



## Ready to Run, Bike and Run?

TRi KiDS Burlington #2 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](http://www.trikids.ca) for additional resources including [Age Group Assignments](#), the [FAQ](#) page and [Rules For Safety](#).



# TRi KiDS BURLINGTON #2 DUATHLON RACE WEEKEND GUIDE

Everything you need  
to know for  
Race Weekend!

June 23-24, 2018

Nelson Arena, Pool  
and Park

4235 New Street  
Burlington, ON

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

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



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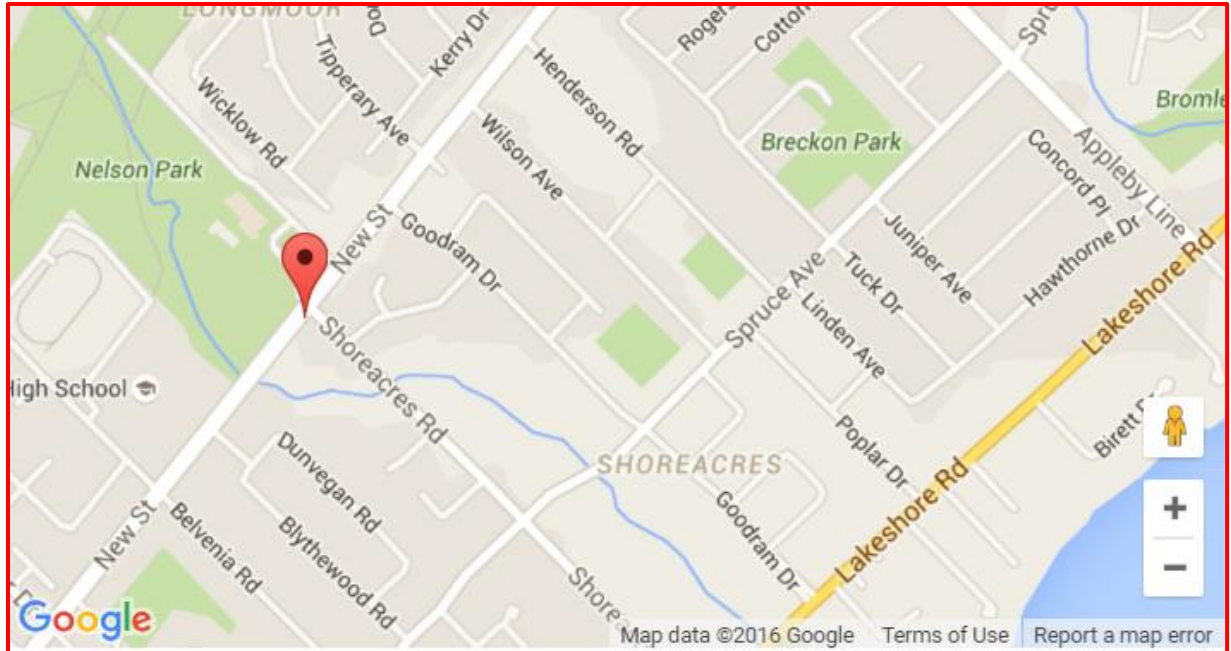
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# Getting to the Event



## Race Kit Pick Up:

Nelson Arena, 4235 New Street Burlington, ON

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

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

## Race Day:

Nelson Park, 4235 New Street, Burlington

Click here for [link](#) to Google maps. Parking map can be found [here](#).

**THERE WILL BE NO PARKING AT NELSON ARENA ON RACE DAY**

Park at Nelson Stadium or Nelson High School. Both lots are on BELVENIA ROAD. Belvenia Road is WEST of Appleby Line, and EAST of Walkers Line. The lots will be on your right. Once parked follow the pathway to the baseball diamonds. Head towards the race site which is over the small bridge. Please contact us in advance for accessible parking.

# Race Weekend Schedule

## Race Kit Pick Up - Saturday, June 23, 2018

**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.

Upon arrival:

- 1) Line up by your last name to check in and receive your race bib.
- 2) Pick up your TRi KiDS pencil case and SunRype snack.
- 3) TRi KiDS t-shirts are handed out.
- 4) Get body marked. Body marking can also be done on race day.
- 5) Hand in donations for Holland Bloorview. Purchase a water bottle for a min. donation of \$2 towards Holland Bloorview Kids Rehabilitation Hospital.
- 6) View course maps, wave lists.
- 7) Check out the TRi KiDS merchandise table.
- 8) Attend an orientation session. Orientation sessions take place behind the arena.

## 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, June 24, 2018

Race day kit pick up for those unable to attend on Saturday opens at 7:00 am. The triathlon starts at 8:30am.

### Arrival Times:

Age Group	Set up in transition COMPLETED by:
3 - 5	set up in transition NO later than 12:30 pm
6 - 7	set up in transition NO later than 12:30 pm
8 - 9	set up in transition NO later than 1:00 pm
10 - 11	set up in transition NO later than 1:00 pm
12 - 13	set up in transition NO later than 1:30 pm
14 - 15	set up in transition NO later than 1:30 pm

Set up times are enforced in order to maintain a safe transition\* area.

\*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 1:15 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

Get a good sleep and eat a healthy breakfast.

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

✓ Helmet – CHECK for proper fit, with working chin strap

✓ Bike (training wheels are acceptable in every 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

✓ Shirt and shorts that will be worn while riding the bike and running

✓ 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

✓ Water bottle, snacks, lunch

\*\*Don't forget to tear off the bottom portion from the race bib for parents to refer to for BIB #, WAVE #, WAVE CALLED TIME, WAVE START TIME and DISTANCES/LOOPS\*\*

# Arrival and RUN #1 Start

## Upon arrival at the race site

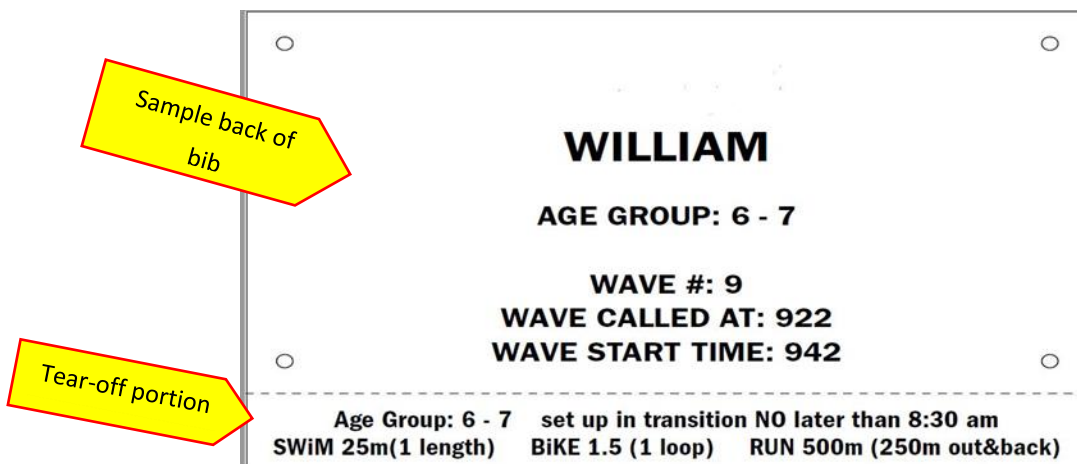
I **attended** race kit pick up on Saturday and have checked in and have my bib.

I **did not attend** race kit pick up on Saturday. 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 colour/age group. Set up quickly and exit.

Look for the **red** registration tent. Race day kit pick up opens at 7:00 am (triathlon is in the morning). 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.



**\*NEW this year – Bibs will have a thin timing chip attached to it. Bibs CANNOT be worn in the pool.**



- ▶ Listen for your wave # to be called. All athletes in the wave will be escorted to the run start as a group.
- ▶ Run #1 is a 'point to point' (start line to transition).

## BiKE and RUN #2

- ▶ After run #1 athletes head to the transition area to put on their helmet. 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 courses.
- ▶ Older athletes will complete multiple laps of the run course before finishing. It is the responsibility of the athletes and parents to count laps on the run course.



# DISTANCES

Distances for run #1, bike and run #2 are printed on the tear-off portion of the athlete's race bib.

Age Group	Bib Colour	RUN #1	BiKE	RUN #2
3 to 5	YELLOW	50m	500m	100m
6 - 7	RED	200m	1K (1 loop)	500m (1 lap of field)
8 - 9	BLUE	300m	3K (3 loops)	1K (2 laps of field)
10 - 11	ORANGE	500m	5K (5 loops)	2K (4 laps of field)
12 - 13	GREEN	700m	7K (7 loops)	2.5K (5 laps of field)
14 - 15	BLACK	700m	9K (9 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 – please 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.
- ▶ Finishing times will be posted within 12 hours and can be found on this link – [www.chiptimeresults.com](http://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 child's bike (tire pressure, functioning brakes, etc.)
- Inspect your child's 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
- 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 grey 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!