

BRAINSPOORT KIDS OF STEEL TRIATHLON

June 17th, 2006

RACE INFORMATION PACKAGE

Remember to HAVE FUN and to SMILE at our volunteers!

PARENTS, please carefully review this race package with your TRI-KID.

CAN YOU HELP? We need 80 volunteers to make this event safe and fun for our TriKids. Any help will be greatly appreciated. Please call Nan at 249-0506 or e-mail nanlee@sasktel.net Thanks!

WHAT'S NEW this year and few important reminders:

- The RUN course has been CHANGED due to city construction activities by the water treatment plant - brief instructions will be given prior to race start.
- You can come for race course orientation on Wednesday June 14th at 5:30 p.m. OR on Thursday June 15th at 5:00 p.m. If your kid is unsure of the course, or what to do on race day, please come out. Meet by the picnic tables near Riversdale pool entrance. Phone RossAnn at 978-4256 for information.

BEFORE THE START OF THE RACE

RACE SITE PARKING and access: For the safety of kids participating in this event, the park access off Spadina will be CLOSED to traffic from 8:45 a.m. till all the TriKids are off the bike course (about 12:00 p.m.). If you need to leave the race site before the end of the race, please park along the streets after you've dropped off your TriKid at race site.

REGISTRATION (Check-in) and transition areas open at 8:00 a.m. Check-in by age group for body marking (that's how TriKids wear their race numbers). Please arrive on time because you will need time to register, put race number on your t-shirt, check out the course, and to set up your tri-stuff. Registration closes promptly at 9:00.

TRANSITION AREA: There are two transition areas set up for each age group. **POOL** transition area is where you will leave a towel, running shoes, and clothes that you will be wearing. Set up your bike and bike helmet in the **BIKE/RUN** transition area on racks. Smaller kids can put their bikes on the grass (7 and under). Keep transition areas tidy so that other kids don't trip over your things. Use lockers in the pool change rooms for things that you won't be using.

DURING THE RACE

BE ON DECK on time and report to **Pool transition area CAPTAIN**. The time that you need to report will be posted on race day. Race instructions will be given out, and swimmers will be seeded into (designated to) swim lanes. Race will start **ON TIME** with the youngest participants starting at 9:00 a.m.

DISTANCES

<i>Born in</i>	<i>swim</i>	<i>bike</i>	<i>run</i>
1999 or later	50 m (1 lap)	1.8 km (1 lap)	0.5 k (1 lap - course A)
1997 to 1998	100 m (2 laps)	3.4 km (2 laps)	1.0 k (2 laps- course A)
1995 to 1996	150 m (3 laps)	5.0 km (3 laps)	1.5 k (3 laps- course A)
1993 to 1994	200 m (4 laps)	6.6 km (4 laps)	3.0 k (2 laps - course B)
1991 to 1992	300 m (6 laps)	9.8 km (6 laps)	3.0 k (2 laps - course B)

SWIM: Lane counters will count laps for you. Try not to swim backstrokes - too many kids end up bumping into each other! One lap is two lengths (there and back).

SWIM to BIKE TRANSITION: Boys must wear a shirt to bike and run. Put on your **BIKE HELMET** before you take the bike off the rack. Keep your helmet on until you put your bike back on the rack after you are done biking. Your bike must be **WALKED OUT** of and **WALKED INTO** the transition area. Talk to one of the many transition area volunteers if you need to know where you can mount your bike.

BIKE: Look over the bike course carefully. It follows the Meewasin trail towards Idylwyld Bridge to a marked junction → up the path to Spadina and Avenue C → along Spadina back to the park entrance. Please slow down when nearing the park entrance. The course continues down hill past the tennis club → turns into the parking lot by the courts → joins up with the Meewasin trail. On your **LAST LOOP**, stay on the road to the parking area and follow the cones to the bike dismount area. TriKids will be disqualified if they do not bike safely and/or courteously. Bike on the right hand side of the trail except when passing. TriKids **MUST** let others pass on the left hand side of the trail, and they **MUST NOT** block others from passing.

RUN: Run course starts next to the bike dismount area and towards Riversdale pool entrance. Run Course A loops clockwise around the playground in front of Riversdale pool entrance. Run Course B loops around the Riversdale pool area (towards Avenue H exit, and then along Avenue H walking path) and the playground in clockwise direction. There will be many volunteers in place to help you and to mark your hand for each completed lap.

TYKES AND TRIKES DUATHLON: This is for those patient little ones cheering on their older sibling. Enter kids 5 and under for this fun event. Bring along bikes, trikes, or anything on wheels - don't forget a bike helmet! Parents/guardians will be

expected to run with their tykes!

TEAM ENTRIES: The distance depends on the kid doing the swim/bike/run portion. The Swimmer must tag the biker at pool transition. The biker puts the bike back on the rack and tags the runner.

PARENTS, DO NOT HELP YOUR KIDS: Parents, please stay outside of the transition areas behind the traffic cones (particularly along the path from the pool to the bikes). We have many volunteers to help kids, if they need it. Parents of smaller kids (7 and under) can bike and run alongside - but please, do not get in the way of other racers. Bikes are not allowed on the run course.

AFTER THE RACE

AFTER the RACE: Snacks and drinks will be available by the finish line - enjoy! Remember to cheer for others.

POOL PARTY: After the last swimmer has left the pool, the pool will be open for a POOL PARTY. To join in, you should be a participant, volunteer, or friends and parents with a **POOL PARTY TICKET** (kids 5 and under are free). The number of lifeguards on duty is based on the number of people in the pool area, even if you are not swimming. So you must have a pool party ticket to enter the pool area. Pool party tickets **WILL NOT** be available for sale the morning of the race because Life Guards must be arranged ahead of time and food must be purchased. You will need to present the pool party ticket to get your lunch.

LUNCH, MEDALS, and T-SHIRTS: Lunch will be served around 12:00. Pool party ends at 1:00 p.m. Medals will be given out after lunch. T-shirts will be handed out during check-in.

BAD WEATHER: The race will take place regardless! Hope for a good one.

QUESTIONS? Call Nan at 249-0506 or RossAnn at 978-4256.