



TRi KiDS RACE WEEKEND GUIDE

RUN, BiKE, RUN! TRi KiDS Niagara Duathlon

TRi KiDS Niagara Duathlon is this weekend!

Please review the entire Race Weekend Guide. Everything you need to know to make your TRi KiDS race experience an awesome one can be found in this guide. Be sure to visit www.trikids.ca for additional resources including a pre-race [video](#), [FAQ](#) section and [Rules For Safety](#).



**TRi KiDS Niagara
DUATHLON**

August 21, 2016

Ridley College

**2 Ridley Road
St Catharines, ON**

**Everything you need
to know for Race
Weekend!**

RUN WELL EVENTS INC
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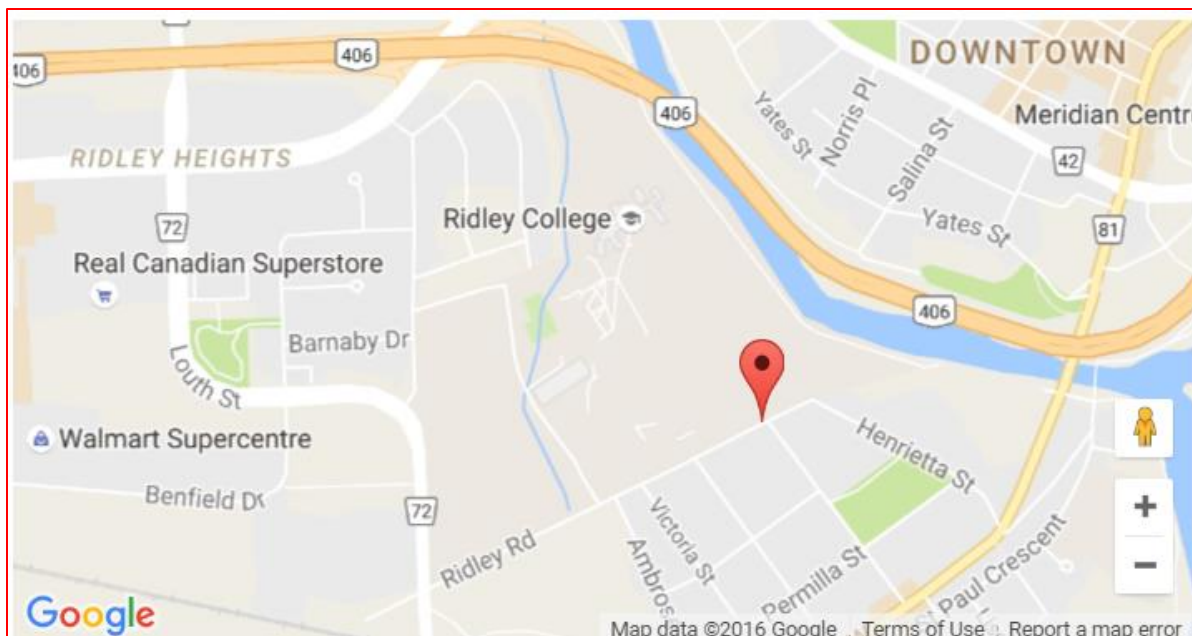
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Getting to the Event



Race Kit Pick Up:

Ridley College is located at 2 Ridley Road, St Catharines, ON. Driving directions can be found on this [link](#).

Parking for race kit pick up is in any of the parking lots on campus. A campus map can be found on this [link](#).

Race kit pick up is in the gymnasium in the Athletic Complex, near the arena.

Race Day:

Ridley College is located at 2 Ridley Road, St Catharines, ON. Driving directions can be found on this [link](#).

There is parking on campus on race day. Overflow parking will be on Ridley Road. Follow the direction of Campus Security.

Race Weekend Schedule

Race Kit Pick Up - Saturday, August 20, 2016

10:00 am – 12:00 pm

Race kit pick up is an open house/drop in where athletes will pick up their race kits and learn about the race. Plan for about an hour at race kit pick up so that you can attend an orientation session and collect your bib, shirt, kit etc. Race kit pick up is busy just prior to the orientation sessions.

Upon arrival:

- 1) Line up by your last name to check in and receive your race bib.
- 2) Pick up your race kit bag.
- 3) TRi KiDS t-shirts are handed out.
- 4) Get bodymarked and pick out a TRi KiDS tattoo.
- 5) Hand in donations for POGO.
- 6) View course maps, wave lists.
- 7) Check out the TRi KiDS merchandise table.
- 8) Attend an orientation session. Orientation sessions take place outside on the field.

Orientation Session Times:

10:30 am

11:30 am

Is attending an Orientation Session mandatory?

While orientation sessions are not mandatory we strongly encourage all athletes and parents to attend a session of their choice. Orientations cover important information about race day including parking, preparation for race day, arrival times, setting up your gear in transition, race course layout and much more.

Race Day

Sunday, August 21, 2016

Race day kit pick up (for those unable to attend on Saturday) opens at 7:30 am.

Arrival Times:

Age Group	Set up in transition COMPLETED by:
3 to 5	set up in transition NO later than 8:00 am
6 - 7	set up in transition NO later than 8:30 am
8 - 9	set up in transition NO later than 9:00 am
10 - 11	set up in transition NO later than 10:00 am
12 - 13	set up in transition NO later than 10:30 am
14 - 15	set up in transition NO later than 10:30 am

Set up times are enforced in order to maintain a safe transition* area. The above times are enforced. Please arrive at least 30 minutes before your age group transition area closes.

*Transition is a large, secured area where athletes transition between the run and bike. Athletes will place (rack) their bikes, 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. Each age group section must CLOSE before the first wave of that age group starts in order to maintain a safe transition area. Learn more about the 'transition area' [here](#).

The race starts with the first wave of 3 to 5 year olds at 8:30 am.

The final wave for TRi KiDS Niagara for the 14-15 age group is at 12:19 pm.

Athletes receive their **wave #** and **wave start time** at race kit pick up. This information is printed on the back of their bibs and on the tear-off portion of the bib. Remember to TEAR OFF the bottom portion of the race bib for reference during the race.

Race Day Checklist

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

- ✓ Helmet - properly fitted, with working chin strap
- ✓ Bike (training wheels are acceptable, if needed)
- ✓ Running shoes - sandals/crocs are not permitted while riding or running in the race
- ✓ 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
- ✓ Hat for running in, sunscreen
- ✓ Full water bottle to leave in transition
- ✓ Snacks/lunch

Distances

Distances are also printed on the tear-off portion of the athlete's race bib.

Age Group	Bib Colour	RUN #1 Field A	BiKE	RUN #2 Field B
3 to 5	YELLOW	50 m	500 m	100 m
6 - 7	RED	300 m	1.5K (1 loop)	400m
8 - 9	BLUE	800m (2 laps of field)	3K (2 loops)	1.2K (3 laps of field)
10 - 11	ORANGE	1.2K (3 laps of field)	4.5K (3 loops)	2K (5 laps of field)
12 - 13	GREEN	1.6K (4 laps of field)	7.5K (5 loops)	2.4K (6 laps of field)
14 - 15	BLACK	1.6K (4 laps of field)	9K (6 loops)	3.2K (8 laps of field)

Arrival and RUN #1 Start

Upon arrival at the race site

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



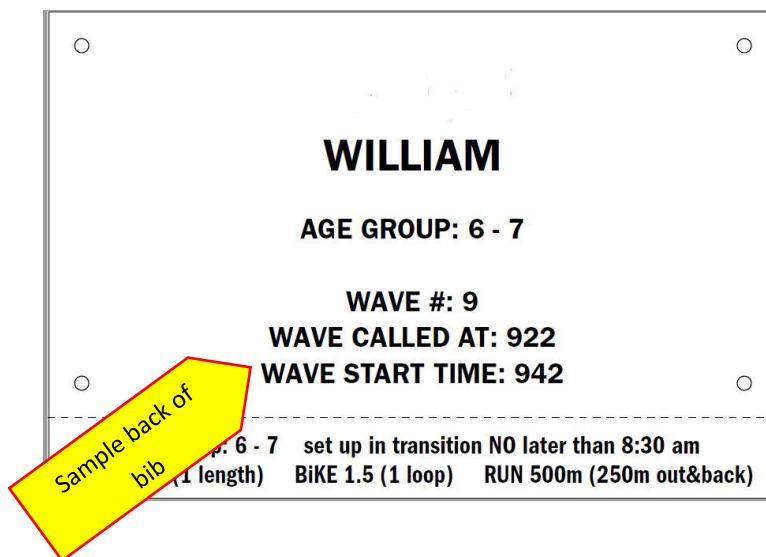
Head straight to transition and set up your gear before the closing time. Bike racks are labelled by age group. Set up quickly and exit.

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 7:30 am. Then head to transition to set up.

- ▶ Athletes should arrive ready to race.
- ▶ Look for the bike racks signs that match the colour of your bib and rack (park) your bike with your helmet. 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 **prior** to the WAVE CALLED AT: time printed on the back of your bib. The wave list will be posted at the wave calling tent as well.



- ▶ Listen for your wave # to be called. All athletes in the wave will be escorted to the start line as a group.
- ▶ A Velcro timing chip, worn around the ankle will be distributed at the start and removed at the finish.
- ▶ Run #1 will take place on grass field A and will involve lap(s) before heading to transition.

BiKE and RUN #2

- ▶ After Run #1 athletes head to the transition area to put on their helmet and take a drink from their water bottle. 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.
- ▶ Helmets must be fastened securely before athletes touch their bikes. Volunteers will 'unrack' the bikes and ensure the helmet is fastened.
- ▶ **NO HELMET = NO RACE**
- ▶ Athletes must have their torso (chest and stomach) covered for the bike and run portions of the race.
- ▶ Visit our [website](#) for equipment (bikes) rules. Triathlon Canada sets out restrictions and guidelines which are followed at all TRi KiDS races.
- ▶ 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. Be sure your athlete understands the looping process and 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 hand their bikes and helmets to volunteers and then head off on Run #2.
- ▶ There will be one water station on the run course.
- ▶ Older athletes will complete multiple laps of Run #2 before finishing. It is the responsibility of the athletes and parents to count laps on the bike and run course.

POST RACE

- ▶ Time for celebration! Visit the post race tent for SunRype juice, fruit snacks, water, fruit and cookies.
- ▶ Post-race snacks are for athletes only.
- ▶ Gluten free cookies are available – just ask!
- ▶ Don't forget to stand in front of the photo wall for a great picture.
- ▶ Pick up gear in both transition areas (bike, helmet and water bottle).
- ▶ 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
- ▶ Photos taken at the finish will be posted to [Zoom Photo's](#) site within 48 hours.

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](#)
- Spokes N Slopes will be on site race day for last minute minor bike repairs.
- Attend an orientation session during race kit pick up
- 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
- Course questions? Ask a CREW member in red shirts
- Look around and get acquainted with the course, look for flags and 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 – enjoy TRi KiDS! We are celebrating participation!