



## WOODRIDGE ROTARY MINI TRIATHLON (KiDs Event) / AUGUST 9, 2020

### KiDs Event (Ages 7- 12) Frequently Asked Questions & Answers (FAQ)

Thank you for registering for Chicagoland's Premier Mini Triathlon. We hope you have a great time. In order to keep you adequately informed, we've provided the following frequently asked questions and answers pertaining to this year's event. Best of Luck!

#### GENERAL EVENT & REGISTRATION INFORMATION

**IT IS THE ATHLETES AND KID ATHLETES PARENTS/GUARDIANS RESPONSIBILITY TO ENSURE THE ATHLETE IS AWARE OF ALL RACE DETAILS TO INCLUDE BUT NOT LIMITED TO COURSE ROUTES PROVIDED IN ADVANCE OF THE RACE.**

##### 1. How big is the Woodridge Rotary Mini Tri?

Each year the event averages approximately 500+/- athletes registered for the Main Event and 300+/- kid athletes registered for the KiDs event. This year's goal is to register 1,000 athletes combined for both races. The event is labeled as Chicagoland's LARGEST Mini Tri!

##### 2. What age and type of athlete is targeted for the KiDs event?

The Mini Tri is open to kid athletes (7 to 12 years of age) and of all skill level and athleticism, but is primarily geared towards individuals that have never tried a triathlon before, participated in 5k or 10k runs and are looking for a new challenge, wish to achieve a lifelong fitness goal, need a tune-up prior to an upcoming tri-race, or just looking for a FUN event! Typically 50% of registrations are first timers. So, if you are on the bubble of whether or not to sign up, we encourage you to do so and we assure you that you will be in good company and why not bring a friend, family member, neighbor, or coworker to join you and make it that much more fun. ***Stipulation note: athletes must be able to swim the swim segment, NO WALKING any length of the pool will be permitted.***

Also, so that everyone has a great experience, we ask that all of our experienced triathletes assist, encourage, guide, and give advice to our triathlete newbies throughout the race event!

##### 3. Is this a USAT Certified Event?

No, however the Woodridge Rotary is thrilled to welcome Joe LoPresto, CEO and Head Coach from Experience Triathlon as the event's new Co-Race Director. His experience as a certified USA Triathlon Race Director will continue to bring a high level of professionalism and event management.

##### 4. What is the overall event atmosphere?

The goal of the Mini Tri is to provide a fun, supportive, positive experience yet challenging race for athletes minimum 7 years to 12 years of age), size, and ability complete with all the bells and whistles of a major race event.

##### 5. Where is the event held at?

The event starts and finishes at the Woodridge Park District's award winning Cypress Cove Family Aquatic Park at 8301 S. Janes Avenue, Woodridge, IL 60517. The facility has two - six (6) lane competition pools at opposite ends of the aquatic park and is ideal for those athletes that want a clean facility. Facility details can be found at the facility website: <http://www.cypresscove.org/>

## 6. What is the race day timeline schedule?

### **KiDs Race Timeline** (*Times are estimated and subject to change*)

- 9:00-10:00AM Check-in / Packet Pick Up / Get Body Markings w/ BIB #'s
- 10:00AM Bike Transition Area Opens / Time may be adjusted based on Main Event Finish Time
- 10:15AM Race Director Race Review/General Announcements
- 10:15AM Bike Transition Area **Closed** to all non-athletes immediately following announcements / Parents & Guardians are prohibited in the transition area unless displaying a wristband
- 10:20-10:30AM Report to assigned pools and line up in consecutive numerical order by BIB number / Timing Chips (ankle bands) will be handed out at swim start locations.
- 10:30AM Race starts with swim event, swimmer entry every 20 seconds (*Race order: Swim – Bike – Run*)

## 7. What are the fees and what is the registration deadline date?

Registration deadline is Wednesday, August 5, 2020 @ 6:30 P.M.

*(No Late Registrations or Walk-ups Accepted)*

### **Mini Triathlon Individual (KiDs Event)\*:**

- \$40 for 50 hours.
- \$50 from 3/3 through 4/15
- \$55 from 4/16 through 5/31
- \$60 from 6/1 through 7/15
- \$75 from 7/16 through registration close

### **Mini Triathlon Team Relay\*\* (KiDs Event)\*:**

- \$45 for 50 hours.
- \$75 from 3/3 through 4/15
- \$80 from 4/16 through 5/31
- \$85 from 6/1 through 7/15
- \$100 from 7/16 through registration close

*\*Fees listed above do not include ItsRaceTime's processing/transaction fees.*

*\*\* Team Relay minimum two (2) athletes required.*

## 8. What is included in the registration fee?

Race Fee includes: free pre-race clinic on the Saturday prior to Race Day presented by Experience Triathlon, official chip timing by ItsRaceTime, Inc., Performance Race T-shirt, BIB #, Race # Tattoos, free water/sports drinks, fruit & nutrition snacks, free post event sandwich & drink, Event net proceeds donations to local charities, sponsor giveaways, digital photograph, eligibility for grand prize triathlon bike raffle, 1<sup>st</sup>/2<sup>nd</sup>/3<sup>rd</sup> placement award medal, and race finishing medals, on-site spectator/athlete entertainment.

## 9. Where do I register and can I pay by check?

Online registration can be found at [www.woodridgeminitri.org](http://www.woodridgeminitri.org). Online registration will allow you to pay by credit card only. No checks accepted.

**NOTE: Following successful completion of the registration process, you will receive a receipt confirmation by email.** Please keep copy of the email receipt for proof of purchase and to access your confirmation # needed to access your ItsRacetime, Inc. account in case you need to revise your reported swim time.

## 10. What is the Refund Policy?

We do not offer refunds or transfers to a different athlete. Athletes may request a deferral by submitting an email request prior to August 1st. Approved requests will be entitled to a credit of 100% of your race entry fee (not including any other fees) towards the 2021 Woodridge Rotary Mini Tri event. After August 1st, all entries are non-refundable, non-transferable, and non-deferrable. Sorry no exceptions. Absolutely no transferring or selling your bib number to another person is permitted.

#### 11. What is the Event Cancellation Policy?

There is NO rain date. In case of inclement weather, management reserves the right to cancel/alter/modify the race/course for safety concerns. In any case there will be No Refunds of race entry fees. Each athlete must accept any such risk of their entry fee paid. There is no complimentary race entry to a future race. All monies collected are used to develop and produce the event, including all race supplies, staffing, administration and Woodridge Rotary charitable donations. We pledge to make every effort to produce a fair, safe and exciting event for all. Any decision we make to go forth with the race is based on the overall event safety.

#### 12. What are the race segment distances?

**KiDs Event Race:** KiD Athletes will complete a 100 yard swim equaling 4 lengths of a 25 yard swimming pool, 3.1 Mile (5k) bike, and a 1 Mile Run.

*\*Walking in the pool during the swim segment is strictly prohibited for safety reasons and will result in disqualification of the race.*

#### 13. What is the order of the race segments?

The race segments are completed in the following order: swim / bike / run. Athletes upon completion of their swim will access their bike from the bike rack in the transition area and proceed to the bike course through the bike start gate. Following completion of the bike course through the bike finish gate, athletes will drop off their bike at their bike rack location and transition to the run course through the run start gate. Athletes will complete their run through the run finish gate.

### PRE-RACE DETAIL INFORMATION

#### 14. Where is pre-race packet pick-up and what are the times?

Athlete packets (t-shirts & BIB #'s) will be available prior to the race day event at the Woodridge Park District Athletic Recreation Center (ARC), 8201 S. Janes Avenue, Woodridge, IL 60517 / Phone 630/353-3400. [Click here](#) for google map.

Pick-up times are Friday, August 7, 2020 from 4PM to 8PM and Saturday, August 8, 2020 from 9AM – 3PM. **Check-in on race day is ONLY required if you DID NOT pick-up your race packet prior to race day. BIB #'s are required to access the main parking lot and access to the bike transition area!!!**

Though pre-race packet pick-up is highly encouraged to reduce event day check-in delays, athletes can pick-up their packets on race day between 9:00-10:00AM.

#### 15. Will the packets have goodie bags?

No. Sponsor/Vendor give-a-ways will be provided at the pre/post event area.

#### 16. If I picked up my race packet and have my BIB #, do I need to re-check in on race day?

If you already have your BIB, you **do not** need to recheck in at the check-in tent/table on race day. Your BIB # is your pass to gain access to the transition area. **NOTE:** for athlete safety and security of property, **ONLY** athletes with BIB #'s, individuals with official event wristbands, and event volunteers are permitted in the transition area.

Once inside the transition area, athletes are permitted to leave the transition area prior to race start to hang out with family and friends in the pre/post event area. Remember, if leaving transition make sure to have your BIB # with you to regain access to the transition area.

#### 17. Directions to Race Day Main Event Site / Cypress Cove Family Aquatic Park:

South of Woodridge: take I-355 North, exit at Boughton Road/87<sup>th</sup> Street (first exit North of I-55), turn left (West) on Boughton Rd./87<sup>th</sup> Street to Janes Avenue (next lighted intersection), turn right (North) on

Janes Avenue, proceed 1/2 mile north to Cypress Cove Family Aquatic Park (8301 S. Janes Avenue, Woodridge, IL 60517) located on the right (East) side of Janes Avenue. If you went past 83<sup>rd</sup> Street, you went too far!

North of Woodridge: take I-355 South, exit at 75<sup>th</sup> Street, turn right (West) on 75<sup>th</sup> Street to Janes Avenue, turn left (South) on Janes Avenue, proceed 1 mile South to Cypress Cove Family Aquatic Park (8301 S. Janes Avenue, Woodridge, IL 60517). If you went to Boughton Road, you went too far!

**18. What roads will be closed prior to the race?**

83<sup>rd</sup> Street will be closed between Janes and Woodward Avenues. Southbound Woodward Avenue will be closed between 83<sup>rd</sup> and 101<sup>st</sup> Streets. The roads will be closed starting at 4AM.

Use 75<sup>th</sup> Street or Boughton Road (87<sup>th</sup> Street) to get to Janes Avenue, which is the primary street to access the event parking lots and main event site.

**19. When does the Main Parking Lot open?**

The Main parking lot at Cypress Cove opens at 5AM.

**20. Where are the designated parking lots?**

Refer to Exhibit 'C' for parking lot locations. The parking lots will open at 5:00AM and will be on a first come first serve basis. **Note, Cypress Cove main parking lot requires a BIB # to access the lot.** Parking attendants will direct you to the parking lots according to the following sequence as lots fill up: Cypress Cove Family Aquatic Park ( *Athletes Only Parking Lot – BIB # Required to Access Lot*), Orchard Hill Park, Falconridge Park, Athletic Recreation Center (ARC) / 8201 S. Janes Avenue, and Janes Avenue Park (all within walking distance). **No Parking is permitted at the Ultimate Faith Christian Center (Old Walgreen's) at the SW Corner of Janes Avenue and 83<sup>rd</sup> Street (violators are subject to towing).** Spectator parking is not allowed at Cypress Cove.

**21. Inclement Weather Hotline**

The event will take place rain or shine. However, if severe weather is eminent or unsatisfactory conditions exist that may jeopardize the safety of the athletes, we will place an updated message on the Woodridge Park District Information Hotline at 630/206-1722, Extension #9 that morning prior to 6AM / or you can register for the Woodridge Park District's web based "RainOut Line" system <http://www.woodridgeparks.org/rainoutline.htm> under "Special Events" that will alert you by email or text. After 6AM a decision will be made at race time to include a possible start time delay. Portions of the race may be modified or cancelled. In the event of the event cancelling due to weather, No refunds will be issued based on the event raising funds for charitable causes.

**22. Are there washrooms and shower facilities?**

Cypress Cove Family Aquatic Park has both restroom and shower facilities. Portable restrooms and hand sinks will also be located within the transition area and the pre/post event area.

**23. Is there an area to place a bag with personal belongings?**

Personal property is at owner's own risk. Woodridge Rotary, Inc., Rotary International, and the Woodridge Park District accept no responsibility for any damage, loss, or theft of one's personal belongings/property while in such property is located within the bag check-in area. Cypress Cove does have lockers within the facility; however a personal lock is required.

**24. What are the Event Day Athlete Check-in Procedures & Times?**

Athletes are required to check-in on race day **ONLY** if you did not pick up your race day packet prior to the event day. **Your BIB # and Race Number Tattoos will be your access pass to the transition area.** Race Day check-in for the KiDs race can occur between 5:30AM and race start 10:00AM.

If you did pick up your packet prior to race day, show your BIB # to the gate attendant at the transition area gate entrances.

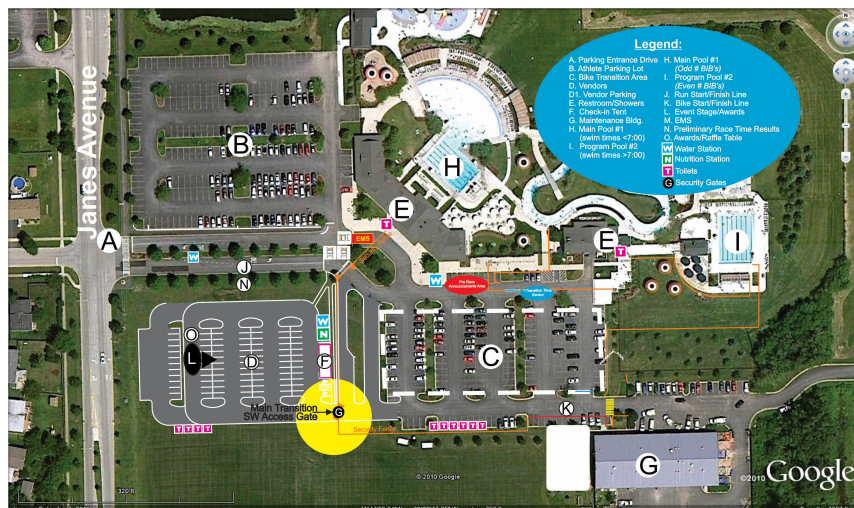


## 25. Can I access the bike transition area upon my arrival?

Transition will be closed until the Main Event is officially completed and the Transition Marshalls officially reopen the area for the KiDs Event at approximately 10AM+/- . Kid athletes shall remain in the pre/post event area until transition opens. Volunteers will be located by the check-in tables prior to the opening of the transition area to assist in applying BIB # tattoos on the kids body (biceps/calves).

Enter and exit through the southwest corner of transition area (see map below).

## 26. Where is the entrance and exit to Transition Area?



Woodridge Rotary Annual Mini Triathlon  
Main Transition Gate Location



## 27. Do I need to have my BIB Race # Tattoo on my body?

Yes! A set of two (2) temporary tattoos will be included in your race packet. One tattoo # shall be placed on right outer bicep or forearm and other to the right leg calf. Follow instructions on back of the tattoo. Click [here](#) for instructional video. If additional assistance is required or you forgot to place or bring your Race/BIB # tattoo, volunteers will be located throughout the transition area to assist you in writing your BIB # on your body (biceps) with marker.

If you did not pick up your packet prior to Event Day, you will we will have to check-in at LATE CHECK-IN Table on site to receive your BIB #, Race/BIB # tattoos and t-shirt. We highly recommend pre-event packet pick up at designated times to minimize delays.

Note, you will receive your disposal chip time ankle band at the swim start of each pool.

## 28. Where do I place my Bike Race/BIB # & Helmet Labels?

The Bike Race/BIB # label should be placed over the cross bar/tube of your bike or your bike seat post and should be visible from both sides of your bike. The helmet Race/BIB # label should be placed on the front of your bike helmet. [Click here](#) for video instructions.

## 29. Where do I fasten my BIB # to?

In your packet will be one (1) BIB number and safety pins. Athletes must fasten the BIB to either the front of the shirt or shorts or race number belt. Race BIB belts can be purchased from a triathlon race store (e.g. Urban Tri Gear / Westmont, IL).

Relay Race Team members will be provided with one BIB Number to be worn by the runner / all teammates shall have the same BIB # written on their biceps in marker. Our ability to clearly see your number is extremely important in documenting and providing an accurate time.

**30. What are the Bike Transition / Bike Rack Guidelines?**

Bike rack positions will be based on a first come first serve basis beginning at approximately 10:00AM +/- . Both adult and kid size bike racks will be available. You may decorate your rack location to distinguish your bike from others, but it must not impeded/obstruct others in any way (Race Director may remove any decorations that impeded/obstruct others). Only six (6) bikes per rack will be permitted to allow space for each athlete's personal items (e.g. shoes, clothing apparel, bike helmet, towel, etc.) to be placed under the back wheel of the adjacent athlete's bike. Athletes shall alternate the hanging of their bikes on each side of the rack. Volunteers will be available in transition area to assist with bikes and direct athletes to course start lines. **TRANSITION is open to only athletes displaying a BIB # or parent/guardian displaying an official event wristband.**



**31. Is this race chip timed?**

Yes. Its Race time, Inc. will be performing the event timing. They use the industry's #1 disposable chip system, the RFID Timing Ultra. The Ultra uses Ultra High Frequency and leverages revolutionary readers and chips.

**32. Where do I get my time chip band?**

Athletes will get their time chip band at the start of the swim event at the pool. Athletes are instructed to place the time chip band over their ankle. The time chips are disposable and can be discarded in a trash receptacle provided in the post event area.

**33. What do I do if my time chip band falls off in the pool?**

The new disposable time chips are attached with an adhesive tab. The race time company assures us the bands will not fall off.

**34. Race Day Announcements**

The Race Director will make event announcements at approximately at 10:15AM for the KiDs Event. We strongly encourage all athletes to be in the transition zone prior to that time in order to hear any last minute changes. The athletes are responsible for knowledge of race day event layout/modifications. Any revisions will be posted on the website at [www.woodridgemintri.org](http://www.woodridgemintri.org). We will do our best to keep you informed prior to race day.

**GENERAL RULES**

**35. BIB #'s must be worn for the bike and run segments of the race. Place on your front shirt/shorts or race number belt. If you're number is unreadable, there is a chance your position in the finish will not be awarded to you.**

**36. Transition Area Access:** Only athletes with BIB #'s, Rotary volunteers, and parent/guardians with an authorized wristband are only permitted within the Transition Area. **Non-participating kids/spouses/family members of a parent/guardian with an authorized wristband are not permitted in the Transition Area.** Spectators are not allowed in the athlete's transition area. Designated spectator bleacher areas are located at each pool and throughout the main site at the bike and run start/finish lines. See additional details in Question #50.

**37. Any athlete that does not complete the full length of each race segment will be disqualified. Course Marshals are located throughout the courses.**

## SWIM SEGMENT INFORMATION

### 38. What are the general swim rules?

Swimmers must start in the pool (no diving or jumping permitted). Free style swim stroke is the required stroke. **For the safety of fellow swimmers breaststroke is highly discouraged and backstroke is prohibited.**

Swimmers are allowed to wear goggles and highly recommended, but swimmers are not allowed to wear flippers or floatable devices. Bathing caps are not required and can be worn at the discretion of the swimmer.

Swimmers may use a kick board provided at the end of each lane line during the swim event to maintain forward progress.

Swimmers must stay along the lane lines to allow faster swimmers to pass to the inside of the lane.

**Walking is not permitted in the pool and may result in disqualification.** Swimmers that need a rest must do so in the far corner of each lane along the pool wall to allow other swimmers to make the turn without obstruction.

### 39. How are swimmers seeded?

The fastest reported swim time is the first swimmer to start to the race and is given BIB #1. Swimmers follow in consecutive order based on their reported swim times. Because your BIB number is associated with your reported swim time **IT IS EXTREMELY IMPORTANT TO REPORT AN ACCURATE SWIM TIME.** Reporting accurate swim times is essential to minimize passing conflicts in the pool and is a courtesy to your fellow athletes.

In order to maintain like-competition on the course throughout the race, swimmers by their seed (BIB #) will alternate between the Main Pool #1 and the Program Pool #2. Odd numbered BIB's (1, 3, 5, etc.) start at the Main Pool and even numbered BIB's (2, 4, 6, etc.) start at the Program Pool.

*If you have not swum 100 yards recently, we strongly encourage you to visit Cypress Cove Family Aquatic Park for Lap Swim for a fee Monday through Friday from 6:30-10:30AM ([www.cypresscove.org](http://www.cypresscove.org)) or at your own community pool prior to race day to time yourself. **Please show respect to your fellow athletes and report an accurate swim time for it will make for a positive experience for those behind you.***

### 40. If I already registered, how do I change my swim time?

The deadline for revising swim times is Wednesday, August 5, 2020 @ 6:30 P.M. If you need to change the swim time you originally entered, click on the link below and follow the instructions or you can also access it Online at [www.woodridgemintri.org](http://www.woodridgemintri.org) and click on the "Race Info" and "Change Swim Time" tabs.

1. Click on **this link** which will open in a new window
2. Click on "Race Info" and "Change Swim Time" tabs
3. Enter your account email address and password
4. Scroll down to swim time and change your time and click Save

### 41. Can I find out what my estimated swim start time is and when do I need to be ready to start?

[Click here](#) (Posted 8/7/19) for seedings / approximate swim start times\* / pool assignments / BIB # Listing.

*(Please note no further adjustments can be made after the 8/5/20 @ 6:30 P.M. deadline - all seedings will be based on information inputted by the registrants)*

\* approximate swim start times are estimated times only and are based on all athletes showing up on race day. Times will be adjusted with no advance warning on race day due to "no shows" and therefore one's time will most likely start earlier than posted. It is highly recommended for athletes to be on site for the pre-race announcements and prior to race start. It is the athlete's responsibility to be ready to start the race at their designated pool start locations regardless of the approximate swim start times posted. Athletes that fail to start the race in consecutive order (BIB #'s) will be rescheduled to the end of the swimmers line.

#### 42. How and where do I get started for the swim segment?

Following the KiDs race announcements that take place within the transition area at approximately 10:15 AM, athletes will be instructed to their assigned pools. Odd numbered BIB's (1, 3, 5, etc.) start at the Main Pool and even numbered BIB's (2, 4, 6, etc.) start at the Program Pool. Athletes are required to line up in consecutive numerical order by BIB number.

##### Pool Assignments:



Odd numbered BIB's report to the Main Pool #1 (West Pool) and line up in consecutive order (1, 3, 5, etc.)

Even number BIB's report to the Program/Lap Pool #2 (East Pool) and line up in consecutive order (2, 4, 6, etc.)



See Exhibit 'A' for facility map for pool locations.

Prior to the race officially starting, the swim starter will provide each swimmer the time chip band immediately prior to entering the pool for their swim. The time chip band shall be secured to the swimmers preferred ankle.

At 7:00 AM sharp, the race will officially start with the sound of a blow horn, and swimmers will enter the pool to start their swim every 20 seconds. **Note, estimated swim start times will most likely be revised without notice due to other athletes not showing up. Athletes are responsible to be in position prior to the swim start time regardless of any previous posted swim start times.** Swimmers must start their swim in the pool / No jumping or diving is permitted.

#### 43. How do I actually swim the 4 lengths in the pool?

Once the race begins, swimmers will be instructed by the swim starter to enter the water every 20 seconds. Swimmers will zig zag four (4) lengths through the lane lined competition pool (see diagrams below for swimming orientation for each pool). Free style swim stroke is the required stroke. **For the safety of fellow swimmers breaststroke is permitted but highly discouraged and backstroke is prohibited.** Kick boards will be located at the end of each lane and is permitted to maintain forward progress.

MAIN POOL #1 Diagram Kids Swim Race Orientation						
Lane Line #	6	5	4	3	2	1
Swim Length #			1		3	
Swim Direction	Lane #6 Not Used	Lane #5 Not Used	↑	↓	↑	↓
Swim Length #				2		4
				START		FINISH

PROGRMA POOL #2 Diagram Kids Swim Race Orientation						
Lane Line #	6	5	4	3	2	1
Swim Length #		3		1		
Swim Direction	↓	↑	↓	↑	Lane #2 Not Used	Lane #1 Not Used
Swim Length #	4		2			
	FINISH			START		

Swim along the lane lines to allow faster swimmers to swim past in the middle of the lane. Swimmers needing a break must stay to the far left hand corner of the lane to allow others to pass. The pool will



have the lane lines installed, which requires swimmers to switch lanes at the odd number length turn at the wall. See swim configuration above.

Numbered orange cones representing each length (1-4) will be located on the pool deck at each location. Also, the odd numbered lengths may be located at the bottom of the pool for easy reference.

At the end of the last swim lane, swimmer must touch the pool wall before exiting the pool. A ladder on the side wall is located at the end of the swim to assist swimmers in exiting the pool.

**44. What is the water temperature during the swim?**

The water temperature is typically set at 82°F. Typically, athletes prefer the temperature colder, but since this is a public facility and the facility opens to the general public following the event, the temperature will remain as set.

**45. I have eye glasses or need a hearing aid, is there a place I can place them by the pool?**

Yes. A table will be located on the pool deck at each pool near the end of the last swim lane line. Swimmers can place their equipment their prior to starting their swim.

Note - Woodridge Rotary, Inc., Rotary International, the Woodridge Park District, nor the Village of Woodridge assumes any responsibility or liability associated with any theft and/or damage to personal property.

## **SWIM TO BIKE TRANSITION**

**46. How do I know how to get from the pool to the transition area?**

Signage, barricades and volunteers will be on site to instruct athletes from the pool to the transition area. See Exhibit 'A' for transition routes.

**47. Is the transition distance the same for both pools?**

Yes. The distance is measured on site to ensure both transition lengths are equidistant from the pool exits.

**48. Where is the chip time sensor after I exit the pool?**

The chip sensor is located at the beginning of the transition bike area. Note, a portion of the athletes transition time will be included in their swim time.

**49. Is transition area on grass or pavement?**

The transition/bike rack area is located on an asphalt parking lot. Please use extreme caution when accessing the pavement, for it may become slippery when wet.

**50. Can a family member or friend be in the transition area with me?**

**Prior to KiDs Event race announcements:**

Parents/guardians will be allowed in the transition (bike rack) area prior to the start of the race to allow their child/children get set up.

**After KiDs Event race announcements & prior to race start:**

Parent/guardians of children 8 years of age and older must exit the transition area after the race announcements are made at approximately 10:15+/- A.M. / Race volunteers will respectfully ask all parents/guardians to exit the transition area after the race announcements and before the race starts at 10:30 A.M. / Failure of the parents/guardians to cooperate in exiting the area may result in disqualification of their child from the race.

One (1) Parent/guardian of a participating child 7 years of age will be provided a wristband and will be allowed to remain within the transition area during the race / Only one wristband per child will be provided / the Parent/guardian must remain at the location of the child's bike rack position / the

parent/guardian shall not physically assist the child athlete during any portion of the race / once the child leaves transition for the run segment of the race, we encourage the parent/guardian to also leave and meet their child at the finish line / parents/guardian that do not comply with the rules or volunteer direction may result in their child being disqualified from the race.

For any individual with special needs that requires assistance by a parent, guardian, friend, or caretaker please contact the Race Director, Mike Adams at [madams@woodridgeparks.org](mailto:madams@woodridgeparks.org) or by phone at 630/353-3329.

## BIKE SEGMENT INFORMATION

### 51. What are the general bike rules?

Standard bikes are required – no recumbent bikes permitted.

**BIKE HELMETS ARE MANDATORY and must be** securely fastened. **Helmets must be fastened before taking bike off the rack and must stay on until bike is re-racked after finishing the bike segment of the race.** Athletes that fail to wear a helmet will not be allowed on the course and will be disqualified.

Head Phones are not allowed while biking, however they may be worn during the run segment.

Bikers must also stay to the right hand side of the route to allow other bikers to pass to their left.

Bikers shall attempt to give a courtesy yell “passing left” or other audio signal to alert other bikers when passing.

Bike Start - Bikers are required to walk/jog and mount their bike after passing the chip time sensor & start mount line.

Bikers must dismount from their bikes at the dismount line **prior to** crossing the finish time sensors. Failure to abide by this rule may result in disqualification.

### 52. What are the directions for the 5k (3.1 Mile) bike route?

Bikers will proceed from the transition area to the bike start line located at the southeasterly corner of the southeast parking lot – see Exhibit ‘B’.

Bikers will exit transition area from Cypress Cove east to I-355 Frontage Road, North on Frontage Road to 83rd Street (on Street), right hand turn (easterly) on 83rd Street to Woodward Avenue (travel on far West street lane), left hand turn (northerly) on Woodward Avenue to Egerton Drive, left hand turn (westerly) onto Egerton Drive to Mason Lane, right hand turn (southerly) onto Mason Lane to Bening Drive, right hand turn (westerly) onto Bening Drive to Rutherford Drive, left hand turn (southerly) onto Rutherford Drive to Westbury Drive, left hand turn (easterly) onto Westbury Drive to Chesterton Drive, left hand turn (northerly) onto Chesterton Drive to Egerton Drive, right hand turn (easterly) onto Egerton Drive to Woodward Avenue Bike Path, right hand turn (southerly) onto Woodward Avenue Bike Path, south on Woodward Avenue Bike Path to 83<sup>rd</sup> Street, turn right (westerly) on 83<sup>rd</sup> Street to I-355 Frontage Road, turn left on I-355 Frontage Road and back to start/finish line.



Go to following link for bike course [www.usatf.org/routes/view.asp?rID=595866](http://www.usatf.org/routes/view.asp?rID=595866) or go to [www.woodridgemitri.org](http://www.woodridgemitri.org).

### 53. What if my tire gets deflated or there's a bike mechanical issue prior to the race?

Pre-race bike support will be provided by Bicycles, Etc. to assist with any bicycle needs prior to the race, however no guarantees can be made on availability. Athletes are responsible for the performance their equipment.



**54. What happens if my bike breaks down out on the course?**

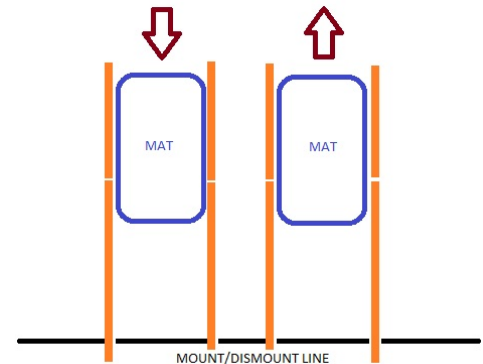
If you have a bicycle mechanical issue, we recommend walking your bike, if possible to the nearest Bike Course Marshall who will call into incident command to seek assistance. If you are unable to move, ask a fellow biker to assist by alerting a Bike Course Marshall that you are in need of attention. Athletes unable to finish any race segment will unfortunately be disqualified.

**55. How many bikes are permitted on each bike rack?**

Bike racks will be available in the transition area. Only six (6) bikes to a rack will be permitted. Rack positions will be based on first come first serve basis.

**49. Can I ride my bike through the transition area?**

**No!** For the athletes safety bikers must walk or jog their bike to the bike mount location. On the way out from transition to the bike course start, bikers must cross the chip timing matt and designated mount line before mounting their bike. See diagram.



**56. How do I know where the bike course route is?**

Besides reviewing the bike directions and on-line bike map prior to race day (see answer to question #48), both on-course volunteers, police, and on-pavement & above-grade directional signage will be provided to ensure athletes stay on the designated course. Monitors are located throughout the course to ensure route compliance.

**57. Are the streets and intersections closed to vehicular traffic for the Bike course?**

Yes. The entire bike course route is closed to vehicular traffic.

83<sup>rd</sup> Street will be closed between Janes Avenue & Woodward Avenue with Police at each end of the street closure to detour traffic. Police and traffic control volunteers will also be positioned at the intersections of Woodward Avenue and Egerton & Harcourt Drives.

Woodward Avenue's far westerly southbound lane will be closed to vehicular traffic and monitored by Police and volunteers.

Traffic Control Volunteers will be positioned throughout the course and at various residential intersections to assist in controlling ingress/egress traffic.

Even though every attempt is made to provide a safe course, bikers should always be on the alert of their surroundings for any potential unsafe scenarios caused by an inattentive driver.

**58. Is there a water station available on the bike course?**

A water station will be provided at the ½ mark of the bike course. Bikers must fully **STOP** their bike at the water station to transfer water cups— no transfers will occur while riding.

**59. Am I able to ride through the Bike Finish Line sensor?**

No. A dismount line will be located several yards prior to the bike finish line. Bikers will be required to dismount their bike prior to the official dismount line and walk/jog their bike through the finish line sensor. Failure to comply may result in disqualification.

**60. Where do I place my bike when I come back to transition?**

Athletes are responsible for disengaging from their bikes and placing their bikes back to their rack/bike position. **Bikers must rack their bike before removing your helmet.** Volunteers will not physically assist bikers in the transition area.

**61. Where is the run start/finish line?**

The run start line is located at the main facility entrance drive. Run Out signs, pavement marking arrows and Course Marshalls will assist in directing runners to the run start line. Water stations will be located before and throughout the course.



**RUN SEGMENT INFORMATION**

**62. What are the general run rules?**

Runners must wear their BIB # on the front of their shirt, shorts or BIB belt and have it fully displayed. Failure to display may result in an inaccurate time.

Runners are permitted to use portable electronic device music players (e.g. MP3, Ipods, etc.) during the run event.

**63. What are the directions for the 1 Mile Run route?**

After crossing the run start line at the easterly end of the main facility entrance drive, runners proceed westerly along the entrance driveway to Janes Avenue. At Janes Avenue, runners will turn right (North) on to the asphalt pathway parallel to the street and proceed one block north to 83<sup>rd</sup> Street. At 83<sup>rd</sup> Street, runners will take a 90° right hand turn onto the street (far southerly eastbound lane) and continue easterly to a point before the I-355 Frontage Road where runners will cut across diagonally to the far northerly westbound lane on 83<sup>rd</sup> Street continuing to run eastward to Woodward Avenue. Runners will proceed (East) to a half-way point between the I-355 Bridge and Woodward Avenue. At the half-way point, runners will make a horse shoe turn and proceed back along the same route they came.

Note: The finish line is at the same location as the run start line

Go to following link for run course map layout [www.usatf.org/routes/view.asp?rID=595868](http://www.usatf.org/routes/view.asp?rID=595868) or go to [www.woodridgeminitri.org](http://www.woodridgeminitri.org).

**64. How do I know where the run course route is?**

Besides reviewing the run directions and on-line run map prior to race day (see answer to question #60), both on-course volunteers, police, and on-pavement & above-grade directional signage will be provided to ensure athletes stay on the designated course. Monitors are located throughout the course to ensure route compliance.

**65. Are the streets and intersections closed to vehicular traffic for the Run course?**

Yes. The entire run course route is closed to vehicular traffic.

83<sup>rd</sup> Street will be closed between Janes Avenue & Woodward Avenue with Police at each end of the street closure to detour traffic.

Woodward Avenue's two southbound lanes will be closed to vehicular traffic.

Traffic Control Volunteers will be positioned throughout the course and at various residential intersections to assist in controlling ingress/egress traffic.

Even though every attempt is made to provide a safe course, runners should always be on the alert of their surroundings for any potential unsafe scenarios caused by an inattentive driver.

**66. Is there a water station available on the run course?**

Water stations are located before, after and throughout the run course.

## RELAY TEAM INFORMATION

### 67. Can two athletes complete the team race?

Yes! Minimum of two separate athletes are required to compete in the team relay competition.

### 68. Does each team member get a BIB #?

No. Athletes registered for the relay race will be assigned one BIB number and one set of Race # tattoos. The individual assigned to be the runner shall wear the BIB. The swimmer shall wear the Race # tattoos (one on the right hand outer bicep & one on the right leg calf). Biker will have a helmet BIB # sticker and bike BIB # sticker. All team members without the tattoo however, must still have their team BIB # written on their body (one on the right hand outer bicep & one on the right leg calf) See Body Marking Attendant in Transition for assistance.

### 69. How do we transfer the time chip?

Relay team members must transfer the Velcro time chip ankle band to their teammate in the transition area located at their bike rack position prior to proceeding to the next segment of the race. Once the transition is made, please proceed as described above along the same course for individuals. Your cumulative time will be entered for the competition.

## POST RACE INFORMATION

### 70. Where will finishing times be posted?

Preliminary times will be posted at the site on the Its Race Time trailer located in the post event area near the Run Finish/Start Line.

Official times will be posted at [www.itsracetime.com](http://www.itsracetime.com). Links to Its Race Time will also be posted on the event website at [www.woodridgemintri.org](http://www.woodridgemintri.org).

### 71. Does everyone receive a finishing medal?

Yes. Every registered athlete that finishes the race will receive a commemorative finishing medal.

### 72. What time will the placement awards be announced?

An awards ceremony for the KiDs event will take place at approximately 12:00 PM. Time is subject to change.

### 73. What are the age categories for the placement awards?

Awards will be presented to the following categories:

KiDs Individual Categories: overall top male & female finishes, 1<sup>st</sup>/2<sup>nd</sup>/3<sup>rd</sup> place finishes in each age division by gender: 7-8 / 9-10 / 11-12

KiDs Event Team Relay Race Categories: 1<sup>st</sup>/2<sup>nd</sup>/3<sup>rd</sup>

### 74. Is there any raffles?

Yes. Each participant's BIB # will be automatically dropped in a raffle bucket. Immediately following the KiDs Event award medal presentation, the grand prize drawing for the KiDs Event will occur.



For the KiDs Race at approximately 11:45AM a grand prize raffle for a 2020 Trail Quick 24 Boys or Girls Bicycle provided by Cannondale Bicycles / Bicycle, Etc. / Rotary Club of Woodridge valued at \$400. Winner's BIB # will be drawn and winner must be present to receive the prize(s).



Additional raffle prizes may be added and notifications will be made on day of the event.

**Winner must be present in the post event area near the stage and must claim their prize within two minutes of the winning BIB # announcement to receive the prize(s). If the winning BIB # is not claimed within the two minutes, a new number will be drawn.**

**75. Are there refreshments and nutrition food provided for the athletes?**

Yes. Due to the generosity of our sponsors, cold bottled water/sports drinks, a water trailer to fill up your water jugs or cups, bananas & oranges and nutrition/energy bars will be available at the pre/post event area.

**76. Is there any post event food and beverages?**

Yes. Shanahan's Food & Spirits will provide free to registered athletes a sandwich (burger, hot dog, or veggie/turkey burger *upon request*), chips, beverage of choice (water, lemonade, juice box, coffee, or beer *proof of age 21 & over required*). To redeem your post-race food and beverage items, just show your BIB number.

**77. Will photos be taken and made available to athletes?**

Yes. Photography for the event will be performed by Capstone Photography. One free digital photo is included in your registration fee. Capstone Photographer will forward a coupon via email.

**78. Will there be EMS/First Aid Services/Certified Life Guards?**

EMS will be provided by Lisle-Woodridge, Darien-Woodridge, and Lemont Fire Protection Districts on site, throughout the course and on a stand-by basis. On-course volunteers will have both cellular and two way radio communication to assist in communicating an emergency to EMS. Certified First Aid/CPR Life Guards will be positioned at Cypress Cove and available to attend to first aid needs on the main site.

Any individual needed EMS services should call 911 directly and provide detailed information to the dispatcher on location and needs.

**79. How many volunteers are needed to host the Mini Tri?**

Close to 100+/- volunteers filling over 35 different positions are necessary. [Click here](#) if you would like to register as a volunteer for this year's event.

**80. What post event activities are offered?**

- DJ services provided and will play the latest and greatest hits.
- Shanahan's Food & Spirits will provide food and beverages.
- Award announcements for all categories by age and placement / Grand Prize (bikes) drawing.
- Woodridge Rotary 50/50 Raffle (Cash purchases required for raffle ticket)
- Sponsor/Vendor support services located within the pre/post event area to include product give-a-ways, supplemental raffles, training advice, physical and massage therapist opportunities, etc.

**81. Do proceeds from the event support a charity?**

Yes! The primary purpose of the hosting the event is to raise funds for various charitable initiatives pursued by the Woodridge Rotary Club. Past charities included but were not limited to: [West Suburban Community Pantry](#) / [Family Shelter Services](#) / [Metropolitan Family Services](#) / [South East Association for Special Parks & Recreation \(SEASPAR\)](#) / [Hopes Front Door](#)



## Exhibit 'A'

### Pool Locations, Pool Start Queuing & Swim to Bike Transition Route



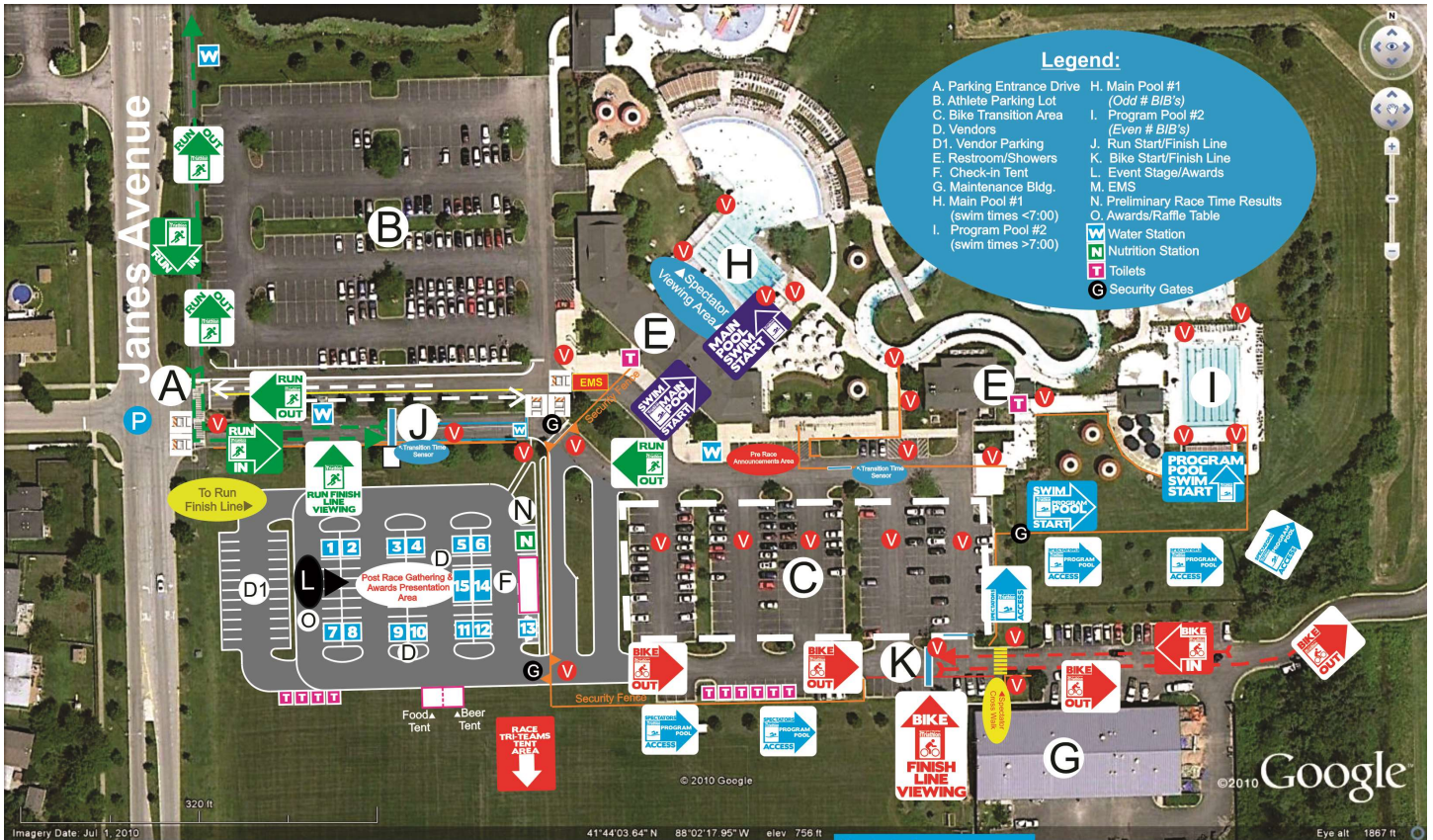
### Woodridge Rotary Annual Mini Triathlon Pool Start Alignment & Bike Transition Route





# Exhibit 'B'

## Over Site Layout



## Woodridge Rotary Annual Mini Triathlon Main Site Layout Map

- P - Police
- Yellow circle - Event Cones
- Orange circle - Traffic Cones
- V - Volunteer(s)
- Blue line with 'X' - Type I Barricade

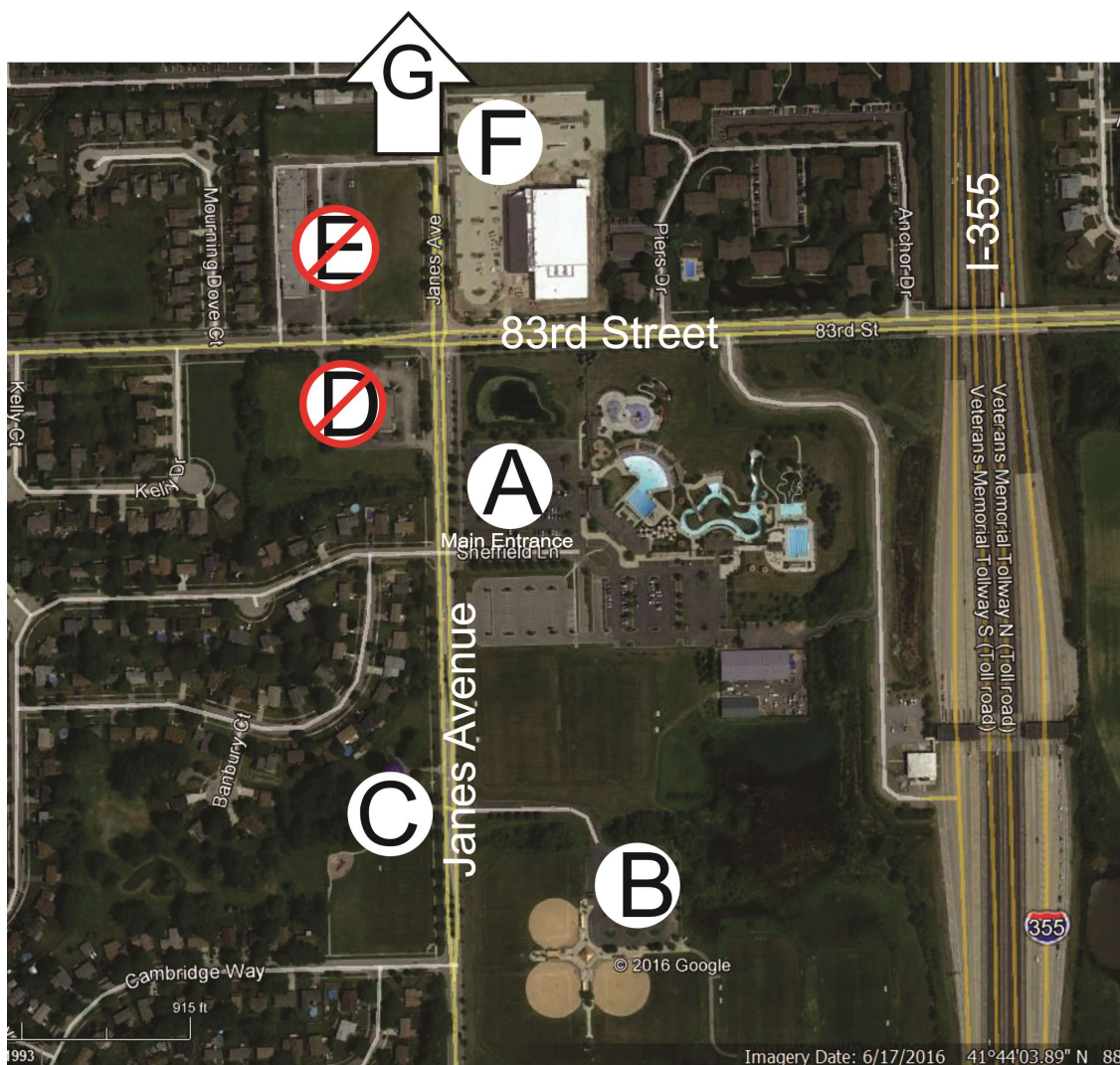
- Vendor Assignments:**
- 9 Round
  - DuPage Family Chiro
  - BAI Beverage
  - Elements
  - Walgreens
  - COSTCO Wholesale
  - Intert
  - Alden Foundation
  - Chiro One Wellness
  - Bicycles, Etc.
  - Tri Right Coaching
  - Airosti Rehab Center
  - Gordon Food Service
  - Urban Tri Gear
  - DuPage Medical Group





## Exhibit 'C'

### Parking Locations



Rotary Club of Woodridge

# Triathlon



#### PARKING LOT LOCATIONS

- A. Cypress Cove Aquatic Park  
(Athletes & ADA Only /  
BIB # Required)
- B. Orchard Hill Park  
(Athletes Only)
- C. Falconridge Park  
(Athletes & Spectators)
- D. Ultimate Faith Christian Center  
**NO PARKING PERMITTED**
- E. Affiliate Shopping Center / CRC  
**NO PARKING PERMITTED**
- F. Athletic Recreation Center (ARC)  
& ARC Soccer Fields  
8201 S. Janes Avenue
- G. Janes Avenue Park - Parking  
7927 S. Janes Avenue  
(Open Parking)