

2016 MPRD Just Tri It - Youth Triathlon (Start Time 9:30 AM)

Race Day Instructions:

There are many things to do in the morning to get ready for the start of the race, so please be sure to get to the park early enough to allow time to get everything done, so that we can start the race on time. We suggest that you get to the park by 8:30 AM at the latest. If you and your young athlete are new to the sport of triathlon, I know this sounds really early, but rest assured that it is not too early. With all of the activities that need to take place race morning, the last thing you want to do is be rushed to get everything done. The following is a list of the morning's activities.

1. Park car in north or west parking lot or on surrounding side streets.
2. Walk to pool.
3. Put gear (bike, helmet, running shoes, glasses, etc.) in transition area.
4. Have bike checked by mechanic, if necessary.
5. Get body marked.
6. Pick up timing chip.
7. Do warm-ups.
8. Go to bathroom.
9. Pre-race meeting and instructions (9:10 AM).
10. Line up in order of race number.
11. Start race (9:30 AM)

It is perfectly acceptable for racers to do the entire race in their swimsuit. Some kids, however, prefer to put running shorts on over their swimsuit before they bike or run, and that is fine as well. It is also helpful to bring a towel that is easily recognized by your child to set on the ground next to their bike, to lay all of their gear on. This also allows them to wipe anything off their feet before putting on their shoes to start the bike.

Bike Mechanic:

We recommend that you have your child's bike looked at prior to the race to make sure it is in good mechanical condition. Note that there is a free bike check and skills clinic on August 10 at the Manhattan Hy-Vee store at 7pm. Nothing is more frustrating than to have your chain fall off or get a flat tire during the race when a quick check-up could have prevented it. There will, however, be bike mechanics on hand the morning of the race, to give your child's bike a quick look-over and to make any last-minute adjustments that they might need. We recommend doing this prior to putting the bike in the transition area.

Transition Area:

The transition area will officially open at 8:00 AM to allow athletes to set up their bike and gear. There will be volunteers on hand to help keep this area organized. The transition area will be laid out in such a way that there will not be an advantage one way or another on where the bike is; every athlete will have to travel the same distance to get into and out of the transition area. The transition area will officially close at 9:05 AM, and all athletes and parents will need to be out of the transition area at that time to be on the pool deck for the pre-race meeting at 9:10 AM.

Body Marking:

All athletes will need to get their race numbers marked on their arms by a transition area volunteer, either before or after they put their equipment in the transition area.

Swim:

All athletes will line up on the north side of the City Park 50-meter pool in order by their race number. The junior division will go first, with the 9 and 10 year-olds starting first, followed by the 7 and 8 year-olds, followed by the 5 and 6 year-olds. Once the last junior swimmer is out of the water, we will start the senior division, starting with the 11 year-olds and going in order to the 14

year-olds. This starting order is for the swimmers' safety. Once the first athlete starts the swim, there will be another athlete starting every 15 seconds, until all of the juniors have completed the swim portion of the race. Swimmers will be able to exit the last length of the swim via a ladder, and head out to the transition area.

Bike:

Once in the transition area, athletes will need to put on their shoes and helmet (a bike helmet is mandatory), grab their bikes, and walk or run them out of the transition area. There will be a bike mount line drawn on the pavement, and once kids have crossed this line, they will be able to mount their bikes and head out for the bike portion of the race. Bikers will go around the park, twice for juniors, and four times for seniors, in a clockwise fashion, always making right-hand turns. As each biker completes a lap around the park, they will be required to stop at the south entrance of the park to get a mark (Sharpie) put on their arm, so that we can make sure they have completed the correct number of laps. Once kids have completed the correct number of laps around the park, they will head back toward the transition area. There will be a bike dismount line marked on the pavement where they will be instructed to get off of their bike. They will then walk or run their bikes back into the transition area, and put their bike back in the same spot it was before they started the bike portion.

Run:

After the athletes have put their bikes back in the transition area, they can remove their helmet and begin the run portion. Athletes will exit the transition area and will follow the marked run course. There will be one water aid station on the run course that the athletes will pass multiple times.

Spectators:

As a spectator, we know that you will be trying to see every moment of your athlete's race. Please be aware that there may still be racers on the course, after your child has finished, so we ask that you stay off of the course, and out of their way.

Post-race treats:

There will be some fruit, snacks and drinks available to the athletes once they are done with the race.

Awards:

The awards ceremony will take place at City Park Pool and will happen as soon as possible after the last athlete crosses the finish line and the results are finalized. Awards will be given to the top 5 finishers of each age group for both female and male.

Severe Weather:

In the case of severe weather, the race may be postponed until the weather clears up. If the race has to be postponed for more than 2 hours, it will be cancelled. The decision to cancel the race will be made by the race directors and will be final. There will be no refunds in the event of cancellation.

2016 MPRD Just Tri It - Adult Triathlon (Start Time 7:00 AM)

Race Day Instructions:

There are many things to do in the morning to get ready for the start of the race, so please be sure to get to the park early enough to allow time to get everything done so that we can start the race on time. We suggest that you get to the park by 6:00 AM at the latest. If you are new to the sport of triathlon, I know this may sound early, but rest assured it is not; you may want to consider getting to the park even earlier. With all of the activities that need to take place on race morning, the last thing you want to do is be rushed to get everything done. The following is a list of the morning's activities.

1. Park car in north or west parking lot, City Hall Parking lot or on surrounding side streets.
2. Walk to pool.
3. Put gear (bike, helmet, running shoes, glasses, etc.) in transition area.
4. Have bike checked by mechanic, if necessary.
5. Get body marked.
6. Pick up timing chip.
7. Do warm-ups. (The pool will be open from 6:00 AM to 6:35 AM)
8. Go to bathroom.
9. Pre-race meeting and instructions (6:40 AM).
10. Start race (7:00 AM)

Bike Mechanic:

We recommend that you have your bike looked at prior to the race to make sure it is in good mechanical condition. Nothing is more frustrating than to have your chain fall off or get a flat tire during the race when a quick check-up could have prevented it.

Transition Area:

The transition area will officially open at 5:00 AM to allow athletes to set up their bike and gear. The transition area will be laid out in such a way that there will not be an advantage one way or the other on where your bike is; every athlete will have to travel the same distance to get into and out of the transition area. The transition area will officially close at 6:35 AM, and all athletes will need to be out of the transition area at that time to be on the pool deck for the pre-race meeting at 6:40 AM.

Body Marking:

All athletes will need to get their race numbers marked on their arms by a transition area volunteer, either before or after they put their equipment in the transition area.

Swim:

All athletes will line up on the west side of the City Park 50-meter pool in order by their race number. Swimmers will swim one length in each of the eight 50-meter lanes for a total of 400 meters. Swimmers will change lanes at each end of the pool by going under the lane line and then continuing to swim in the next lane. Once you have completed the swim, you will exit the pool deck along the east end of the pool and make your way to the transition area.

Bike:

Once in the transition area, you will need to put on your biking shoes and helmet (bike helmet is mandatory), and walk your bike out of the transition area. There will be a bike mount line drawn on the pavement, and once you have crossed this line, you will be able to mount your bike and head out for the bike portion of the race.

Bikers will leave the park and head east, toward downtown, on Poyntz Avenue, to 3rd street, where you will make a right-hand turn. The bike course continues to Pierre Street where you will make a left-hand turn, and make your way across the bridge. While on the bridge, you will need to stay in the left-hand lane until you have crossed the bridge, and are ready to turn right onto McDowell Creek Road. There will be police officers on both sides of the bridge to direct and stop traffic as necessary, to allow you to make turns. You will bike on McDowell Creek Road until you reach the turn-around point. Please be sure to look behind you as you approach the turn-around, to ensure that there is not a car coming, and that you can make the turn safely.

The bike course is an out-and-back so you will return to City Park the same way you came out. Please use caution as you turn back onto Highway 177 (Pillsbury Drive). You will cross over to the inbound traffic lanes, but you will again stay in the left-hand lane of the road as you cross the bridge. All vehicular traffic will be required to exit on the exit ramp, so once you have the exit ramp you will be able to merge over to the right hand lane, and make the right-hand turn back onto 3rd Street. You will then turn left onto Poyntz Avenue, and back to City Park and the transition area.

While there will be police officers on the course at lighted intersections and barricades will be placed along Poyntz Avenue to detour traffic, we cannot ensure that the roads will be completely free of vehicles, so please ride aware.

Run:

After you have put your bike back in the transition area, you can remove your helmet and begin the run portion. You will exit the transition area and will follow the marked (with duct-tape arrows) run course.

Runners will complete a modified loop around City Park, and then merge onto Poyntz Avenue at the intersection of 11th and Poyntz Avenue. You will cross over to the right hand side of the road, please look for incoming cyclists as you cross the road. You will continue down Poyntz Avenue to 3rd street, where the run turn-around will be located. Please remain on the south side of the road as you head back toward City Park. Once you have passed the entrance to the park, you can then cross back over to the north side of the street and get back on the sidewalk to complete the run.

There will be two water aid stations on the run course; one will be located shortly after the start of the run, and the other will be approximately half-way down Poyntz Avenue.

Post race treats:

There will be some fruit, snacks, and drinks available to you once you are done with the race..

Awards:

The awards ceremony will take place at City Park Pool, and will happen as soon as possible after the last athlete crosses the finish line and the results are finalized. Awards will be given to the top three overall female and male finishers, and the top three of each age-group female and male finishers.

Severe Weather:

In the case of severe weather, the race may be postponed until the weather clears up. If the race has to be postponed for more than 2 hours, it will be cancelled. The decision to cancel the race will be made by the race directors, and will be final. There will be no refunds in the event of cancellation.