

# BRAINSPOORT KIDS OF STEEL TRIATHLON

June 21<sup>st</sup>, 2003

## RACE INFORMATION PACKAGE

**Remember to HAVE FUN and to SMILE at our volunteers!**

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**PARENTS**, please carefully review the instructions in this race package with your TRI-KID. And remember, if you have suggestions on how to make this event better, please volunteer!

### **WHAT'S NEW this year and few important reminders:**

- The race distances are based on kid's age at the end of the year.
- Race course orientation will be held on Thursday June 19<sup>th</sup> from 5:00 to 6:00 p.m. and Friday June 20<sup>th</sup> from 5:00 to 6:00 p.m. If your kid is unsure of the course, or what to do on race day, please come out.
- Kids will be disqualified if they do not bike safely and/or courteously. They must bike on the right hand side of the trail except when passing. They **MUST** let others pass on the left hand side of the trail, and they **MUST NOT** block others from passing.
- Your kid is responsible for counting the number of loops on the bike course – not the volunteers. You can help count when cheering along the bike course.
- Prizes will not be given to first place finishers. Names will be drawn for prizes.

**RACE SITE PARKING and access:** The park access will be closed to traffic from 10:00 a.m. till all the racers are off the bike course (about 12:00 p.m.). **NO EXCEPTIONS.** The **Avenue H** access will be open for two way traffic during this period. If you plan on leaving the race site before the end of the race, park south of the transition area.

**REGISTRATION** and transition areas open at 9:00 a.m. Check in at registration 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, check out the course, and to set up your tri-stuff. Registration closes promptly at 10:00 a.m.

**TRANSITION AREA:** There are two transition areas. **POOL** transition area is where you will leave a towel, running shoes, and clothes that you will be wearing - area designated by age. Set up your bike and bike helmet in the **BIKE/RUN** transition area on racks set up for each age group. An area has been set aside for smaller kids to lay their bikes down on 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.

**BE ON DECK** on time and report to **Pool transition**. The start times will be posted in the pool transition area 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 10:00 a.m.

**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 top 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. You must count your own bike laps or get your parent/friend to help you count. You must bike on the right hand side of the trail except when passing. You will be disqualified if you block others from passing.

**RUN:** Run course starts next to the bike mount/start line. The run course follows the Meewasin trail towards the water treatment facility. Follow the trail to your turnaround point. Kids under 10 (born 1994, 1995, 1996 or later) turnaround at BLUE turnaround. Big kids (born between 1988 and 1992) turnaround at BLACK turnaround. There will be a volunteer there to help you.

#### **DISTANCES**

<i><b>Born in</b></i>	<i><b>swim</b></i>	<i><b>bike</b></i>	<i><b>run</b></i>	<i><b>turnaround</b></i>
1996 or later	50 m (1 lap)	1.8 km (1 lap)	0.5 k (1 lap)	blue
1994 to 1995	100 m (2 laps)	3.4 km (2 laps)	1.0 k (2 laps)	blue
1992 to 1993	150 m (3 laps)	5.0 km (3 laps)	1.5 k (1 lap)	black
1990 to 1991	200 m (4 laps)	6.6 km (4 laps)	3.0 k (2 laps)	black
1988 to 1989	300 m (6 laps)	9.8 km (6 laps)	3.0 k (2 laps)	black

**Trikes and Tykes:** no swimming - just bike and run (distance to be set on race day)  
**TriBaby-on-wheels:** TriGeek swims 300 m, runs 1.8 km with TriBaby-on-wheels (jogger stroller) on the bike course and 1.5 km on the run course (allowed one diaper change break)

**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:** Snacks and drinks will be available by the finish line - enjoy! Please, stay away from the bike dismount and transition area. 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, T-SHIRTS, and PICTURES:** Lunch will be served around 12:00. A group photos will be taken after lunch. Pool party ends at 1:00 p.m. Medals will be given out when each kid crosses the finish line. T-shirts will be handed out during registration.

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

**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!

**QUESTIONS?** Call Nan at 249-0506.