

Hooray Triathletes!



We are so excited to have you join us for this year's Trailside Kids' Triathlon!

Keep this triathlon guide until race day, for when you have questions.

Triathlon Clinic

- Saturday May 4th at the Service High School pool @ 11:45a.m.
- It's free and there is no need to register for it.
- Led by Turnagain Training's Heather Helzer.
- You will be led into the pool building to see what everything looks like, get swim information from both Heather and Coach Cliff of Northern Lights Swim Club and be able to ask questions.
- Bring your bike so you can do 1 lap on the bike course after seeing the pool with Heather.
- Wear your running shoes so you can run the first 400meters of the run course (You are welcome to continue running the entire course, at your own discretion, on your own.)

Bib Pick-up

- Friday May 10th @ Trailside Elementary (5151 Abbott Rd.) 3:30-5:30p.m.
- Saturday May 11th @ Service Pool 9:30-10:30a.m.

Race Day Parent Meeting

- Saturday May 11th @ 10:40a.m.
- In the T2 (bike to run transition) area.
- Up-to-date information will be provided at this time.

Race Day Arrival

- ✓ Step 1: Go to **Bib Pickup** if you did not already get your race bib.
Look for your grade level sign.
- ✓ Step 2: Go to the **Body Marking Station** to have your number written on your arm and leg. (NOT on your hand)
- ✓ Step 3: Go to the **T1 area** (bike parking lot for start of race) with all your gear. Look for your grade-level sign, choose an empty parking spot and set up your stuff.

T1 Stuff

- It's a good idea to bring a BIG bucket (the kind you get at Home Depot) to carry all your essentials and to also use as a 'seat'.
- In the bucket: goggles, swim cap, running shoes, extra shoes (to wear while waiting) socks, shorts, t-shirt, bike helmet, towel. **LABEL EVERYTHING** (sharpie or masking tape)
- Leave at your parking spot: bucket (turn it upside down, drape a towel over the 'seat' and down to the ground for drying feet), socks & shoes, shorts & t-shirt (with your bib # pinned to it) and bike helmet.

Event Schedule

9:30 The event opens to the public (bib pick-up, participant arrival welcomed)

*Please do not show up prior to 9:30a.m.
as we will be in the final stages of setting up the bike and run courses.*

10:30 Bib pick-up and T1 setup CLOSES.

10:40 Parent Meeting @ T2

10:50 National Anthem

11:00 Event officially starts.

11:05 Kindergarten girls swim (1 length, multiple heats)

The following is a rough estimate of times and depends on how many kids swim, and how quickly the last swimmer gets out of the pool.

11:15 Kindergarten boys swim (1 length, multiple heats)

11:25 1st grade girls swim (1 length, multiple heats)

11:35 1st grade boys swim (1 length, multiple heats)

11:45 2nd grade girls swim (2 lengths, multiple heats)

12:00 2nd grade boys swim (2 lengths, multiple heats)

*4-6th graders can do bib pick-up and T1 set up from 12:00-12:30p.m.
if they do not want to come at 9:30-10:30.*

12:15 3rd grade girls swim (2 lengths, multiple heats)

12:30 3rd grade boys swim (2 lengths, multiple heats)

12:45 4th grade girls swim (4 lengths, multiple heats)

1:05 4th grade boys swim (4 lengths, multiple heats)

1:25 5th grade girls swim (4 lengths, multiple heats)

1:45 5th grade boys swim (4 lengths, multiple heats)

2:05 6th grade girls swim (4 lengths, multiple heats)

2:25 6th grade boys swim (4 lengths, multiple heats)

Listen to the announcements being made over the loudspeaker, so you know when it is time for your child to head to the (white) warming tent.

Participants DO NOT enter the pool building on their own.

A volunteer escort will bring kids in, through the locker rooms and out onto the pool deck.

Swimming

- Kids will be brought into the pool building by a volunteer escort, with their grade-level peers, from the (white) warming tent.
- Parents may enter the pool building to wait and watch their child *when their child is in the warming tent*.
- K & 1 parents: You may exit to T1 via the pool deck.
2-6 parents: You **MAY NOT** exit via the pool deck and **must** use the main doors of the pool building.
- All swimmers will get into the pool, prior to racing, to warm up and take a swim test (no exceptions. . .safety is our priority).
- Swimmers can bring their own swim/flotation vests and there will be ones available for kids to borrow.
- Parents can watch at the perimeter of T1 to see their child exit the pool building, run to their parking spots and get dressed and ready to bike (safety is our priority). **There will be many volunteers on hand to assist children who need help finding their parking spots and getting themselves dressed/ready to bike.** Parents are spectators and cheerleaders, not personal escorts/dressers (we want to foster independence).
- If your child ends up being afraid to swim, he/she will wait until the last swimmer is out of the pool and will then be allowed to exit the pool deck and continue the race.

Biking

- Helmet **MUST** be worn in T1 and on the bike course. *Please visit a local fire station if your child needs a bike helmet, and they will be happy to provide you with a free helmet while supplies last.*
- Carefully inspect your child's bike to make sure tires are inflated, brakes are working and the seat is not loose, prior to race day.
- Training wheels are allowed on bikes.
- The course will be marked with orange cones and bright surveyor's tape.
- For every lap completed (grades 2-6), a black mark will be written on their hand as they (slow down to) pass the Lap Mark Station (@ the bottom of a small hill near the end of a complete lap).
- Volunteers will take bikes and helmets (and keep them together) and store them in the T2 parking lot. When you complete the race and are ready to leave, you can go get your bike from there.

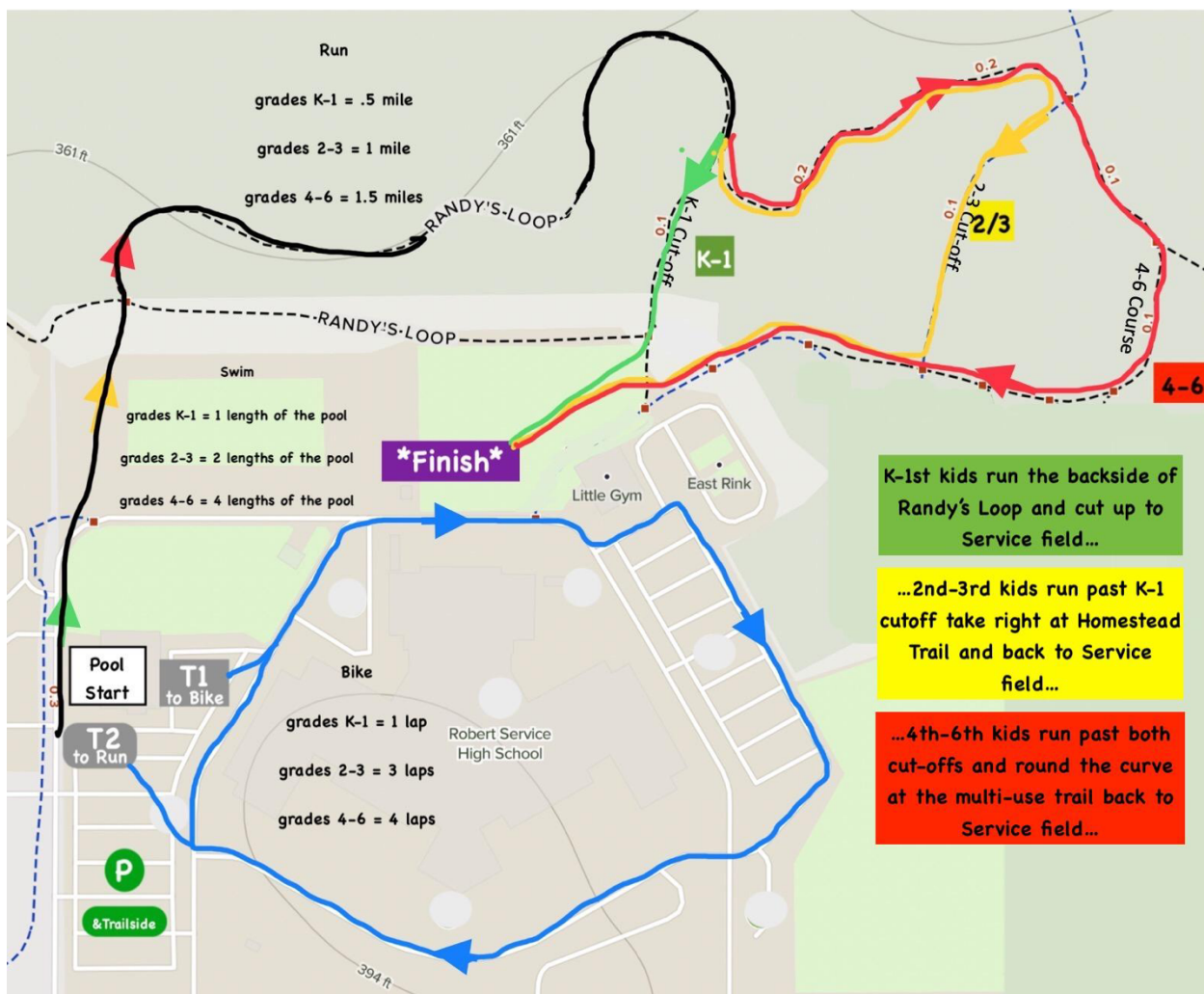
Running

- Helmets will be taken off and given to volunteers before kids can start the run course.
- Most of the run course is on trails. There will be many volunteers spread out on the course to cheer, help those in need and report problems (safety is our priority).
- Kids can walk and run.
- The entire course will be marked with bright surveyor's tape and pin flags.
- If the trails are deemed to snowy/muddy, the course will be altered and kids will end up running laps around Trailside Elementary.

The Finish Area

- The start and finish are **not** in the same place (they are about 400 meters apart). Look for the finish arch.
- When they cross the finish line, triathletes will get an **AWESOME** medal and there will be refreshments!

The Map



General Information:

- Please, please **label** all your gear with your name (helmet, bike, shoes).
- Service locker rooms are ONLY available from 10:30-1:00 p.m. You should not plan on storing anything in the locker rooms.
- Though we love dogs, please do NOT bring them to this event.
- No refunds will be given if you are unable to participate.
- Please plan to park at the **south end** of the SHS parking lot. Transition area 2 will be set up at the **north end** of the parking lot, directly in front of the pool. Parking is available at Trailside Elementary as well.
- The day is long if you have more than one child participating, so we suggest bringing camp chairs, a blanket and food & drink.
- There will be a First Aid station, with a doctor, to help and assist with any medical situations.
- At least 3 Porta Potties will be on site for use.
- As you are cheering and watching, please pay attention to athlete traffic, especially on the bike loops.

Event Information:

	K & 1 grades	2 & 3 grades	4-6 grades
swim	1 length	2 lengths	4 lengths
bike	1 lap	3 laps	4 laps
run	.5 miles	1 mile	1.5 miles

If you have any questions that were not answered in this guide, please reach out to trailsideevents@gmail.com