

# Welcome to the 2021 Lakeside Robert Kids Triathlon

We are excited to have you join us and include your child and family in the **Lakeside Country Club Kid's Triathlon**. The swim begins in the LCC pool and finishes with an incredible view of Lake Pontchartrain.

## Packet Pick-Up and Registration

Saturday August 7th 1- 4pm  
Packet pick-up: Location TBD

Sunday, August 8th / 6:00 a.m. - 7:00 a.m. at Lakeside Country Club, 1520 Rose Garden Dr., Metairie LA

*You must have the following items to register and/or pick up your Lakeside Robert Triathlon Race Packet*

One of the following:

- \* Current USA Triathlon Annual Membership card.
- \* Membership card can be printed from USAT website
- \* Membership card displayed digitally on smart phone.
- \* Proof of purchase of One-day license

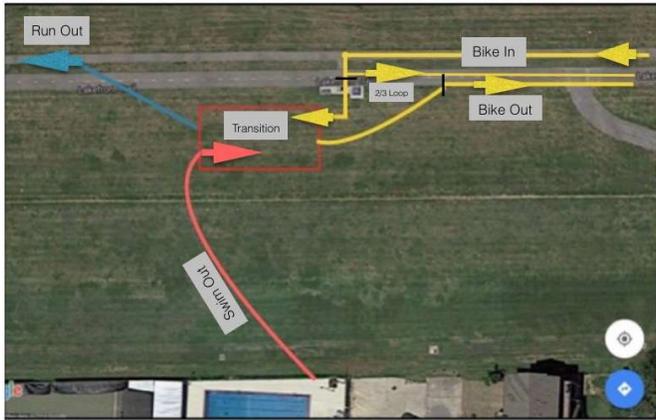
If you cannot provide one of the above you will be required to purchase a one-day license  
Must be 18 or older to pick up packet. A legal parent or guardian must be present to sign waivers for minors to compete.

- \* T-shirts were ordered based on pre-registration numbers.
- \* **Helmets and shoes are required. Goggles recommended.**



**Race Day Parking-** there is limited parking in the neighborhood. The best parking is located at the Bonnabel Boat Launch. You will be within 100yds of the bike transition to rack your child's bike.

**Transition Area: Opens at 6am- Closes at 7:30**

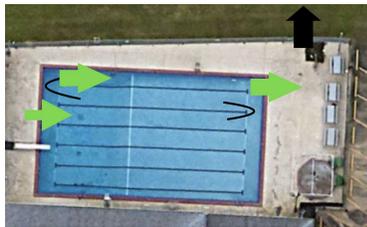


When you check your child's bike into the transition area on Sunday morning your child will be body marked outside of the transition area. After the race, only the parent(with child) can remove the bike from the transition area. We will be matching your bike number to your body marking number upon exiting transition after the race. Only body-marked kids will be allowed in the transition area. Volunteers will be there to assist each child. **Please contact Jill Marie Kenyon**

[/ fical365@gmail.com](mailto:fical365@gmail.com) if you would like to volunteer. Make sure your child's handle bars have bar end plugs before checking into the transition area race morning.

Once bikes are checked into the transition area on Sunday morning they cannot be removed from the transition area until the last bike is off the race course. *All participants must wear a bike helmet during the bike portion of the race.*

### Age Group Starts:



**Swim-** The 4-5 age group, will enter the pool area first and line up in the pool numerically according to their body marking at 7:45am. We will start each group after the previous group has reached the bike turnaround. Goggles are recommended.

**Bike-** Exiting the swim kids will enter the bike transition area and with the assistance of transition volunteers find their bike and walk their bike to the transition area bike mount exit. This a spectator friendly course. Kids will dismount and walk their bikes into transition. Volunteers will assist them to their bike rack. They will rack their bike and exit to the run.



**Run-** The run course for all age-groups will head west to and past the Bonnabel Boat Launch. A police detail and volunteers will assist kids when crossing the entrance to the boat launch and age group turnarounds.

Parents can enter transition and pick their child's bike up after the last child has crossed the finish line.