



2017 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 be is 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. Make sure timing chip is securely in place.
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 racers, 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 hope to have a bike mechanic on site race morning but cannot guarantee that we will so we highly encourage that you have your child's bike looked at prior to the race to make sure it is in good mechanical condition. Nothing is more frustrating than to have a mechanical issue derail (pun intended) your child's race.

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 5 and 6 year-olds, followed by the 7 and 8 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. There will be a short time gap between the junior swimmers and the senior swimmers.

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 racers 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 leg of the race.

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 snacks and water available to the athletes once they are done with the race, compliments of Hy-Vee.

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.