



# TRi KiDS OKANAGAN RACE WEEKEND GUIDE

## SWiM, BiKE, RUN!

TRi KiDS Okanagan 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](http://www.trikids.ca) for additional resources including [Age Group Assignments](#), the [FAQ](#) page and [Rules For Safety](#).

TRi KiDS Okanagan  
July 16, 2017

H2O Adventure +  
Fitness Centre

4075 Gordon Drive,  
Kelowna

Everything you  
need to know for  
Race Weekend!

RUN WELL EVENTS INC  
[rd@runwellevents.com](mailto:rd@runwellevents.com)

[www.trikids.ca](http://www.trikids.ca)





## CONTENTS:

Getting to the Event

Race Weekend Schedule

Race Day Checklist

Site Arrival and SWiM Start

BiKE and Run

Post Race and Tips

# Getting to the Event



## Race Kit Pick Up:

Saturday, July 15, 2017

H2O Adventure + Fitness Centre, 4075 Gordon Drive, Kelowna, BC

Click [here](#) for link to Google maps.

Parking for race kit pick up is in the main lot of the H2O Centre. Look for the tents and activity near the front doors of the H2O Centre.

## Race Day:

Sunday, July 16, 2017

H2O Adventure + Fitness Centre, 4075 Gordon Drive, Kelowna, BC

Race day parking is in the main lot of H2O Centre. Overflow parking available at Ecole De L'Anse-Au-Sable on Gordon Drive.

The lot at H2O will fill quickly.

Due to a Transit reroute some parking spots will not be available *please obey signage*. Parking is not permitted within the actual temporary bus lane.

# Race Weekend Schedule

## Race Kit Pick Up - Saturday, July 15, 2017

**10:00 am – 1:00 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. The TRi KiDS experience begins at race kit pick up.

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 BC Children's Hospital and/or purchase a water bottle in support of Holland Bloorview Kids Rehabilitation Hospital for a minimum donation of \$2.
- 6) View course maps, wave lists. Course maps are also found [here](#).
- 7) Check out the TRi KiDS merchandise table.
- 8) Attend an orientation session of your choice. Orientation sessions take place outside.

## Orientation Session Times:

**10:30 am**

**12:00 pm**

### 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, July 16, 2017

Race day kit pick up (for those unable to attend on Saturday) opens at 7:00 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 9:30 am
10 - 11	set up in transition NO later than 11:00 am
12 - 13	set up in transition NO later than 11:30 am
14 - 15	set up in transition NO later than 12:30 pm

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

\*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, 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 in the water at 8:30 am. The interval between waves is 3 minutes for this 3 to 5 age group and gradually increases as we move through age groups and the swim, bike and run distance increases. The final wave for TRi KiDS Okanagan is 1:10pm.

Athletes receive their **wave #** and **wave called at time 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. **Be sure to tear off the bottom portion of the bib.**

# Race Day Checklist

Get a good sleep and eat a healthy breakfast.

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

✓ Swimsuit - worn to the race

✓ Goggles - optional

✓ Helmet - **properly fitted**, with working chin strap

✓ Bike or tricycle, training wheels are permitted in age group. Balance Bikes are permitted in the 3-5 age group only. NO SCOOTERS.

✓ 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, snacks/lunch - most venues do not have food vendors

# Arrival and SWiM Start

## Upon arrival at the race site

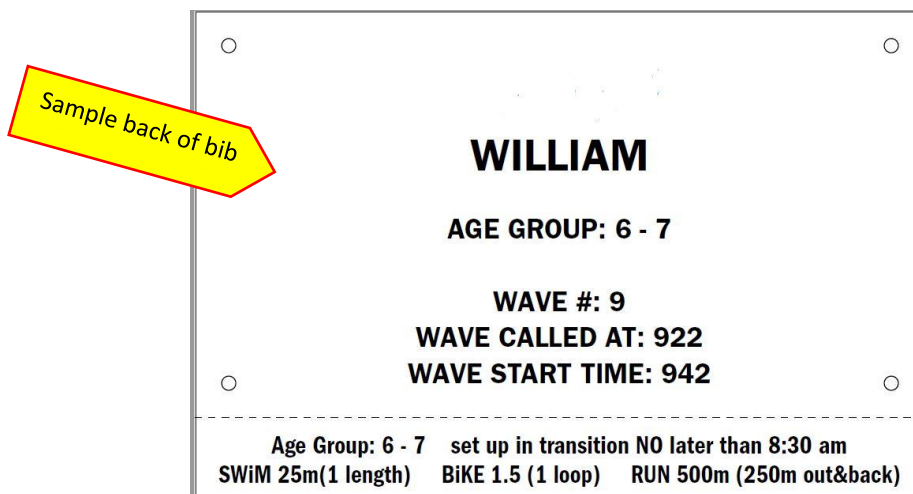
I **attended** race kit pick up and have checked in and have my bib.

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

Look for the **red** registration tent. Race day kit pick up opens at 7:00 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 **prior** to the WAVE CALLED AT: time printed on the back of your bib.



- ▶ Listen for your wave # to be called. All athletes in the wave will be escorted to the deck together.
- ▶ Spectators will be directed up one ramp to the pool deck, athletes up another ramp. Spectators will EXIT the same way they came in.
- ▶ 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. Adults will be able to walk across the width of the pool in the shallow end.
- ▶ Life jackets will be available and handed out on deck for those athletes who would like one. Life jackets are the only permitted floatation devices. No noodles, fins or flutter boards. Water wings are permitted **ONLY** in the 3 to 5 age group.
- ▶ A Velcro timing chip, worn around the ankle will be distributed on the deck and removed at the finish.
- ▶ '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.
- ▶ TRi KiDS Swim Captain, Lifeguards and Volunteers will be on deck at all times.

## BiKE and RUN

- ▶ After the swim athletes head to the transition area to dry 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.** 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. **OLDER ATHLETES PLEASE REVIEW BIKE 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 the run.
- ▶ There will be one water station on the run course.
- ▶ Older athletes will complete multiple laps of the run course before finishing. It is the responsibility of athletes and parents to count laps on the run course.



# DISTANCES

This information is printed on the tear-off portion of the Athlete's race bib.

Age Group	SWIM	BIKE	RUN
3 to 5	15m (1 width)	250m out&250m back	150m to finish
6 - 7	25m (1 length)	750m out&750m back	500m
8 - 9	75m (3 lengths)	4K (2 loops)	1K (2 laps of field)
10 - 11	100m (4 lengths)	6K (3 loops)	1.5K (3 laps of field)
12 - 13	200m (8 lengths)	8K (4 loops)	2.5K (5 laps of field)
14 - 15	300m (12 lengths)	10K (5 loops)	3K (6 laps of field)

# 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 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 – [Startline Timing](#).
- ▶ 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](#).



- Visit Cyclepath for a pre-race bike inspection the week prior to the race. This is a free bike checkup for TRi KiDS! Garry and his Cyclepath team will be onsite for last minute 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!