

## 18<sup>th</sup> Annual Kids Triathlon 2018 Presented by United Federal Credit Union

Dear Kids Triathlon Race Participants and Parents:

We have received your registration for the 18<sup>th</sup> annual Kids Triathlon presented by United Federal Credit Union, scheduled for Saturday, July 14<sup>th</sup>, 2018, and we are excited about your participation! Please review the following information. It is imperative that both the parent and the race participant understand this information for the event to be safe and fun for all involved.

**TIMING CHIPS:** Each participant will be issued a timing chip. It will be embedded on the race number bib and CANNOT go into the water. Bibs with timing chips should be attached to a t-shirt or belt and can be placed either in the pool area immediately before the athlete swims or in the transition area before the race begins. Bibs will then be put on after exiting the pool and should be worn for the remainder of the race.

### PRE-RACE DAY

**MANDATORY BICYCLE SAFETY CHECK:** All triathletes are required to have their bikes and helmets inspected at a safety check. Participants should go to Albright's Cycling & Fitness with their bicycle and helmet between the dates of Monday, June 18<sup>th</sup> – Friday, July 13<sup>th</sup>, 2018. No appointment is necessary. Failure to have a bicycle and helmet safety check will result in elimination from the event. You can perform much of the safety check ahead of time by tightening handlebars and seats, and checking tire air pressure before going to Albrights. If you are coming from out of town, you may get your bicycle and helmet checked in your area and bring proof of the check to packet pick-up. Proof needs to be printed on official letterhead and can be performed at a bike shop or the police department. There will be no safety checks during packet pick-up or on race day. Albright's Cycling & Fitness is located at 2720 Lincolnway W, Mishawaka, IN 46544 and their hours are: Mon, Tues, Thurs, Fri 10 AM – 6 PM and Saturday 9 AM – 4 PM. They are closed Wednesdays and Sundays.

**RACE CLINIC:** A FREE race clinic will be held for all registered Kids Triathlon participants. This will be aimed at new racers, but we encourage all racers to attend. The clinic will last approximately one hour and the following information will be discussed: race day arrival time, athlete attire, participant/spectator parking, parental responsibilities/restrictions, transition area instructions, as well as other pertinent race day information. We will demonstrate proper fit of a bicycle helmet, advise you on where to go after the race has concluded, and let you know what each athlete should bring with them on race day.

**CLINIC TIME:** Thursday, July 12, 2018, 6:00 - 7:00 PM at the large pavilion at Potawatomi Park. On-street parking is available along Wall St and Greenlawn Ave and in the parking lot near Kids Kingdom.

**RACE PACKET PICK-UP:** Packet pick-up is mandatory for each registered participant. Packet pick-up will be open on Thursday, July 12, 4:00 – 6:00 PM and on Friday, July 13, 11:00 AM – 7:00 PM at the large pavilion across from Potawatomi Pool. Each participant will receive their race t-shirts, official race numbers printed on legs and arms, and additional pertinent race information. Failure to attend packet pick-up will result in your child's elimination from the event. **There is no race day packet pick-up.**



## RACE DAY

**RACE DAY PARKING:** Parking is available along Mishawaka Ave, at the IUSB parking lot (not garage), and any adjacent road with on-street parking that is not closed due to the race. There is no parking anywhere within the area of the Potawatomi Park, Potawatomi Zoo, Potawatomi Pool, or surrounding area due to the race course road closures. The Potawatomi Zoo parking lot will be closed.

**PRE-RACE:** Race participants need to arrive between 6:30 - 7:00 AM on race day and must have their bicycles, helmets, and shoes in place in the bicycle transition area no later than 7:30 AM. Please plan accordingly, as it will take time for all participants to arrive and set up for their race. The bike transition area will close at 7:30 AM, at which time no more bicycles will be permitted in. A mandatory pre-race meeting for all competitors will begin promptly at 7:30 AM, just outside of the east entrance of the pool. Late arrivals will miss the race.

**LINE-UP:** After setting the transition area, proceed to the Kids Kingdom/Pool parking lot to line-up for the race. Athletes will be directed to line-up first by age group, and then by race number. Participants will only need their swim suit, swim cap (suggested but not mandatory for long hair), shirt or belt with bib number/timing chip (if not pre-set in the transition area) and optional goggles for the swim portion of the race. All other equipment, including helmets, shoes, and socks should be pre-set at the transition area with their bicycle.

**SWIM:** The Kids Triathlon will begin with a 50-yard swim for all age groups (two lengths of the pool) at the outdoor Potawatomi Pool. Participants in any age group may wear a floatation device (life vest or arm floaties) if there is worry about skill level or safety. No swim fins, snorkels, masks, or swim paddles allowed. Six swimmers will enter the pool area at a time, beginning with the 5/6 age group. There will be one swimmer per pool lane. Swimmers will be called to start individually based on their race numbers (for example, number 100 will be called to start, followed by number 101, then 102, etc.). There will be lifeguards in and around the pool if any swimmer needs assistance. Otherwise, there should be no assistance given. It is not necessary for triathletes to change out of their swim suits for the bike and running portion. One guardian per swimmer is allowed on the pool deck for athletes in the 5/6 and 7/8 age groups. The same guardian is also able to assist in the bicycle transition area for the 5/6 and 7/8 age groups. All other age groups (9 and up) will complete the entire race on their own.

**TRANSITION:** After the swim portion of the race, each participant will put on their shirt or belt with bib number/timing chip and will move to the bicycle transition area. The 5/6 and 7/8 age groups may have the help of one guardian in the transition area; 9 - 14-year-olds need to transition themselves in and out of the bicycle transition area without the assistance of a guardian. **There is no running in the transition area!** Locate your bicycle, helmet, and equipment for the rest of the race. Helmets must be fastened and on at all times during the entire bicycle event and helmets must be fastened **before** leaving the bicycle transition area. In the event an athlete becomes too tired to continue, has an accident, or has a mechanical issue, there will be bicycle safety staff located around the entire course to assist. Training wheels are permitted for all age groups, if there is a worry about skill level or safety.

**BIKE COURSE:** Each biker must complete one full lap of the 1.3-mile bicycle course. Failure to complete the bike course will result in disqualification. Parents can place themselves along the course to cheer on their child, but cannot be on the course with the athlete. All bike riders must ride safely by following all road signs, directions, and turns. Do not interfere with any other rider by coming into contact with another rider's bike at any time. Bikers must stay to the right and keep two bike lengths behind another biker, unless passing on the left. Any biker making contact with another rider at any time is grounds for immediate disqualification from the event. The safety of all participants in this event is paramount!



**RUN:** After biking the entire bike course, each athlete must walk their bicycle into the transition area and return their bicycle to their original bike location. Participants in the 5/6 and 7/8 age groups may have the help of one guardian in the transition area; all other age groups must transition without assistance. Bike helmets can be removed and left with the bicycle. Race numbers/timing chips must be worn for the entire run event. Most of the run is on grass, and the entire ½ mile is properly and accurately marked. Athletes in the 5/6 and 7/8 age categories may have one parent or guardian run the race course with them. All other age groups (9 and up) must complete the race course on their own. We encourage parents to place themselves along the race course to cheer on their child or make their way to the race finish line. Parents of participants in the 9/10, 11/12, and 13/14 age categories should not enter the race course or run the course with the athletes. Participants can stop and restart forward movement within a reasonable amount of time. They must complete the run course and cross the finish line to be eligible for an age division winner trophy. Only participants should cross the finish line. There will be two water stations located along the run course.

**RACE FINISH:** As each participant crosses the finish line, they will receive a finish medal. There will be plenty of food and drinks for the racers to refuel. This is a great time to congratulate your child for their hard work and great efforts! Feel free to relax and enjoy the park setting while the race organizers compile race results and prepare for the Awards Ceremony. Please do not interfere with participants still competing on the race course. The awards ceremony will immediately follow the race finish once the results have been tabulated. The top three boys and top three girls from each age division will be recognized with a trophy. Please do not try to remove your bike, helmet, and other equipment until all the competitors have crossed the finish line and the Awards Ceremony is over.

**PARENT INFORMATION:** Absolutely NO strollers are allowed on the race course, on the pool deck, or in the transition area. Participants in any age group may wear a floatation device for the swim portion of the race. Athletes in the 5/6 and 7/8 age groups may have one guardian on the pool deck for their child's swim. Athletes in the 5/6 and 7/8 age groups may have the help of one guardian in the transition area. Athletes in the 5/6 and 7/8 age categories may have one guardian run the race course with the athlete. All other age groups must compete and transition without assistance. Parents and guardians of athletes 9 and up, and any other family and supporters of athletes, are encouraged to place themselves along the bike and race course or make their way to the finish line to cheer on their child, but should not enter the bike or race course - allow them to show off their efforts and help by cheering them on! Only athletes should cross the finish line. In case of severe inclement or dangerous weather, the Race Directors reserve the right to delay or cancel this event. No refunds will be issued. Refreshments for all participants will be at the finish of the race as well as twice throughout the course. Kids Triathlon staff will be at Potawatomi Pool by 6:00 AM on July 14<sup>th</sup> to help answer any questions and point you in the right direction.

Thank you for your participation and have a great race! If you have any questions, please contact Elizabeth Leachman via e-mail at [eleachma@southbendin.gov](mailto:eleachma@southbendin.gov) or call Venues Parks & Arts Administration at 574-299-4765. Check [sbvpa.org](http://sbvpa.org) for race results and our Facebook page for Kids Triathlon event photos.

