

Brainsport Kids of Steel Triathlon
Saturday June 15th, 2019
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? The Saskatoon Triathlon Club puts this event on year after year, for 21 years. We are a non-profit member based organization that relies on volunteers to deliver great events. **We need over 80 volunteers to make this event safe and fun for our TRI-KIDS.** Please sign up at <https://volunteersignup.org/QEEC8> or email stcivolunteers@gmail.com.

RACE PACKAGE PICK-UP: On Friday June 14th from 4-7pm at **Brainsport, 616 10th St E, Saskatoon**
Volunteers at package pick up will be happy to answer any questions you might have.

RACE VENUE: Riversdale Pool and Victoria Park, 822 Ave H. South Saskatoon. S7K 0J5

BEFORE THE START OF THE RACE

PARKING AND ACCESS: For the safety of the kids participating in this event, portions of the roads will be closed from 6:00-11:00 am, or until all kids are off the course. Please be prepared for the possibility of traffic delays due to the race in progress. Park access from Ave H and also from 16th St W will be closed to traffic. Please park your car along a side street instead.

REGISTRATION (check in) and TRANSITION areas open at 7:15 am. We need to check in 200 kids so don't delay. Check in according to age for body marking (that is how tri-kids wear their race numbers) and to apply the race bib. Please arrive on time so that you can check out the course and set up your transition area. **Registration and Transition closes at 8:15 am. You will not be able to race if you have not checked in and you will not be able to enter Transition after it closes.**

TRANSITION AREA: there will be 2 transition areas set up for each age group.

- Pool Transition area is where you leave a towel, running shoes, and clothes for biking/running. No bags will be allowed in the transition area. Once you finish swimming you put on your clothes at this location and head towards the bike racks.
- Bike to Run Transition area will be where you set up your bike on the racks. Helmets will be left here with the bikes. Helmets must be on before removing your bike from the rack.
- Nothing else will be permitted in these areas. If you are riding your bike with cycling shoes, you will be permitted to have your run shoes in the Bike/Run transition area. Please rack your bike according to age group. Signs will be hanging on racks to guide you. Tykes and smaller kids will put their bikes on the grass beside transition and a volunteer will be in area to assist kids if needed.
- **ABSOLUTELY NO PARENTS ALLOWED IN TRANSITION AREAS TO HELP THEIR CHILD; VOLUNTEERS WILL BE THERE TO ASSIST IF NEEDED.**

DURING THE RACE

BAD WEATHER: The race director, race officials and pool staff will decide on race changes if the weather is poor. We are at an outdoor pool and safety regulations prevent swimming if there is thunder and lightning. Rain may delay a race but we will only cancel if extreme conditions are present. We want to ensure a fun and safe environment so LET'S ALL HOPE FOR SUNSHINE!!!

ATHLETES: 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 all swimmers will be assigned swim lanes. The race will start **ON TIME** with the youngest participants (Tykes and Trikes) starting at 8:25 am. The participants will race from **youngest to oldest**.

DISTANCES

The distances are determined according to your age as of December 31/2019

*the run course for these age groups is an alternate course, it will be marked accordingly

Swim	Bike	Run	Bib Color	Age Group
Run 200m (1 lap)	400m (1 lap)	200m (1 lap)	Red	3,4 & 5yrs. (TYKES AND TRIKES)
50m (1 lap)	1.5km (1 lap)	0.5km (1 lap)	Blue	6 & 7 yrs.
100m (2 laps)	3km (2 laps)	1km (2 laps)	Pink	8 & 9 yrs.
200m (4 laps)	6km (4 laps)	2km (4 laps)	Yellow	10 & 11 yrs.
300m (6 laps)	9km (6 laps)	3km (2 laps)*	Green	12 & 13 yrs.
500m (8 laps)	9km (6 laps)	3km (2 laps)*	Orange	14 & 15 yrs.

TYKES & TRIKES (ages 3,4 & 5):

We will have lots of volunteers helping this group all the way. One volunteer will lead the group so that your Tykes just need to follow and have fun! And we leave no one behind so we will also have someone sweeping at the back to make sure everyone gets through.

RUN: run north towards the tennis courts, turning counter-clockwise and heading back towards the playground, following the path and running towards Transition.

BIKE: walk/run the bike to the mount line and ride north, following the path and turning clockwise. Keep on the path but head back south, turning right to get back to Transition.

RUN: follow the same course as the first run but make sure to go through the arch and smile as you cross the finish line!

ALL OTHER KIDS:

SWIM: takes place in Riversdale Pool. Lane counters will be there to help count laps, but kids should try and count their own laps. One lap is 2 lengths (there and back). Floatation devices or lifejackets are allowed.

RULES: Flip turns will not be allowed. No backstroke please – too many kids bumping into each other.

SWIM to BIKE Transition: kids will be grouped together according to age categories. Please use your area wisely and keep your gear tidy so other athletes do not trip on your stuff. **NO PARENTS ALLOWED** in transition area. Volunteers will be in the area to assist your child if needed. **BIKE HELMETS** must be on and buckled before taking your bike off the rack. Keep your helmet on until you have completed the bike portion and until you have put it back on the rack. You must walk/run your bike out of the transition area and walk/run it back in after the bike. There will be a mount line and a dismount line clearly marked, as well as a volunteer to tell you when to mount/dismount bike.

RULES: You may not mount your bike until AFTER you have crossed the Mount Line. You must dismount your bike BEFORE the Dismount Line

BIKE: For optimal safety we will be biking on the path that winds through Victoria Park. This course follows the Lower Meewasin Trail towards Idylwyld Bridge. A marked junction and a volunteer will direct the bikers up towards Spadina, then back on Upper Meewasin Trail. The path leads back to the entrance of Victoria Park via the roadway entrance. Here bikers will make a sharp turn off the path and onto the road, continuing downhill past the tennis club through the parking lot and back onto Lower Meewasin Trail for continuous laps. ON YOUR LAST LOOP...stay on the road following the cones to the BIKE DISMOUNT LINE/Transition area.

RULES: Please bike on the right hand side of the path, if being passed do not block passing biker. Be courteous. If you are passing another biker, you must yell out PASSING ON THE LEFT, and then stay to the left until after you pass them. Once you pass you must move over to the right side again. TRI-KIDS **must** bike safely and courteously. Drafting on the bike is absolutely not allowed which means you must stay 7 meters behind other bikers.

RUN: The run course begins next to the bike dismount area, near the Riversdale Pool entrance. There are 2 Run Courses, dependent on your age. See the Course Map for a visual.

Run Course A (Red) is for 6 – 11 year olds. It is a 500m clockwise loop around the Playground in front of Riversdale Pool entrance. Each age group will run multiple loops according to their age. A volunteer will be marking your hand as you go by at the top of the hill.

Run Course B (Blue) is for 12 – 15 years old. This course loops clockwise around the Riversdale Pool area towards the Ave H exit and then north along Ave H, right on 16th St and then back towards the Playground. Each loop is 1.5km and you will do 2 loops.

AID STATIONS: There will be water available at the start of the run and during the race.

PARENTS: Please do not assist your child during any portion of the race. Absolutely no parents in the transition area at any time. Please do not bike or run with your child; you will get in the way of other racers. We have many jobs that need parent volunteers. We can find you a place to help out that will make our race that much more efficient. There will be many spots around the course that you will be able to take pictures of your children and see them cross the finish line. Please stay off the course for the safety of the children racing. Please listen to volunteers and do not cross the race path without their authority.

AFTER THE RACE

Snacks and drinks will be available at the finish line for all our hard working athletes and special Kids of Steel medals will be handed out at the finish line. **Please stay and cheer others on – it makes for a wonderful atmosphere.** Do not enter transition area to clean up your gear until after the last racer has finished. If you must leave before then, please see a volunteer and a race official before entering the transition area. Want to see more action? Stick around and watch the adults 'tri' at the Be Like Bruce Triathlon starting at 11am.

Results: We will do our best to record times and post results. As long as we have fun we are all winners. Please visit our website: www.triathlonsasktoon.org

Want to have more fun? Your child is automatically a member of the Saskatoon Triathlon Club. We have numerous events throughout the year and have a summer Splash 'n Dash series (swim/run) they might enjoy. Keep watch for our newsletter and our Facebook page for all the details.

More questions??? Please email info@triathlonsaskatoon.org

Kids of Steel Package Pick-Up

4:00 – 7:00pm – pick up your 2019 Kids of Steel T-Shirt and Race Bib at Brainsport

Kids of Steel Race Day Schedule

6:00am – Course set up

7:00am – Registration set up

7:15am – Registration and Transition **OPEN**

8:15am – Registration and Transition **CLOSE**

Races Start:

8:25am – TYKES AND TRIKES begins!!!

8:30am – Swim / Bike / Run races start from youngest to oldest

Ages 6/7

Ages 8/9

Ages 10/11

Ages 12/13

Ages 14/15

Races Finish:

11:00am

An annual event by the



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