



**Ready to SWiM, BiKE, RUN?
TRi KiDS London is this weekend.**

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



**TRi KiDS LONDON
RACE WEEKEND
GUIDE**

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

May 26-27, 2018

**Carling Heights
Optimist Community
Centre**

**656 Elizabeth Street
London, ON**

RUN WELL EVENTS
rd@runwellevents.com

www.trikids.ca



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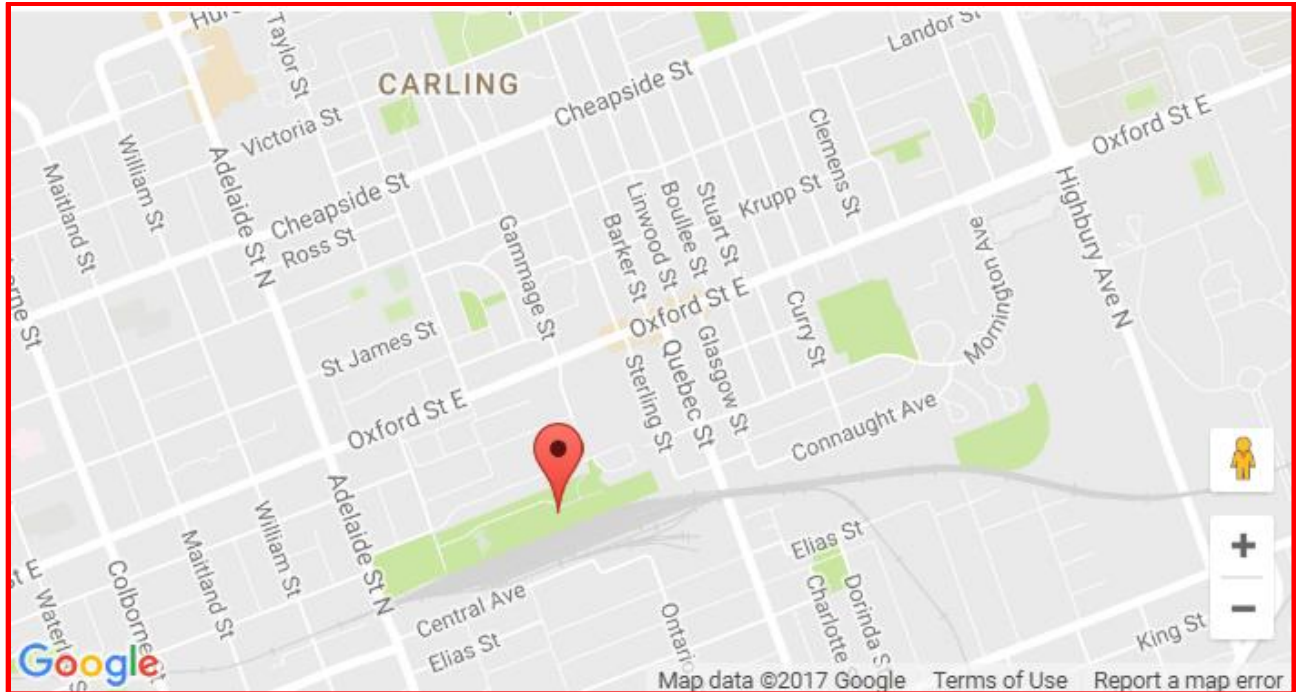
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Getting to the Event



Race Kit Pick Up:

Carling Heights Community Centre – 656 Elizabeth Street, London
Gymnasium

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

Parking for race kit pick up is at Carling Heights

Race Day:

There will be **NO PARKING** at Carling Heights on race day. Elizabeth Street at McMahan Street will be CLOSED to all traffic. Please park in the south west corner of [Real Canadian Superstore](#) parking lot, 825 Oxford Street E. Follow the path to the race site. Allow yourself time to park and walk to the race site.

Race Day parking map can be found [here](#).

Race Weekend Schedule

Race Kit Pick Up - Saturday, May 26, 2018

11:00 am – 2:00 pm **new start time**

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) Pick up your TRi KiDS t-shirt.
- 4) Get body marked. Body marking is also done on Race Day.
- 5) View course maps, wave lists.
- 6) Hand in pledges for [Holland Bloorview Kids Rehabilitation Hospital](#).
- 7) Check out the TRi KiDS merchandise table.
- 8) Attend an orientation session. Orientation sessions take place in front of the main doors, on the basketball court.

Interactive course maps can be found [here](#).

Orientation Session Times:

11:30 am

1:00 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, May 27, 2018

Race 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 9:00 am
10 - 11	set up in transition NO later than 10:30 am
12 - 13	set up in transition NO later than 11:30 am
14 - 15	set up in transition NO later than 12:00 pm

Set up times are enforced 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 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 distance increases. The 14-15 age group has a 10 minute interval between wave starts. To give you an idea of the length of day, the final wave for TRi KiDS London 14-15 age group is at 12:46 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.

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, swim cap - optional

✓ Helmet – Check before race day for **proper fit**, with working chin strap

✓ Bike or tricycle, training wheels are permitted in any age group. NO scooters.

✓ Balance Bikes are permitted in the 3 to 5 age group only

✓ 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

****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 SWiM Start

Upon arrival at the race site:

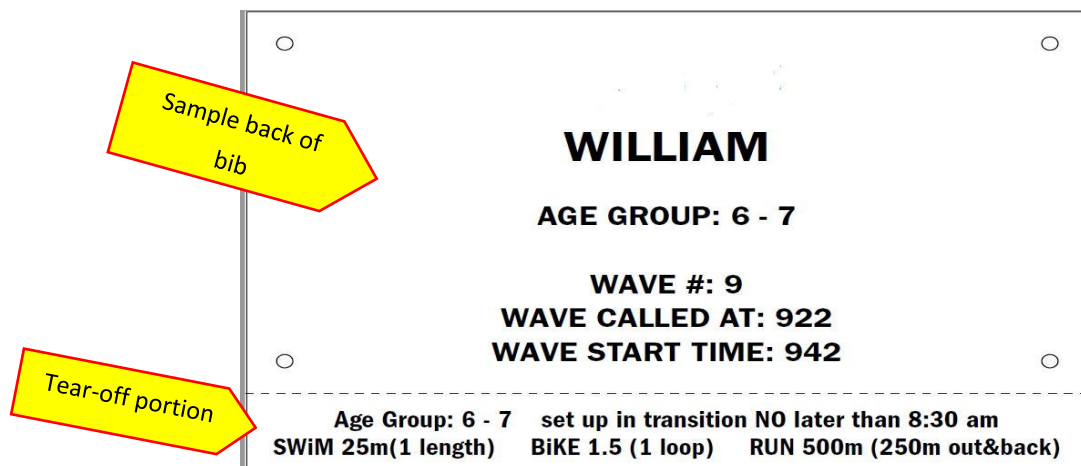
I **attended** race kit pick up on Saturday and have checked in and have my bib.

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 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.



***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 deck together.
- ▶ Spectators will be directed to the viewing gallery upstairs and not permitted on deck (exception for the 3-5 age group). 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.
- ▶ '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 in the pool.
- ▶ TRi KiDS Swim Captain, Lifeguards and Volunteers will be on deck always.

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. 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 bike and helmet 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 the athletes and parents to count laps on the run course.

DISTANCES

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

Age Group	Bib Colour	Swim	Bike	Run
3 to 5	YELLOW	15m (1 width)	500m	100m
6 - 7	RED	25m (1 length)	1.5K (1 loop)	500m (out 250m & back 250m)
8 - 9	BLUE	75m (3 lengths)	3K (2 loops)	1K (out 500m & back 500m)
10 - 11	ORANGE	100m (4 lengths)	4.5K (3 loops)	1.5K (out 750m & back 750m)
12 - 13	GREEN	200m (8 lengths)	7.5K (5 loops)	2K (out/2 loops of park)
14 - 15	BLACK	300m (12 lengths)	9K (6 loops)	2K (out/2 loops of park)

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 towel, swim gear).
- ▶ 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 [ChiptimeResults](#).
- ▶ Our official photographer is Zoomphoto. Photos taken at the finish will be posted to [Zoomphoto's](#) site within 48 hours. Photos can be purchased from the Zoomphoto website.

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 RACE 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 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!

TRi KiDS London is Proudly Presented by Scotia Wealth Management

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