



SWiM, BiKE, RUN!

TRi KiDS Niagara 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. There are lots of changes this season and this Guide will help you prepare.



TRi KiDS Niagara RACE WEEKEND GUIDE

August 14 & 15
2021

Vale Health &
Wellness Centre

550 Elizabeth Street,
Port Colborne, ON

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Getting to the Event



Race Kit Pick Up:

Saturday, August 14, 2021

Vale Health & Wellness Centre is located at 550 Elizabeth Street, Port Colborne. Driving directions can be found on this [link](#).

Look for the tents near the main entrance.

Parking for race kit pick up is in the main parking lot of the Centre.

Race Day:

Sunday, August 15, 2021

Vale Health & Wellness Centre is located at 550 Elizabeth Street, Port Colborne. Driving directions can be found on this [link](#).

IMPORTANT: Parking will be at Vale Health & Wellness Centre. Approach Elizabeth Street from Hwy 3 (Main Street E.) or Hwy 140 only. Elizabeth St. will be closed at Killalyn Street East to the south.

Race Weekend Schedule

Race Kit Pick Up - Saturday, August 14

12:00 pm – 2:00 pm

Race kit pick up is an open house/drop in where athletes will pick up their race kits and learn about the race. Race kit pick up is busy just prior to the orientation sessions. Please always adhere to physical distancing rules.

Upon arrival:

- 1) Line up by your last name to check in and receive your race bib and kit.
- 2) TRi KiDS t-shirt table. This year we are not permitted trying on shirts for sizing. Sizes and logos are not guaranteed.
- 3) TRi KiDS merchandise table will have hats and sweatshirts while supplies last. No trying on of merchandise. Merchandise can be purchased on race day as well.
- 4) Attend an orientation session of your choice. The orientation sessions take place outside – rain or shine.

Orientation Session Times: 12:30 pm and 1:30 pm

Is attending an orientation session mandatory?

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

Race Day - Sunday, August 15

If you are unable to pick up kits on Saturday race day kit pick up (red registration tent) opens at 7:30 am and stays open all day.

Arrival Times:

Please arrive ONE HOUR before your wave start time.

WAVE LIST

Click on WAVE LIST box above to search for your family code word. All pre-registered athletes will have their name listed in age group WITH BIB #, wave #, wave called time and wave start time are found on this chart. This information is also printed on the back of the bib and on the tear-off portion of the bib.

Upon arrival into transition:

When entering transition to set up always be mindful of athletes racing. Transition is a large, secured area near the swim exit. It is where athletes transition between the swim and bike. Athletes will rack their bikes, helmet on the designated rack, with their gear placed under their bike. The transition area is organized by age group. Only THREE bikes on each bar. Look for the sign that matches your athlete's bib colour.

Safety Measures at TRi KiDS Races – Review

TRi KiDS races will look different this year. Listed below are the measures our organization is taking to mitigate the risks of COVID19. This list may change if necessary, as safety guidelines dictate.

- Race capacities decreased by 50%. Waves will also be at 50% capacity. 4 to 8 athletes per wave, one athlete per lane.
- Bikes in transition should be racked 2m apart.
- Masks must be worn in all indoor space. The only exception is when the athlete is swimming.
- There will be no volunteers due to the screening process required and venue capacities, which means parental assistance (one parent) will be permitted to assist where needed.
- We ask that self-screening be done before you depart for the race. **No one should be at the race if they are unwell or have been in contact with a confirmed or suspected case of COVID19.**
- Race kit pick up will be held outdoors. Registration check in will be bib and kit pick up, shirt pick up and merchandise.
- Maps posted online only. Wave list posted online only. Both decisions made to avoid congregation.
- No trying on of race t-shirts or merchandise items.
- No body marking done by TRi KiDS crew however we encourage parents to do it at home! Mark their BIB # on back of leg or side of arm, any leg/arm.
- Registration tent and post race tent will have a designated entrance and exit for one-way traffic.
- The 3 to 5 age group will have one parent in the water and assist throughout the race as usual, parents will wear masks in the water.
- Athletes are not required to wear a mask while racing.
- ***With no volunteers a significant change for the 6+ athletes is that **ONE** parent is permitted on the pool deck and into the transition zone. Parent can assist the athlete out of the pool, hold their mask and assist in transition. Parent will exit once the athlete is on their bike. This will be mandatory for 6-7 and 8-9 given the assistance they need

however in the 10-11 and 12-13 age groups we will leave this up to the parent/athlete. There will be no TRi KiDS Crew assistance given in transition unless it's an emergency.

- ***There will be no viewing area for the swim portion of the event. All spectators are asked to remain outside.
- Physical distancing signs will be posted and we ask families to maintain a safe distance as much as possible. Outdoors please wear a mask if distancing is not possible.
- Athletes will be handed a medal and will exit the area immediately. To avoid congregation in the finish area, only our announcer and medal presenter and the finishing athlete will be permitted in the secured tent.
- Post race snacks will be pre-packaged.
- As usual, there will be a medical tent well versed in COVID protocol should any athlete or spectator need medical assistance.
- At this time the facilities/municipalities we are in have interpreted the public health guidelines as no limit to spectators at an outdoor event.
- We wish we could high-five every single athlete but for this season we'll smile and clap and make sure they all feel special!

Let's all do our part to make this return to racing safe and enjoyable for all. Our TRi KiDS Crew are so excited to be back. We ask for everyone to be patient with the changes, with our staff and with one another.

Race Day Checklist

- ✓ Pack your gear the night before the race, including mask.
- ✓ Race Bib – pinned to the front of the shirt you will be riding and running in, visible during the ride and run. Race bib cannot be worn in the pool as the timing chip is attached.
- ✓ BODY MARKING can be done at home using a sharpie. There will be no body marking on site this year. We encourage parents to body mark their athletes with their BIB # - any arm, any leg. (not mandatory).
- ✓ Swimsuit - worn to the race. Changerooms are not open.
- ✓ Life jackets in all sizes are provided and handed out on deck.
- ✓ Goggles, swim cap – optional.
- ✓ Helmet – please check for proper fit and working chin strap.
- ✓ Bike or tricycle, training wheels are permitted in any age group. Balance Bikes are permitted in the 3 to 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.
- ✓ Towel
- ✓ Hat for running in
- ✓ Filled water bottles – no water stations on the run course this year. One water fill station will be available and monitored by one staff member.

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 gear one hour before your wave start 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.

- ▶ Wear a mask if distance cannot be maintained, even outdoors.
- ▶ 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. Your bib should be pinned to the front of your shirt already. THREE bikes per bar.
- ▶ Transition is not a spectator area, once you are set up, please exit.
- ▶ Arrive at the yellow WAVE CALLING tent at your WAVE CALLED time printed on the back of your bib.
- ▶ Bibs have timing chips on the back and cannot be worn in the pool.
- ▶ Listen for your wave # to be called. Follow the arrows to the deck doors and wait for your wave to be called in. ONE parent only per athlete.
- ▶ No spectators for the swim portion will be permitted.
- ▶ 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 and masks are mandatory for adults in the pool.
- ▶ Athletes 6+ will come on deck when called with one parent to hold mask and help get out of the pool. This parent will travel with their athlete to assist in transition and bike mount. One parent/same parent throughout.
- ▶ Assisting parent please bring suitable indoor flip flops. Shoes will be removed on deck.

- ▶ Life jackets will be available and handed out on deck. Life jackets are the only permitted floatation devices. No noodles, fins or flutter boards.
- ▶ '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 and Lifeguards will be always on deck.

BiKE and RUN

- ▶ After the swim athletes and one parent head to the transition area to dry off, put on their shirt/shorts, socks and runners. Parent can assist as much as needed. ONLY ATHLETES AND ONE PARENT are permitted in the transition area while the race is on. No spectating within the transition area.
- ▶ Helmets must be fastened securely before athletes can touch their bikes
- ▶ **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.
- ▶ Athletes will walk/run with their bikes to the ON MY BIKE sign and head off on the bike course. Assisting parent exits.
- ▶ 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 and bring their bike and helmet to the DROP TRANSITION. This transition is separate from the main transition. Athletes leave their bikes and helmets and head off on the run.
- ▶ Older athletes will complete multiple laps of the run course before finishing. Athletes and parents to count laps on the run course.

DISTANCES

Age Group	Bib Colour	SWiM	BiKE	RUN
3 to 5	Yellow	15m (1 width)	600m	100m
6 - 7	Red	25m (1 length)	1.5m (1 loop)	500m (1 lap of field)
8 - 9	Blue	75m (3 lengths)	3 km (2 loops)	1 km (2 laps of field)
10 - 11	Orange	100m (4 lengths)	4.5 km (3 loops)	1.5 km (3 laps of field)
12 - 13	Green	200m (8 lengths)	7.5 km (5 loops)	2 km (4 laps of field)

MAPS

Course maps will not be posted this year. Click on this [LINK](#) to view course maps for all age groups.

AGE GROUP CHART

YEAR OF BIRTH	AGE GROUP	BIB COLOUR
2018	3 to 5	Yellow
2017	3 to 5	Yellow
2016	3 to 5	Yellow
2015	6 – 7	Red
2014	6 – 7	Red
2013	8 – 9	Blue
2012	8 – 9	Blue
2011	10 – 11	Orange
2010	10 – 11	Orange
2009	12 – 13	Green
2008	12 – 13	Green

Athletes are assigned to an age group based on their YEAR OF BIRTH. Their age on race day is not used to assign age groups. As an example, all athletes turning 8 this year, whether their birthday is in January or December, will participate in the 8 - 9 age group.

Remember, athletes in the 3 to 5 age group must have one parent/guardian aged 16+ accompany them in the water. The adult must be within arm's length of the athlete in the water.

Athletes 6 and older will have one parent on deck (not in the water), holding mask and giving assistance with exiting the water. The same parent enters transition with their athlete to assist in transition and mounting their bike. The parent then exits and no further assistance is permitted.

HAVE A GREAT RACE! THANK YOU FOR JOINING US!