



Kids' Triathlon Information Guide

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 Albrights Cycling & Fitness with their bicycle and helmet between the dates of Friday, July 8 – Friday, July 22. No appointment is necessary. Bikes and helmets will be checked in the transition area immediately before the race begins. 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 is located at 2720 Lincolnway W, Mishawaka, IN 46544 and their hours are: Tuesday, Wednesday, Thursday & Friday Fri 10 AM – 6 PM and Saturday 9 AM – 4 PM. They are closed Sunday and Monday.

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 as there are changes to this year's event. 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 21, 7:00 - 8:00 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 21, 4:00 PM – 7:00 PM at the large pavilion across from Potawatomi Pool. Each participant will receive their race t-shirts, official race number and additional pertinent race information. If you are unable to attend packet pick-up, please contact Bridget Fields to make alternate arrangements.

RACE DAY

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

RACE DAY CHECK IN: 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. After the participant has placed their bicycles, helmets, and shoes, they need to report to Door 8 of John Adams High School (located on the south side of the building, facing Mishawaka Ave) and find their race number. Our volunteers will be coming around with black markers to print each participant's official race number on both arms and legs. This is to be able to identify each racer during the swim portion of the event. 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.

RACE DAY MEETING: A mandatory pre-race meeting for all competitors will begin promptly at 7:30 AM, just outside of Door 8 of John Adams High School (located on the south side of the building, facing Mishawaka Ave). Late arrivals will miss the race. During this meeting, listen for your child's swim wave number to begin the race so that they are lined up properly. 5/6 age group will be called to swim first, followed by 7/8, 9/10, 11/12, and finishing with the 13/14 age group. The race will begin promptly at 8:00 AM.

THE RACE: The race begins with the 5/6 age group, followed by 7/8, 9/10, 11/12, and will finish up with the 13/14 age group. Participants will only need their swimsuit, swim cap (suggested but not mandatory for long hair), shirt or belt with bib number/timing chip 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. Shirts/belts with bib number attached will be set in the pool area immediately before your wave for the swim portion and will be put on immediately after you exit the pool. Volunteers and race staff will be positioned along the entire racecourse to help the athletes.

SWIM: Triathletes must have a wave number to participate. These will be applied on the morning of the race, when participants report to the John Adams High School Parking Lot. The Kids' Triathlon will begin with a 25-yard swim for the 5/6 age group (one length of the pool) and a 50-yard swim for all other age groups (two lengths of the pool) at the indoor John Adams High School pool. Participants in the 5/6 and 7/8 age group may wear a floatation device (life vest or arm floaties) if there is worry about skill level or safety. All other triathletes need to be able to swim the distance without help from any floatation devices. Special cases can be discussed with the Race Directors. No swim fins, snorkels, masks, or swim paddles allowed. There will be one swimmer per lane, per wave. Swimmers in the next wave should not enter the pool until the previous wave has fully exited the pool. 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 swimsuits 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 exit the pool area through Door 14 (located on the east side of the building),** 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 always be fastened and on 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. No training wheels, scooters, or tricycles allowed; only two wheeled, self-propelled bicycles.

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 athletes in this event is paramount!

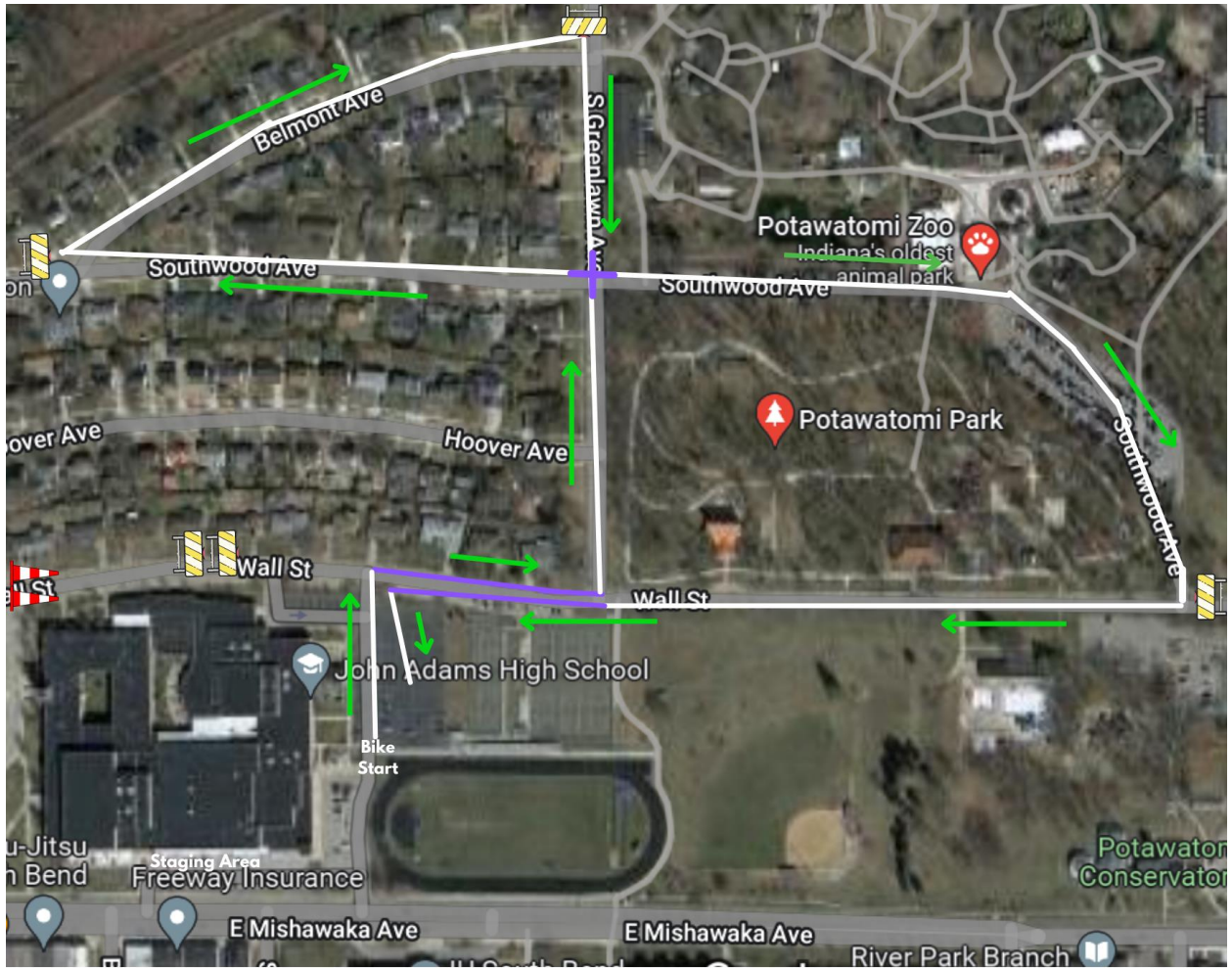
RUN: After biking the entire bike course, each athlete must walk their bicycle into the transition area and return their bicycle to their original bike location. Participants in the 5/6 and 7/8 age groups may have the help of one guardian in the transition area; all other age groups must transition without 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 racecourse with them. All other age groups (9 and up) must complete the racecourse on their own. We encourage parents to place themselves along the racecourse to cheer on their child or make their way to the race finish line. Parents of athletes in the 9/10, 11/12, and 13/14 age categories should not enter the racecourse 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 athletes should cross the finish line. There will be two water stations located along the run course.

RACE FINISH: As each athlete crosses the finish line, they will receive a finish medal. There will be bananas and water for the competitors 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 athletes still competing on the racecourse. The awards ceremony will immediately follow the race finish once the results have been tabulated. **The top six triathletes in 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.

RACE MAPS:

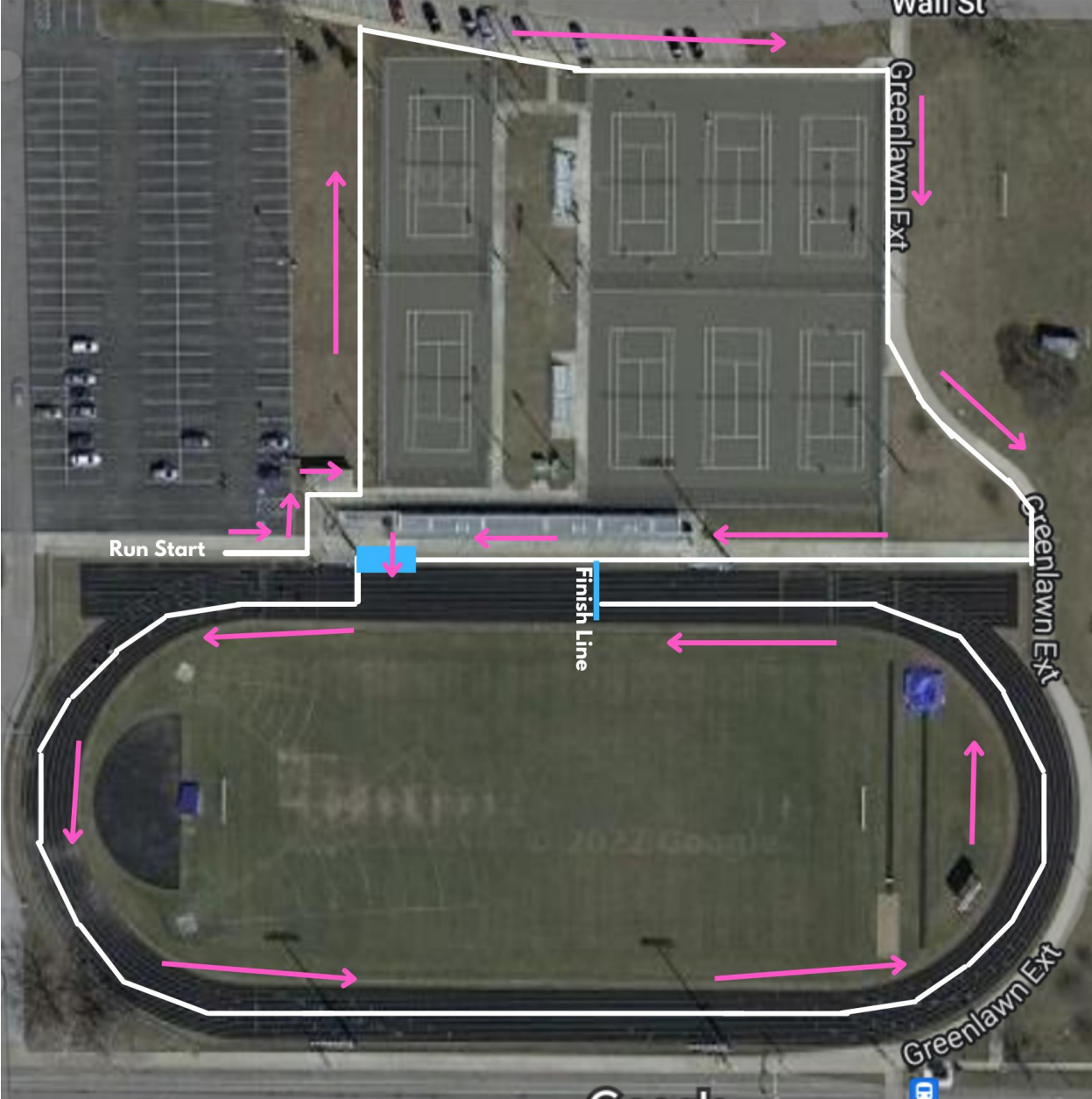




Bike Route



Overlapping Participants
(Lanes will be used to ensure participants safety)



Run Route