

TRI-WARRIORS YOUTH TRIATHLON RACE INFORMATION

Parents please read this information in its entirety – even if you’re a triathlete yourself, review the information with your kid(s) to make sure they feel comfortable with the race course and race details.

WHAT IS A TRIATHLON?

If you’ve never raced in or watched a triathlon, read this section as it may help you to understand what your kids are about to do – and it will help you explain it to them. A triathlon is a combination of swimming, biking and running – in one race. In triathlons, you are really performing in four separate events. How? Well, triathlons are timed as three separate races (swim, bike and run) and then the final time is the combination of each of those three races together as well as your “transition time”. The transition time refers to the time it takes a participant to get out of the pool and on to their bike as well as the time it takes him/her to get off their bike and on to the running course. So, you will see the results of each time broken down individually.

1. The first time represents your swim time.
2. The second time represents transition one/your bike time/and transition two.
3. The third time represents your run time.
4. The fourth time represents the total of all these together. This is your race time which will determine where you rank in your age group.

As stated above, this race will be timed and recorded but winning should not be the goal – finishing should be. As you participate in this triathlon and others in years to come, you will be able to measure your success, so **HAVE FUN! Remember, you are not racing to be in front** – we time each participant separately – so you are racing **AGAINST THE CLOCK** – not another racer who might be beside, in front of or behind you. Just enjoy the experience and excitement of something new and encourage your fellow triathletes as you see them on the course. Everyone who finishes will be awarded a medal and, of course, you will receive a goodie-bag when you pick up your packet including an event t-shirt.

This document covers all the details you need to know about each of these segments of the triathlon (swim, bike, run) as well as everything you need to know about what happens when you get there. So, please read through this carefully and review it with your kids. It will help make them feel comfortable about the total course. And, to begin, listed below is a suggested list of things to bring with you.

WHAT DO YOU NEED TO BRING FOR A TRIATHLON?

Bike	Running Shoes and socks
Helmet	Socks
Swimsuit	Sunscreen
Goggles	Water or Gatorade
Towel	A light snack

RACE TIMELINE

Friday Night Before the Race

Jones Center

5:00 - 5:45 PM	Registration/Packet Pick up
5:50 - 6:15 PM	Pre-Race Meeting

Saturday Morning of the Race

Jones Center/Parking Lot

Time	Activity	Place
6:30 - 7:30 AM	Registration/Packet Pick up (If you didn't attend Friday night)	Jones Center Lobby
6:30 - 7:30 AM	Triathlete Check-in/Chip Pick up (All athletes)	Jones Center Lobby
6:30 - 7:30 AM	Body Marking	Jones Center Lobby
6:30 - 7:30 AM	Bike/Gear Setup in Transition Area (Transition closes promptly at 7:30 AM)	Parking Lot in front of Jones Center
7:30 - 8:00 AM	Opening Ceremony	Parking Lot
8:00 AM	Lining up of athletes	Parking Lot
8:10 AM	Swim Start	Poolside

DO NOT BE LATE (remember, you need time to park, unload your bike and get set-up in the transition area – so plan to be early!) Each participant will be timed separately (see Timing Chip Information Below) based on their start and finish time – times are tracked automatically. Remember, you are not racing to be in front – we time each participant separately – so you are racing against the clock – not another racer who is besides, in front of or behind you.

We will **CLOSE** check-in at **7:30 AM**, so if you are not there by then, we will unfortunately not be able to accommodate you. Our apologies. You also **MUST** have your bike in the transition area by **7:30 AM**.

AGAIN, keep in mind that each participant is timed separately (based on their start time) so the order in which they finish has nothing to do with their place of finish. The time in which they complete the entire course is their individual time.

PRE -RACE

RACE / BIB NUMBER:

Every participant is assigned a number automatically by our registration system. When checking in at registration on Friday night or Saturday morning, you will receive this number to wear on your shirt during the bike and run. This is the same number will be marked on your body (see Body Marking below). The bib **NEEDS** to be attached (we will give you pins to attach them) to the kid's shirts (whatever they will put on after their swim).

Race numbers will be picked up Friday night or Saturday morning. Make sure you attach your bib number to the front of the shirt you will be riding and running in. Also, you will need your bib number Saturday morning to check-in, get your timing chip and your body markings.

NOTE: You will be required to have your race number (bib number) with you to get your body markings and timing chip (See Below.) **DONOT ATTACH OR WEAR RACE NUMBERS (BIB NUMBR) FOR THE SWIM.**

BODY MARKING:

In triathlons, each participant is marked (with Sharpies) with their age and their bib number (see Race Number info above). This will be done from 6:30 AM Saturday until 7:30 AM.

TIMING CHIP:

This race will be timed using the timing chip method. Since most of you are new to triathlons, let us explain what this means. Each participant will be issued a small plastic chip that matches your bib number (race number you put on your shirt). This chip will be strapped to your left ankle with an ankle strap we will supply you. The chip will track the participant on each section of the race and records separate swim, bike and run times (as well as the amount of time they spend in the transition area).

TRANSITION AREA (SEE MAP ON WEBSITE)

This is where your bikes and gear will be placed before 7:30 AM on the day of the race. Place your bike on the rack and allow space between bikes for placing your gear. Each rack accommodates six bikes - three bikes on one side and three bikes on the other side. No bike storage the night before the race.

The transition area will have **two entrances** and **two exits**.

One **entrance** will be the entrance from the swim. Kids will use this to **ENTER** the transition area after the swim to get their bike

For SAFETY reasons, we will start the 11-15 year old group PROMPTLY at 8:10 AM first (with a 15-20 second separation between kids) and then start the 6-10 year old group immediately after the last 11-15 year old (again, with a 10-15 second separation between kids). The second **entrance** will be the entrance from the bike. After you finish the ride and

dismount your bike kids will use this to **ENTER** the transition area to rack your bike and start your run.

The other **exit** will be used to **EXIT** the transition area to start the run.

Parents, for the safety of all our youth participants, **ONLY ATHLETES, RACE OFFICIALS AND VOLUNTEERS WILL BE ALLOWED IN THE TRANSITION AREA.** There will be a lot of activity in these areas, with more bodies, the greater chance someone will get hurt. Experienced volunteers will be in the transition areas to assist the children. We appreciate your cooperation, and we will take every precaution to conduct a safe race for your children.

THE RACE

SWIM (SEE MAP ON WEBSITE):

There are two separate entrances to the pool. One is **ONLY** for participants and the other is for spectators. The entrances will be marked.

For **SAFETY** reasons, we will start the 11-15 year old group **PROMPTLY** at 8:10 AM first (with a 15-20 second separation between kids) and then start the 6-10 year old group immediately after the last 11-15 year old (again, with a 10-15 second separation between kids).

Parents are not allowed on the pool level. All spectators must sit in the balcony. All participants must be prepared to line up for the swim start a minimum of 10 minutes before the race starts. You will be lined up based on age.

BIKE (SEE MAP ON WEBSITE):

6-10 year old participants will make one loop around the 3 mile bike course.

11-15 year old participants will make two loops (for a total of 6 miles).

Hard shell helmets must be worn and fastened before leaving the transition area. Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used. If unsure if child's helmet meets this requirement, please take to a bike shop to have it checked. Children may not leave the transition area without their helmet on, and strap securely fastened.

IF A RACER DOES NOT HAVE AN APPROVED HELMET ON RACE DAY, PARTICIPATION IN RACE WILL NOT BE ALLOWED.

Bike Rules/Information

- Stay to the right to allow faster cyclists to pass on the left.
- For safety reasons, no headphones, earphones or any radio-type devices will be allowed. There are plenty of volunteers and police officers along the course but please review the course with your kids to make sure they know and understand it.

- There will be one water stop on the bike course, but participants must pull over to the side of the road and come to a complete stop to get water.
- Even though the roads will be closed for the most part, always be aware of your surroundings and look out for other cyclists, cars, animals, and debris on the roads.

RUN (*SEE MAP ON WEBSITE*):

6-10 year old participants will run 1 mile.

11-15 year old participants will run 2 miles.

The run course is totally flat, with a part of it being on the sidewalk. There are also speed bumps along the course. None of the speed bumps are severe or dangerous; just be alert that they're on the course. There will be one water station located on the course. For safety reasons, no headphones, earphones or any radio-type devices will be allowed.

Please make sure your kids have their race/bib number visible on the front of their body as they cross the finish line.

POST- RACE

RESULTS & AWARDS:

Results will be posted at the finish line within 20 minutes after the final racer crosses the finish line.

As stated earlier, every racer will receive a Triathlon Finisher Medal. In addition, we will award trophies to the top three (3) male and female finishers of each four age groups

6-8, 9-10, 11-13, 14-15

Finally, the Tri-Warriors would like to thank you for your support in our Youth Triathlon. We hope your experience is one that will lead you will to want to race in this triathlon every year and that you bring two friends with you next year to compete also!

Have a great race and most importantly, have FUN!