

SPLASH MASH *DASH* **KIDS TRIATHLON** **HIGHLANDS RANCH 2025**

2025 Athlete Guide





Dear Parents:

Thank you for registering your children for our Splash Mash Dash Kids Triathlon! We are excited for a fun and positive day of outdoor fitness.

This athlete guide has all the important information your child needs to be prepared for the race. Please take a moment to read it together. We will also have a pre-race meeting at 8:50 a.m. to address any final questions before the swim portion begins.

This is a non-timed event so there will be no need to pick up a timing chip, however athletes may pick up their supplies (t-shirts, race numbers, etc.) beginning at 7:00 a.m. at Eastridge Rec Center/Falcon Park. Please arrive early to give your child plenty of time to get organized before the race.

There will be no race day registration available. Please inform anyone who is considering racing that they must pre-register online.

On behalf of our race staff and volunteers, thank you again for racing with us. We are excited that your child will be a part of our triathlon – and good luck!

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RACE DAY SCHEDULE OF EVENTS

7:00 a.m.	Packet pickup, transition area opens
8:50 a.m.	Pre-race meeting
9:00 a.m.	Wave 1: Therapeutic Recreation participants
9:05 a.m.	Wave 2: 10-12 years, 3 lengths of pool, starting on south side of pool deck
9:15 a.m.	Wave 3: 7-9 years, 2 lengths of pool, starting on north side of pool deck
9:25 a.m.	Wave 4: 4-6 years, 1 length of pool, starting on south side of pool deck
	After swim, racers continue to bike and then run portions of race
10:00 a.m.	Post-race donuts!
10:30 a.m.	Approximate conclusion of Splash Mash Dash Kids Triathlon



PREPARATION

Gear

You don't need fancy equipment to get your kids started in the world of triathlons – whatever items your child is familiar with, such as the bicycle they regularly ride and their favorite sneakers, are perfect! If your child wants to wear shorts or a t-shirt over their swimsuit during the bike or run, they absolutely can. If they choose to continue the race in their swimsuit, that works too!

Suggested gear:

- Swim goggles
- Swimsuit
- Towel
- Bicycle
- Bike helmet
- Running shoes
- Socks
- Clothing (athletic shorts or shirt)
- Water bottle
- Sun protection (hat, sunscreen, or sunglasses)

Training

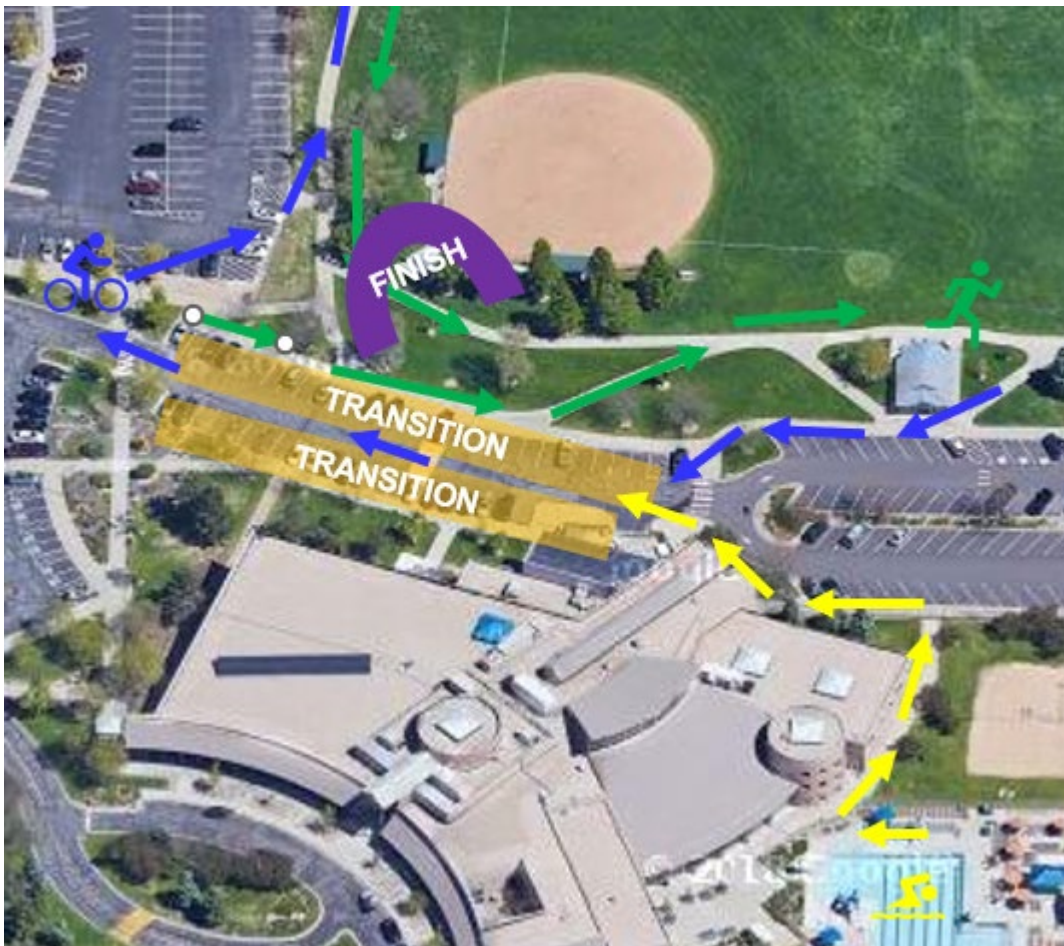
A triathlon is a great way to get the body moving and try your kid's hand at new fitness activities – especially if they get to practice alongside you!

- ☐ For many triathletes the swimming leg can be the most nerve-wracking. Practice getting in the pool to do a few practice swims, practice with the goggle they plan on using, and practice the distance they will be completing.
- ☐ The bike leg usually comes naturally to most kids, but it can be helpful to build up to the distance of our triathlon.
- ☐ The same applies to the running leg. It is important to get a few runs in, of the same distance as the race, to help your child learn how to pace themselves and not *run* out of energy too early. Pun intended 😊.
- ☐ Practice the transition a few times – switching from swim to bike and bike to run. It is helpful to think through how you will lay out race supplies and what order they will use them in.

COURSE INFORMATION

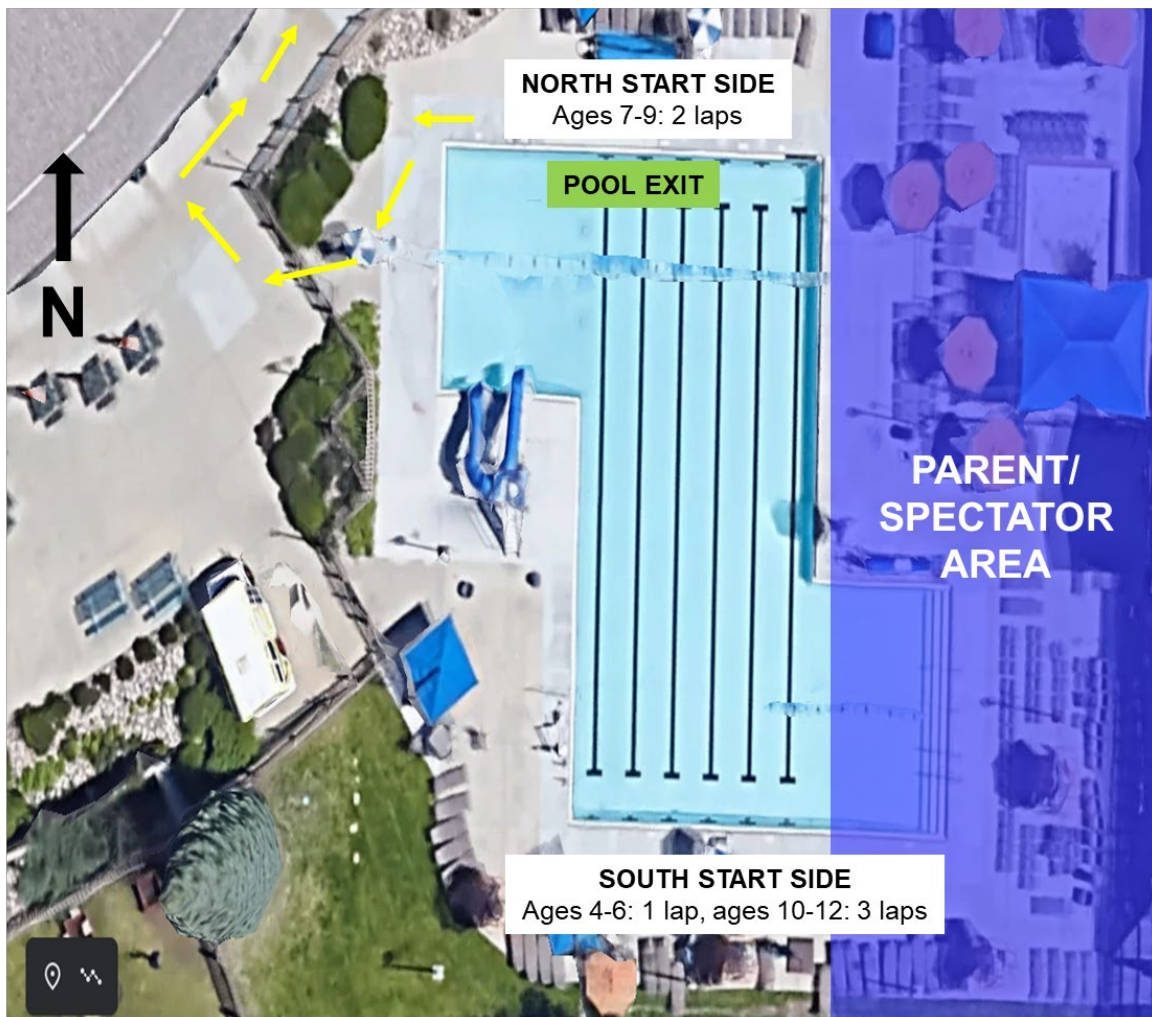
Transition Area

- The transition area in a triathlon is the area for changing from swim to bike and bike to run.
- Transition opens at 7:00 a.m. and will close at 8:45 a.m.
- Only **ONE** parent is allowed into transition to reduce confusion.
- Labeling your belongings and racer:
 - At registration, all racers will receive a bib number and sticker number.
 - Your child must have their arm marked with body paint and bike labeled with sticker number to participate in the race.
- There is no riding of bikes in and out of transition. Riders must mount at the designated area outside of transition. Those continuing laps in between the transition areas may continue to ride carefully.
- After the race, you will be able to go into transition to collect bikes and belongings. Please show your number to race staff so that we can confirm you are taking the right bicycle. Do not remove bike sticker until after you leave transition to head home.



Leg 1: Swim Course

- The swim course will begin with ages 10-12 years first (3 lengths), 7-9 years second (2 lengths), and then 4-6 years last (1 length). When waiting for your wave, please have your child remain with you in the spectator area on the pool deck until their age group is called.
- There will be only two swimmers per lane for the 10-12 and 7-9 year olds and only one swimmer per lane for the 4-6 year olds. We will run continuous heats until all children have started the race safely.
- Ages 10-12 years will swim 3 lengths beginning at the south end of the pool, ages 7-9 years will swim 2 lengths beginning at the north end of the pool, and ages 4-6 years will swim 1 length beginning at the south end of the pool.
- All athletes will exit the north side of the pool. There are two stairs at the exit end of the pool for those who need assistance getting out of the water. Athletes can also exit at their lane if they do not need stairs. *Floaties are allowed for the 4-6 age group only.*
- To run the race smoothly and prevent crowding, parents are not allowed to enter the pool deck. Volunteers will help line your child up in heats and you will be asked to watch from the spectator area.
- Sidewalk and grass will be slick so use caution when running to transition area.



Leg 2: Bike Course

- Participants will exit the west end of the transition area and head to the sidewalk that wraps around the baseball fields.
 - Children ages 4-6 years will complete 1 clockwise loop around Falcon Park then proceed back to transition area. *Training wheels are allowed for the 4-6 age group only.*
 - Children ages 7-9 years will complete 2 clockwise laps around Falcon Park then proceed back to transition area.
 - Children ages 10-12 years will complete 3 clockwise laps around Falcon Park then proceed back to transition area.
- Please use caution around the transition area when completing multiple laps, as the bike course goes between the transition areas. Children will be riding on the same trail when entering and exiting the transition area. Please inform your child to use caution. Volunteers will be on the course to keep it safe.
- Bike helmets are mandatory for all participants.
- Bikes and helmets must be supplied by participants.

Leg 3: Run Course

- Volunteers will not be responsible for keeping track of completed laps. **Please make sure your child knows how many laps they are supposed to run prior to the race and remind them to keep track.**
- Participants will exit the north end of the transition area and will run on the inside grass of the sidewalk around Falcon Park.
 - Children ages 4-6 years will complete ½ counterclockwise loop around Falcon Park then proceed back to transition area.
 - Children ages 7-9 years will complete 1 counterclockwise lap around Falcon Park then proceed back to transition area.
 - Children ages 10-12 years will complete 2 counterclockwise laps around Falcon Park then proceed back to transition area.
- Runners will stay left of the arch while completing multiple laps. The course will be clearly marked and volunteers will be monitoring the course for safety.



ADDITIONAL RACE INFORMATION

- All children who complete the race will receive a finisher medal.
- We will also have donuts for all to enjoy!