



**Swim, Bike, Run ...
Race, Prizes, BBQ, Fun Fair & More!
All proceeds to SickKids**

Nicola's Kids Triathlon is the premiere event for kids to have fun and help other kids right in our own community. The purpose of Nicola's Kids Triathlon is to raise awareness and funds for MFM research at SickKids Hospital. This triathlon is great for first timers as well as more serious athletes - it is all about personal achievement. The distances are short and any bike will do. After the race the children can all enjoy the activities and a BBQ.

Nicola's Tri For Kids

**Sunday, June 11,
2017**

**225 Duncan Mill
Road
North York, ON
M3B 3H9**

**Everything you need
to know for the race!**



**Nicola's Tri
FOR KIDS**
MFM Research



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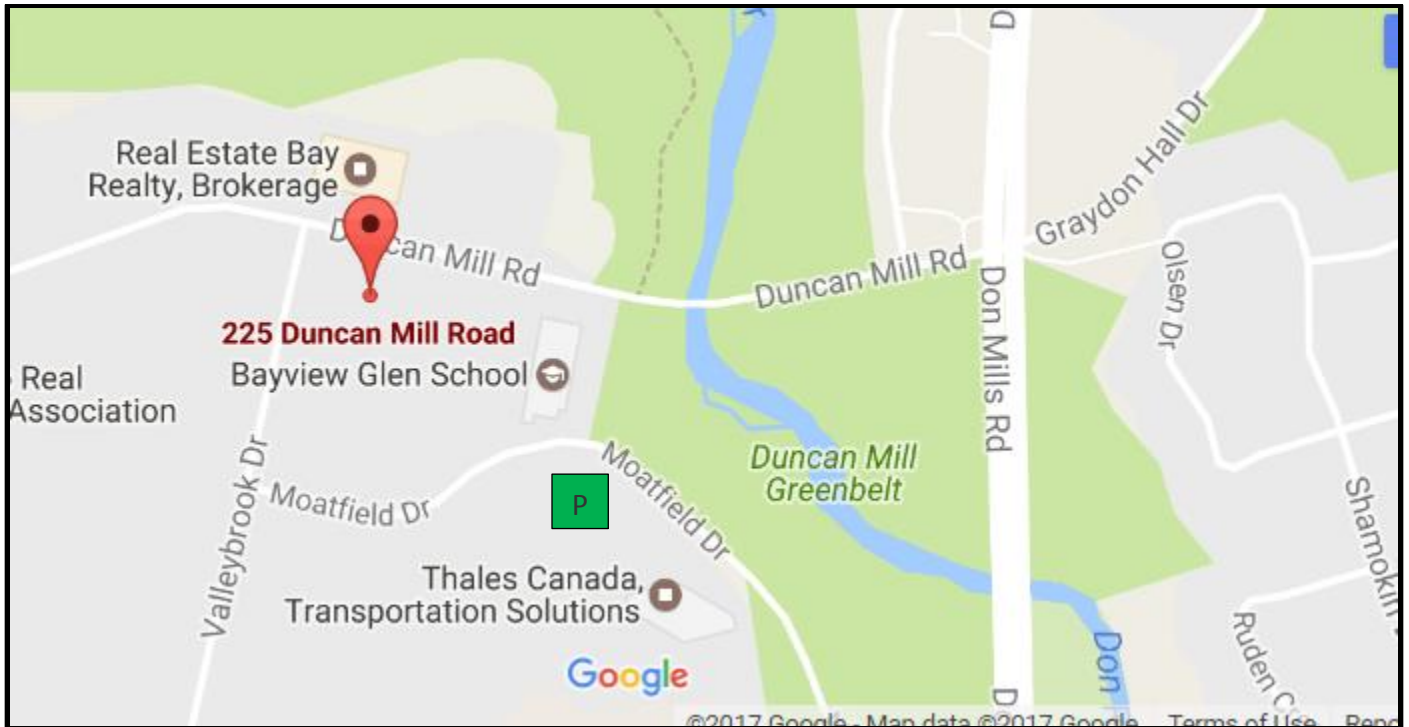
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Getting to the Event



Race Kit Pick Up: Saturday, June 10, 2017

Location: 225 Duncan Mill Rd. (parking lot). Look for the red tent.
1:00 to 4:00 p.m. Race kit pick up on race day will be in the same location.

Race Day: Sunday, June 11, 2017

Location: 225 Duncan Mill Rd. (parking lot)

Parking: Event parking will be in the parking garage at 105 Moatfield Drive. A bike drop-off area will be located just beyond the parking entrance on Moatfield Dr. Families may drop off their bikes first, if desired.

The only route to the bike drop-off and parking is via Moatfield Drive from Don Mills Road (first stop light north of York Mills). NOTE: Valleybrook Dr. will be CLOSED in both directions.

Race Weekend Schedule

Race Kit Pick Up - Saturday, June 10, 2017

Drop in anytime between 1:00 pm – 4:00 pm

- 1) Check in and receive your race bib.
- 2) Pick up your race kit bag and Nicola's Tri for Kids t-shirts.
- 3) Get body marked if desired.
- 4) Hand in donations for SickKids Hospital.
- 5) View course maps and the wave list.

Race Day - Sunday, June 11, 2017

Race day kit pick up, for those unable to check in on Saturday, opens at 10:00 am. Look for the RED registration tent.

Arrival Times:

Age Group	Arrival Times*
3 to 5	Arrive by 11:00am
6 - 7	Arrive by 11:30am
8 - 9	Arrive by 12:30pm
10 - 11	Arrive by 2:00pm
12 - 13	Arrive by 3:00pm

* Please arrive before the times listed above. If you have your bib head into the transition area to set up. Transition is a large, secured area near the swim exit. It is where athletes transition between the swim and bike. Athletes will place (rack) their bikes and helmet on the designated rack, with their gear placed under their bike. The transition area is organized in sections by age group. Look for the sign that matches your athlete's bib colour and age group. The race starts with the first wave of 3 to 5 year olds in the water at 12:00 pm. Athletes receive their **wave #**

and **the time their wave is called** at race kit pick up. This information is printed on the back of their bibs and on the tear-off portion of the bib. Arrive at the Yellow Wave calling tent, at your designated time, prepared to go to the start of your swim.

Race Day Checklist

Pack your gear the night before the race. Don't forget:

- √ Swimsuit - worn to the race
- √ Goggles, swim cap - optional
- √ Helmet - properly fitted, with working chin strap
- √ Bike or tricycle
- √ Running shoes - sandals/crocs are not permitted while riding or running in the race but may be worn while waiting to go into pool
- √ Shirt and shorts that will be worn while riding the bike and running, extra clothes to wear while waiting to race
- √ Race Bib – pinned to the front of the shirt you will be riding and running in, visible during the ride and run
- √ Towel
- √ Hat for running in, sunscreen
- √ Water bottle

Arrival and Swim Start

Upon arrival at the race site

I **attended** race kit pick up on Saturday and have checked in and have my bib.



Head straight to transition and set up your bike and gear quickly and exit transition. Bike racks are labelled by age group colour.

I **did not attend** race kit pick up. I need to check in and pick up my race bib.



Look for the **red** registration tent. Race day kit pick up opens at 10:00 am. Then head to transition to set up.

- ▶ Athletes should arrive in their swimsuits ready to race
- ▶ Look for the bike racks signs that match the colour of your bib and rack (park) your bike. Place your towel, runners, shirt/shorts under your bike. You can hang your helmet on your bike. Your bib should be pinned to the front of your shirt already.
- ▶ Transition is not a spectator area, once you are set up please exit.
- ▶ Race Crew and Volunteers will assist with set up in transition.
- ▶ Arrive at the YELLOW 'WAVE CALLING' tent just prior to the WAVE CALLED AT time printed on the bib.
- ▶ Listen for your wave # to be called. All athletes in the wave will be escorted to the pool together.
- ▶ Spectators watch from outside the pool deck and athletes have the right of way when exiting.
- ▶ Athletes in the 3 to 5 age group **MUST** be accompanied by an adult in the water. Come prepared to get in the pool with your athlete. You must be within arm's length regardless of their swimming ability.
- ▶ Life jackets will be available and handed out on deck for athletes who would like one. Life jackets and flutter boards are the only permitted floatation devices. No noodles allowed.
- ▶ A Velcro timing chip, worn around the ankle will be distributed on the deck and removed at the finish.
- ▶ RELAY teams will have the same bib number and will pass the Velcro timing chip to their team member after they complete their portion of the race.
- ▶ 'In water' start, no jumping or diving. All athletes will finish their swim in the shallow end.

- ▶ Athletes are responsible for counting their own laps.
- ▶ Our Swim Captain, Lifeguards and Volunteers will be on deck at all times.

Bike and Run

NEW Bike Course

Spectator friendly, more engaging for parents and athletes.

The bike loop will be primarily back and forth along Valleybrook Dr. between Duncan Mill and Lesmill with a small section through the Bayview School driveway. The new course is completely closed to vehicular traffic.

One loop = 1 km

- ▶ After the swim athletes head to the transition area to towel off, put on their shirt/shorts, socks and runners. Volunteers are in transition to offer as much assistance as needed.
- ▶ **ONLY ATHLETES AND VOLUNTEERS** are permitted in the transition area while the race is on (except 3 to 5 age group).
- ▶ Helmets must be fastened securely before athletes can touch their bikes. Volunteers will 'unrack' the bikes and ensure the helmet is fastened.
- ▶ **NO HELMET = NO RACE**
- ▶ **NO SHIRT = NO RACE.** All athletes must wear a shirt while biking and running.
- ▶ Athletes will walk/run with their bikes to the ON MY BIKE sign and head off on the bike course.
- ▶ Older athletes will be completing multiple loops of the bike course. The number of bike loops is printed on the bib tear-off. Be sure your athlete knows where you will be standing to help them count loops.
- ▶ Upon completion of the required loop(s) the athlete will dismount (OFF MY BIKE) and bring their bike and helmet to the DROP TRANSITION. This transition is separate from the main transition. Athletes then head off on the run.
- ▶ There will be a water station on the run course.

DISTANCES

Age Group	Bib Colour	SWIM	BIKE	RUN
3 to 5	YELLOW	25m (1 length)	500m	50m
6 - 7	RED	50m (2 lengths)	2K (2 loops)	500m
8 - 9	BLUE	75m(3 lengths)	3K (3 loops)	1K
10 - 11	ORANGE	100m (4 lengths)	4K (4 loops)	2K
12 +	GREEN	200m (8 lengths)	8K (8 loops)	3K

POST RACE

- ▶ Time for celebration! Visit the post race tent for water and fruit.
- ▶ Enjoy the BBQ and Fun Fair.
- ▶ Pick up gear in both transition areas (bike, helmet and towel, swim gear).
- ▶ Please be sure to thank a Volunteer (or two) as you leave. We couldn't do it without them!
- ▶ Finishing times will be posted within 12 hours and can be found on this link – www.chiptimeresults.com

THE CHARITY AND MISSION



There is still time to fundraise for SickKids! Follow this [link](#) to set up your personalized pledge page. Thank you for joining this effort to support children that are sick and provide hope that MFM illnesses can be cured, all while making the future for our children a better place through health, exercise and a positive lifestyle.

Donations will support MFM research program through Yellow Balloon Projects at SickKids. Designated gifts are subject to the Terms and Conditions set out at www.sickkidsfoundation.com.

The overall mission of Nicola's Kids Triathlon is:

- To provide awareness and funding for MFM research program at Sick Kids hospital through the monetary commitment of participants and sponsors.
- To promote the long-term health of all children through exercise and a more positive outlook.

TIPS FOR A GREAT RACE

- Inspect your bike (tire pressure, functioning brakes, etc.) and helmet for proper fit – guidelines for proper fit can be found [here](#)
- Skiis and Bikes will be on site race day for last minute minor bike repairs.
- Pack everything the night before and be sure to know what time you must be set up in transition by
- Arrive early, it will take time to park, walk to the race site and set up
- Protect yourself from the sun, stay hydrated
- Look around and get acquainted with the course, look for signs and watch the race
- For the safety and enjoyment of all athletes **please stay off of the race course**. Crossing is necessary however look once, twice even three times before you cross the course.
- Stay relaxed and enjoy!