

XTERRA NEW JERSEY 2026

Racer Guide

Welcome to XTERRA New Jersey!

Get ready for an unforgettable weekend of off-road adventure in the heart of Stokes State Forest. This guide contains all the essential information you need for a successful and enjoyable race. We're thrilled to have you join us!

Event Overview

- **XTERRA Triathlon:** Swim, Mountain Bike, Trail Run
- **XTERRA Duathlon:** Trail Run, Mountain Bike, Trail Run
- **XTERRA Adventure Triathlon:** Paddle, Mountain Bike, Trail Run
- **XTERRA Trail Run:** Marathon, Half, 11K & 5K
- **XTERRA Mountain Bike:** Endurance, Cat 1/2/3 & Jrs
- **Location:** Stokes State Forest, NJ
- **Date:** April 25-26, 2026
- **Experience Level:** All levels welcome

Important Athlete Notes

- **Mountain Bike Required for All Bike & Multisport Events:** Course has some technical features with challenging climbs and descents. No E-Bikes permitted.
- **Action Sports & Outdoors** has a limited number of rental bikes available. You can pick up rental bikes at Stony Lake Saturday and drop off after racing on Sunday at Y Camp. They will also be providing neutral tech support for bikes.
- **Root Runners Raffle** - Root Runners will be providing a package of runner goodies to raffle off on Saturday following the Trail Runs. Each registered runner will get a raffle ticket and you can buy more. 100% of Raffle proceeds will be going to New York - New Jersey Trail Conference.
- **Wetsuit Recommended:** Water temperature is expected to be in the low 60s.
- **Run:** Trail run with rolling hills and scenic views. Trail shoes recommended.
- **Course Conditions:** Be prepared for varied terrain, water crossings (not deep) & possibly mud.
- **Trail Markings:** Trails will be well marked with color coded course arrows and survey tape. Given the nature of off-road courses there is potential for a sign to fall so it's a good idea to study the Maps & ...
- **Download the Course** to your Watch, Bike Computer or Phone (Free RideWithGPS)
- **Rules:** USA Triathlon, USA Cycling & USA Track & Field Rules will be followed.
- **Driving:** Please be extra cautious while driving in the Park and at the Y Camp as there will be racers out on course and there are a few road sections and crossings.
- **Camping:** We have reserved a group campsite with 12:00 PM check in. A separate email will be going out with full details for everyone that signed up for camping.

Locations & Directions

- Saturday Trail Run & MTB Races plus MTB Rental Pickup: [Stony Lake Area in Stokes](#)
- Saturday Swim Practice: [YMCA Camp Linwood MacDonald](#)
- Saturday Packet Pickup: [Angry Erik's Brewing](#)
- Sunday Multisport Races: [YMCA Camp Linwood MacDonald](#)

Saturday Schedule

6:30	Packet Pickup Opens @ Stony Lake Area in Stokes
7:30	START - Marathon
8:00	START - Half Marathon
8:30	START - 11K
9:00	START - 5K
10:00	START - 3 Hour Endurance
10:15	AWARDS - 11K & 5K
10:30	START - Category 1
11:00	START - Category 2 Start
11:15	AWARDS - Half Marathon
12:00	START - Category 3 & Jrs
12:30	AWARDS - Category 1 MTB
13:00	AWARDS - Category 2 MTB
13:00-14:00	SWIM Practice @ Y Camp
13:30	AWARDS - Marathon & Cat 3/Jrs MTB
17:00-19:00	Packet Pickup - Multisport Events @ Angry Eriks Brewing

HIGHLY RECOMMENDED that you come to Saturday PM Pick Up to save yourself time on race morning.

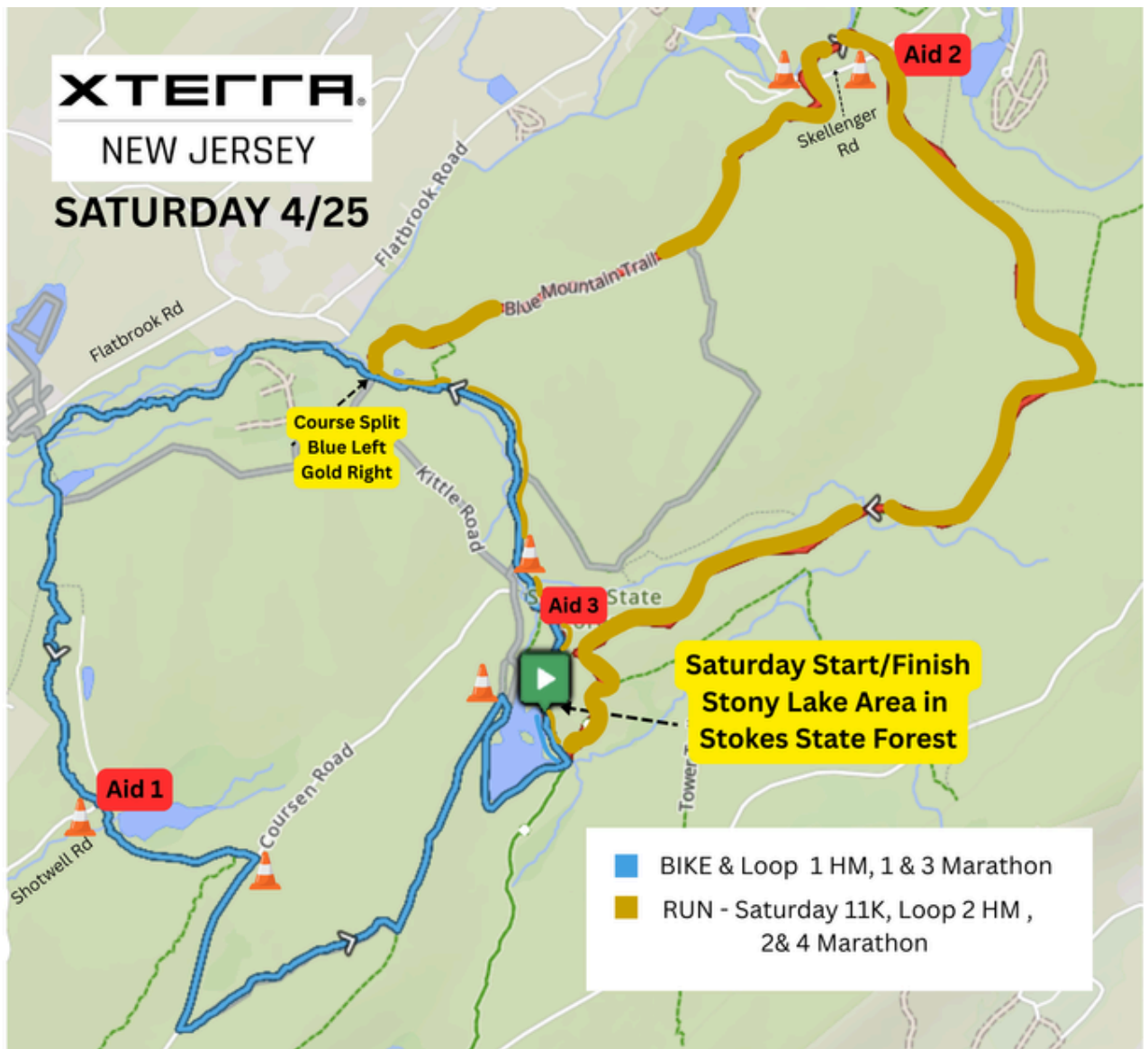
Sunday Schedule

7:00	Packet Pickup & Transition Opens @ Y Camp
8:30	FULL Triathlon Racers Meeting @ Dock
8:45	START - FULL Triathlon & Relay Teams (Pairs of 2 Racers)
9:10	
9:30	START - Duathlon - Finish Area Pavilion (Mass Start)
9:30	
10:00	START - SPRINT Triathlon (Pairs of 2 Racers)
10:00	
11:00	START - Adventure Paddle Triathlon (Mass Start from Swim Exit)
11:00	
11:00	LIVE MUSIC with The Porch Pirates
12:30	Awards Ceremony

Saturday Course Maps

Note: We will be marking courses Tuesday & Wednesday. In case of any course changes, the maps on RideWithGPS will be updated accordingly.

RIDE WITH GPS ROUTE MAPS

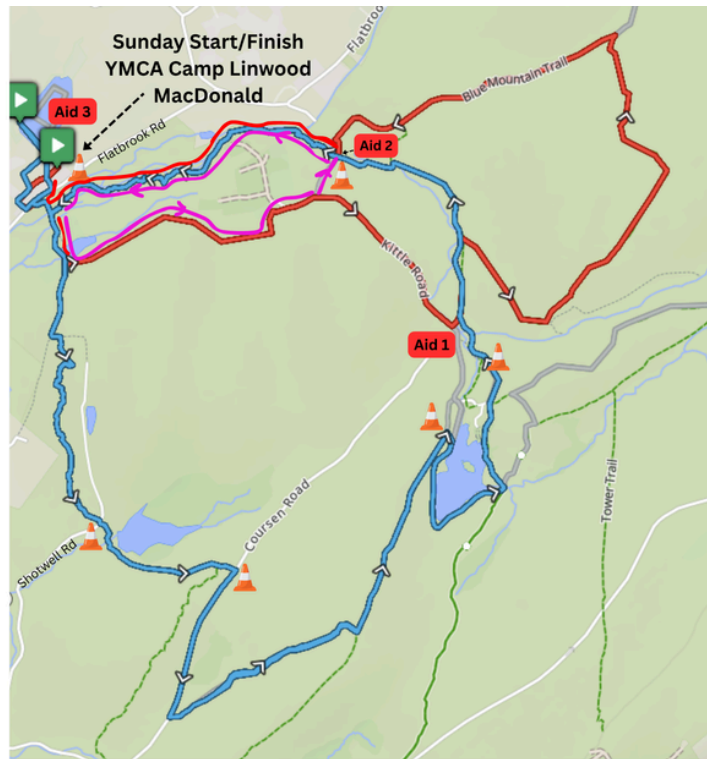


Sunday Course Map

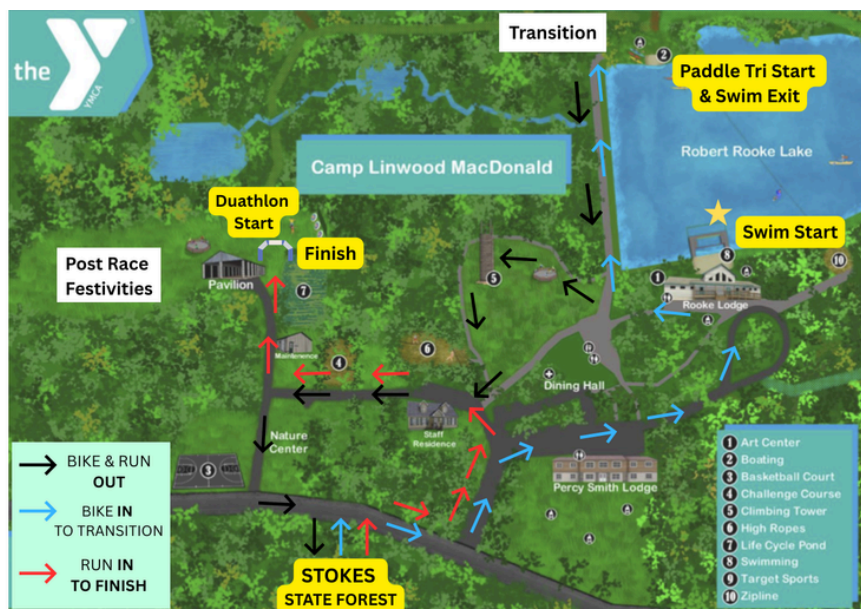
[RideWithGPS COURSE MAPS LINK](#)

XTEGGA.
NEW JERSEY
SUNDAY 4/26

- BIKE
- RUN 10K
- RUN 5K



BASE AREA MAP

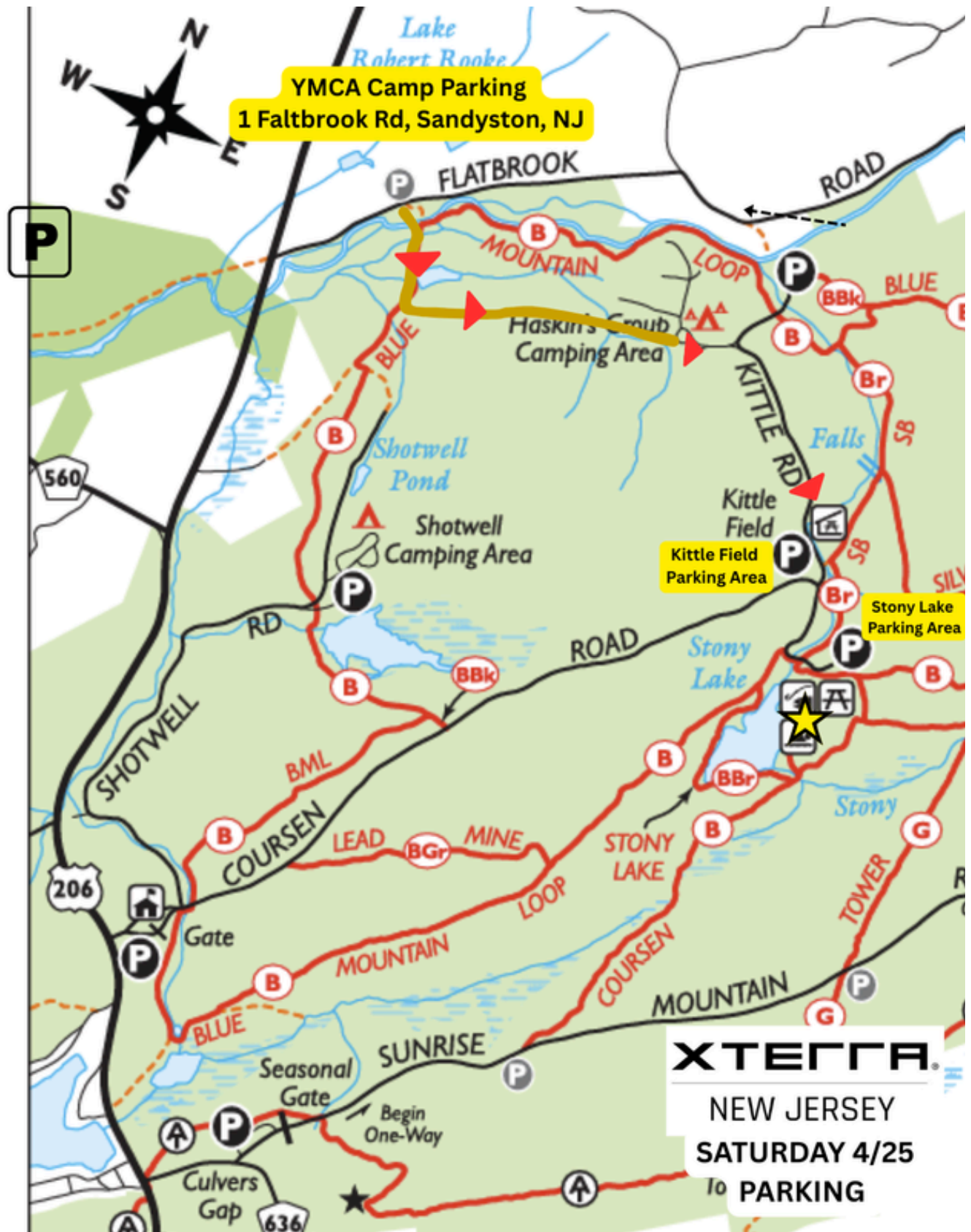


Packet Pickup - Multisport

- **Location:** [Angry Erik's Brewing - Newton, NJ](#)
- **Drink Specials & Food Available For Sale** (Luc's Fajitas - Chicken, Beef, Pork & Vegetarian)
- **Dates/Times:** Saturday, April 25th, 5:00 PM-7:00 PM
- **Requirements:** Photo ID required for pickup.

Parking & Arrival

- **Carpool:** Please carpool if possible - it helps the environment and will help with parking everyone at the race.
- **Arrival:** Please arrive at least 1.5 hours before your race start time to allow ample time for parking, packet pickup (if needed), and transition setup.
- **Parking:** Designated parking areas will be available near the race venue. Follow signs and RSGA Crew & Y Camp instructions.
- **Saturday parking** will be at Stony Lake and at Kittle Field within the park.
- There are additional parking areas inside the park - see map below
- **Saturday Overflow parking** will be at the YMCA Camp 1 Flatbrook Rd, Sandyston, NJ. *Y camp is the most likely spot for Category 1 & 2 racers to park.*
- From Y Camp the Race Base Area is a 10 minute ride. From Y camp just cross Flatbrook road and follow **RED** run signs. When you get to Kittle Rd make a right and continue to race site.
- Campers - please ride to the start locations
- *All Sunday race parking will be at the YMCA Camp.*



YMCA Camp Parking
1 Falbrook Rd, Sandyston, NJ

XTRERRA

NEW JERSEY
SATURDAY 4/25
to PARKING

Aid Stations

- **Locations:** Aid stations will be located out on the bike and run courses, providing water. These are cupless aid stations - so make sure you have a hydration pack, vest or bottle to refill.
- There will be an Aid Station just outside of the Start/Finish on Saturday and after Transition on Sunday that will have Hydration Mix, Water and Nutrition. Saturday you may stage your own hydration and nutrition after the Start/Finish Arch.
- **Details:** Specific aid station locations are marked on the course maps. (Click link above map image above to access and view the maps and you will see the letter A for Aid Station.)

Post-Race Experience

- **Food & Drinks:** Post-race refreshments will be provided for all participants. Additional Food/Drink Tickets are available for purchase in advance in the merchandise section of the registration page. So if you have friends & family joining, please pre-order at TriReg.com/XNJ.
- **Awards Ceremony:** Celebrate your achievements at the awards ceremony.
- **Live Music:** Join us on Sunday as we close out the festival with a live performance by one of New Jersey's top cover bands - The Porch Pirates

What to Expect

Expect a challenging but rewarding off-road race experience in a beautiful natural setting. Be prepared for varied terrain, changing weather conditions, and a supportive race atmosphere.

What to Bring Checklist

- **Swim:** Wetsuit (highly recommended), goggles, swim cap
- **Bike:** Mountain bike, helmet, cycling shoes
- **Run:** Trail running shoes, race apparel
- **Other:** Water bottle, sunscreen, towel, change of clothes, post race nutrition.
- **Post Race:** Towel & Change of Clothes & Shoes!

Volunteers

A huge thank you to our incredible volunteers! Your dedication and support make this event possible. We appreciate your hard work and enthusiasm. We are looking for a few more Volunteers for Sunday. If you have friends or family members that would like to lend a hand and be part of the action, please have them sign up on our [Volunteer Sign Up page](#).

Sponsors

A huge thank you to all of our Sponsors for their support of XTERRA New Jersey.



PLEASE SUPPORT OUR SPONSORS!

[New Jersey Tourism](https://www.visitnj.org)

[JMC Getaways Travel](https://www.jmcgetaways.com)

[Athletic Brewing](https://www.athleticbrewing.com)

[Angry Erik's Brewing](https://www.angryeriks.com)

[Action Bikes & Outdoor](https://www.actionbikes.com)

[Bella Italia Restaurant](https://www.bella-italia.com)

[Root Runners](https://www.guenergy.com)

[GU Energy](https://www.guenergy.com)

Charity Partners



Want To Add Donations To Support These Charities - Click Here:

[YMCA Camp Linwood MacDonald](#) - providing camping experiences for children

[Blue Ridge Ambulance Squad](#) - Local EMS/Ambulance Services

National Ski Patrol - New Jersey Region - On course support

[New York - New Jersey Trail Conference](#) - Managing Over 2,000 Miles Of Trails

Quick Reference

- **Race Date:** April 25-26, 2026
- **Location:** Stokes State Forest, NJ
- **Website:** [XTERRA Planet](#)
- **Emergency Contact:** 551-427-5567