

FAQ



Registration

- ➔ Can we pick up our child's race bib *before* the triathlon?
Yes. Friday May 12th from 3:30-5:00p.m. at Trailside Elementary
- ➔ Can we pick up our child's race bib on race day?
Yes. K-3 is from 10-11a.m. and 4-6 is from 12:00-12:30.
- ➔ Can my child register on the day of the triathlon?
Yes, but the fee goes up to \$30. We will accept cash, check or charge.

Swim



- ➔ How far does my child have to swim?
K & 1 = 1 length of pool
2 & 3 = 2 lengths (1 lap) of pool
4, 5 & 6 = 4 lengths (2 laps) of pool
- ➔ Can my child wear a life vest?
Yes. Participants can either bring their own or use one that we provide.
- ➔ How many kids swim in a lane together?
2.
- ➔ Is there a swim test?
Yes. Prior to racing, all participants will get in the water and swim a bit in order for us to ensure safety and make sure kiddos who need life vests have them.
- ➔ Where can I watch my child swim?
In the bleachers. You can exit the building and make your way over to the swim-bike transition area to watch them continue.

K & 1 parents are the only ones allowed to be on the pool deck and accompany their child through the EXIT doors to the transition area.



Bike

- How far does my child have to bike?

The course loops around the entire Service High School campus.

K & 1 = 1 loop

2 & 3 = 3 loops

4, 5 & 6 = 4 loops

- Does my child have to wear a helmet?

Yes.

- Can my child have training wheels on his/her bike?

Yes.

- Where will my child park his/her bike before the race?

In our swim-bike transition (T1) on the east side of the pool.

Individual parking spots will be marked off and assigned at check-in.



Run

- How far does my child have to run?

K & 1 = .5 mile

2 & 3 = 1 mile

4, 5, & 6 = 1.5 miles

- Where is the run course?

It is run on Randy's Loop, which runs between the Service Track and Trailside Elementary, then continues through the woods and ends at the top of the field behind Service, near the volleyball courts (east of the football field). There will be signs and volunteers throughout the course.

- Can I run with my child?

Yes, if your child is in grades K-2, as long as it does not impede other participants on the course.

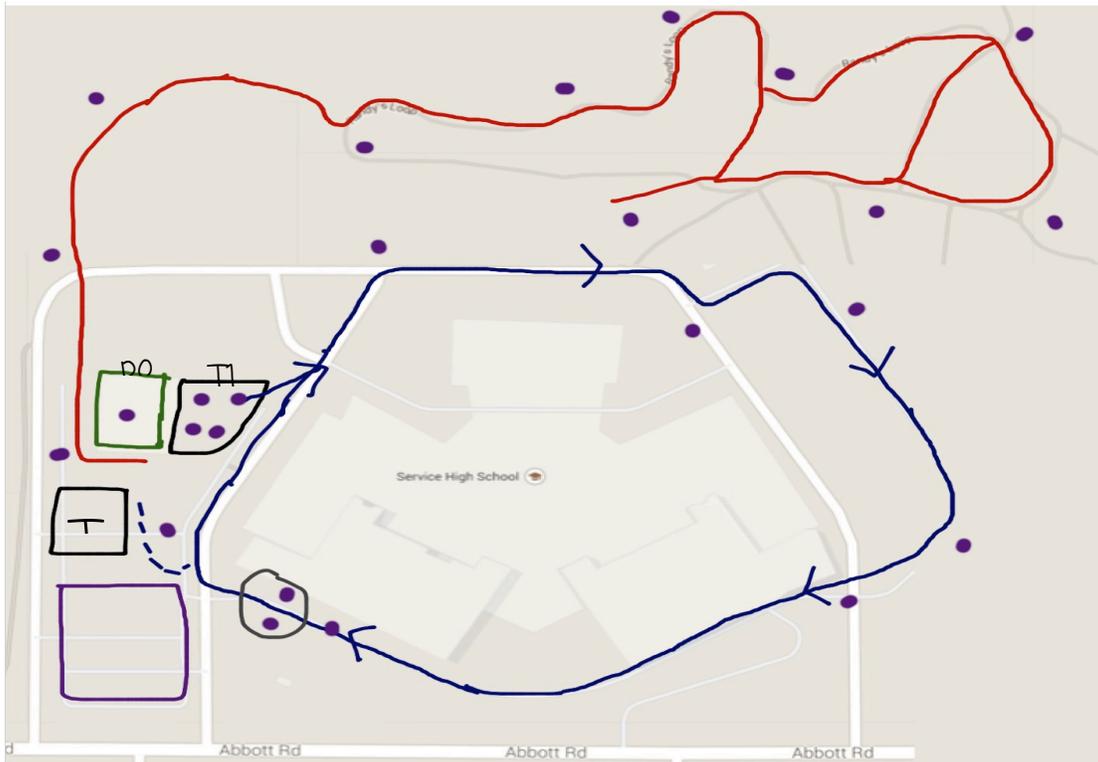
- Does my child have to run the whole way?

No. Participants can run, walk or jog in any combination they wish.

Miscellaneous

- ➔ Can we go look at the course before race day?
Yes. Use the provided map but be respectful of ASD property.
There will also be a free triathlon clinic on Saturday May 6th @ 1 p.m. at the Service pool. You can enter the pool building, kids can bike 1 lap with Mrs. Locke (race co-director & teacher) and have a brief preview of the run course.
- ➔ Can I volunteer on race day and still watch my child participate?
YES! Go to runsignup.com, search for the Trailside Kids Triathlon and click on the *volunteer* link. Or e-mail trailsideevents@gmail.com.
- ➔ What kinds of things should my child bring with him/her on race day?
Parents who have signed their children up will be receiving a parent letter with lots more details, including a list of recommended items to bring/have.
- ➔ Does my child get a t-shirt for participating?
No. At our spring event, participants receive a race gear backpack. At our fall family run (Hit the Trails) participants can buy a t-shirt.
- ➔ Can I help my child change clothes after the swim?
In the spirit of triathlon we encourage you to allow your child to compete with as much independence as possible. Participants may use the locker rooms to change after swimming, but the majority of kids keep their swimsuits on and either complete the race in just a swim suit -or- they put clothing over the suit.
- ➔ Can we donate to the triathlon?
Of course! Go to runsignup.com, search for Trailside Kids Triathlon and click on the *donate* link.
- ➔ Can I help spread the word about the triathlon?
Yes please! Share the website via e-mail and on Facebook (runsignup.com), like our Trailside Kids Triathlon page on Facebook, print the included mini flier and give to friends and family.

Course Map



dots on map = volunteer stations