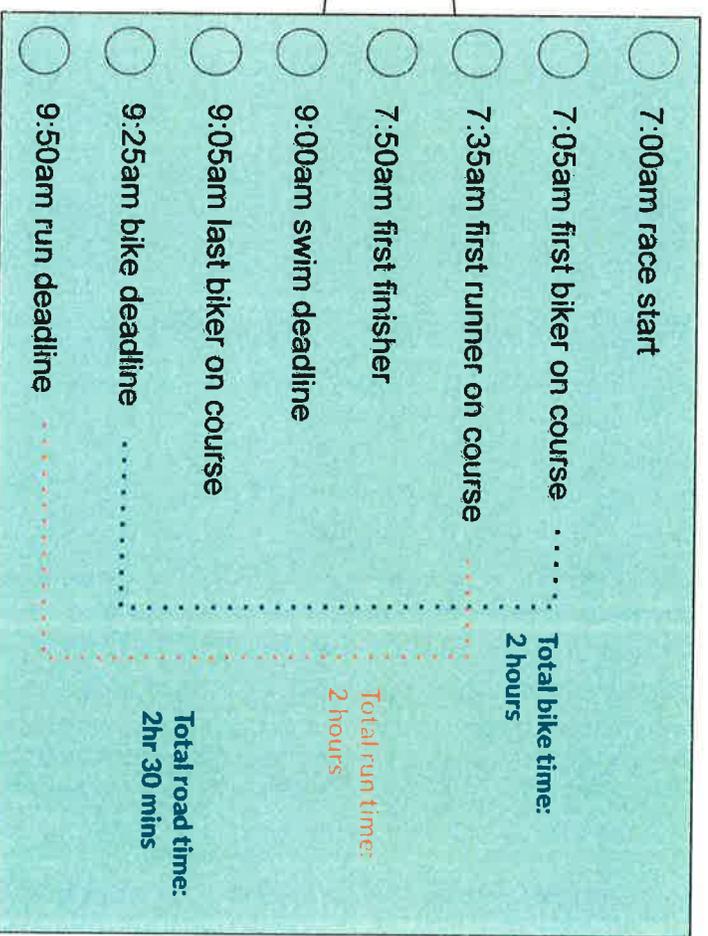
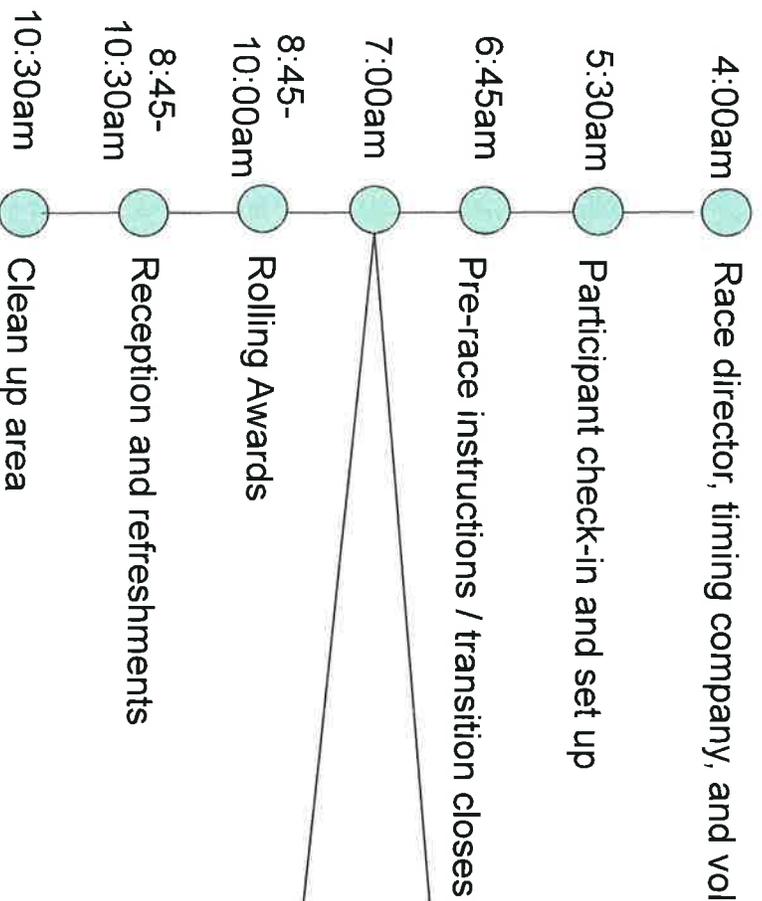
December, 2025

Review proposal with
department heads to ensure
logistics are ideal

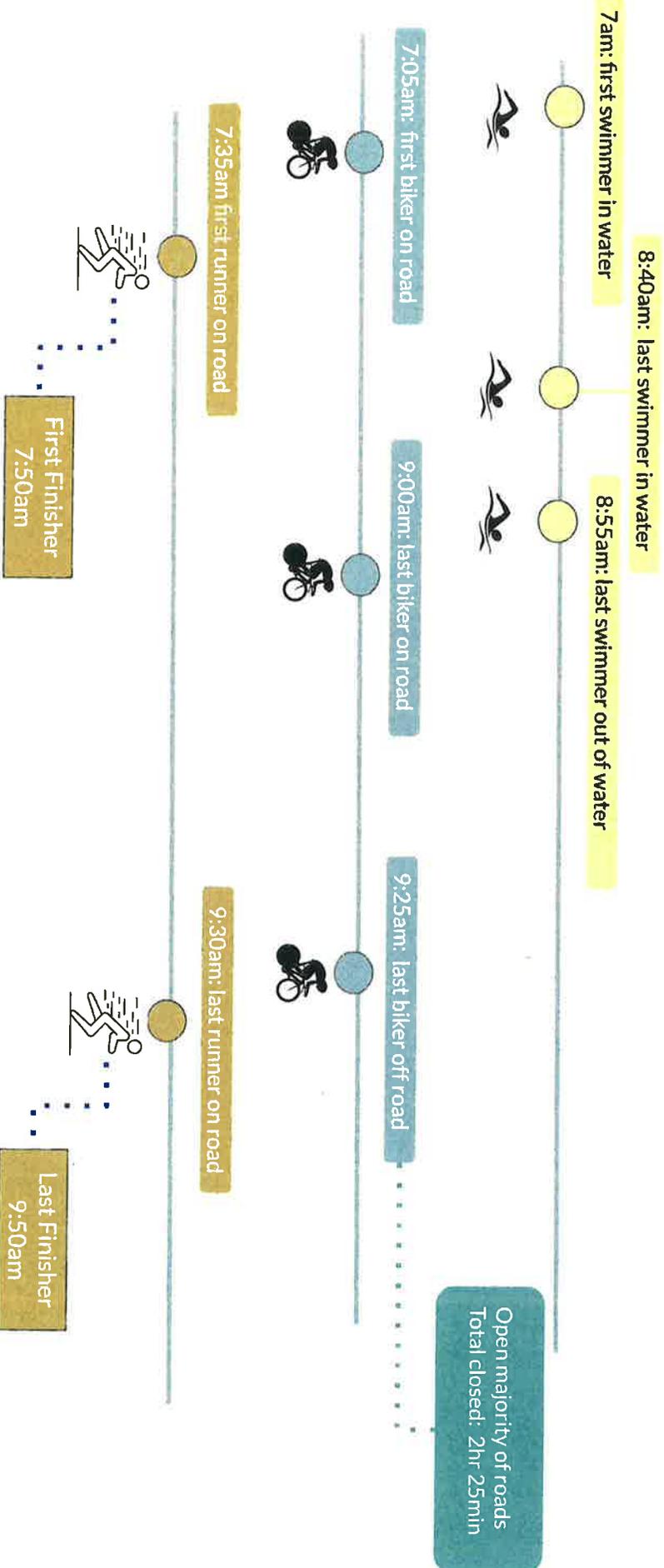
May, 2026

Full walkthrough of entire
event with police and
volunteers to ensure all
steps are ready for event

Race Day Timeline and Breakdown



Another Look at Timing



Finish Line



Finish line inside CP Park by the pavilion with music, friends and family, community members, and refreshments



Water, food, and awards will be provided under the pavilion - all participants will get a medal and a shirt, winners will get a plaque. Area will be cleaned and emptied by 11am.

Event Parking



- 1 Mountain Lakes Lot (~75)
 - Secondary participant parking
 - 2 CP Field Lot (~115)
 - Primary participant parking
 - 3 CP Elementary Lot (~55)
 - Primary participant parking
 - 4 CP Pool Lot (~100)
 - Only for transition
 - 5 Police Lots (~105)
 - For township vehicles in the area
 - 6 Municipal Lot (~50)
 - Township or participant?
 - 7 Franklin Lot (~250)
 - Participant overflow parking
 - 8 Contes Lot (~75)
 - Participant parking with permission
- Total: ~620 spots in immediate area**
- Not including street parking
 - Not including lots 4 or 5

Important Notes

- Mandatory course closure times in place to free up streets.
- Some participants biked or car-pooled to the event which frees up parking.
- Beginner-friendly course with volunteer support throughout.
- All participants receive a shirt upon registration and medal upon finishing.
- Portable restrooms could be dropped right outside of the CP parking lot and removed day of which increases accessibility.

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Levels of Event Safety

Volunteer Force

A volunteer force of ~50 will be assisting with all aspects of safety throughout the whole event.



Support from National Organizations

The national timing company, DO events, and the national triathlon oversight organization, USA Triathlon are both in support of this event. Mainly, this includes **provided insurance** for the event.

Professional Safety Personnel

Stationed around the event, including police officers, EMS personnel, lifeguards, department of public works

Additional Safety Considerations

Pool Safety

- Recommendation: 4 lifeguard on stand in main pool, 3 in dive well.
- Main pool entry / exit on stairs with volunteers and lifeguards present to insure safety.
- The maximum number of swimmers in the pool at once will not exceed ~90.

Transition Zone Safety

- Clearly marked with caution tape and signage.
- Volunteers present in transition area to assist participants.
- Specific groups separated in transition to avoid confusion and to streamline competitors.

Bike Course Safety

- Clearly marked with signage and volunteers at major intersections.
- Police present to keep cars off the roads being used by the course.
- Bike shops present as sponsors to assist with pre-race mechanical issues.
- USAT rules enforced (includes required helmets and other safety items).
- Volunteers roaming to insure course-wide safety.



Additional Safety Considerations (cont.)

Run Course Safety

- Clearly marked with signage and volunteers at major intersections.
- Caution tape to separate runners and avoid congestion on the course.
- Aid (water, etc.) stations at two locations along the course.
- Police presence to insure safety on roads.

Other Precautions Taken

- Actively completing the USAT sanctioning process with local representatives to acquire insurance and other important items.
- Timing company (DQ Events) with 20+ years of experience in running events.
- EMT vehicle present dedicated to the event.
- All heads of involved departments involved in planning and oversight.



**Thank you for
considering this
proposal**