



TRi KIDS RACE WEEKEND GUIDE

SWiM, BiKE, RUN!

TRi KIDS Ottawa 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 Ottawa
August 7, 2016

Richcraft Recreation
Complex

4101 Innovation
Drive, Kanata, ON

Everything you
need to know for
Race Weekend!

RUN WELL EVENTS INC
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www.trikids.ca



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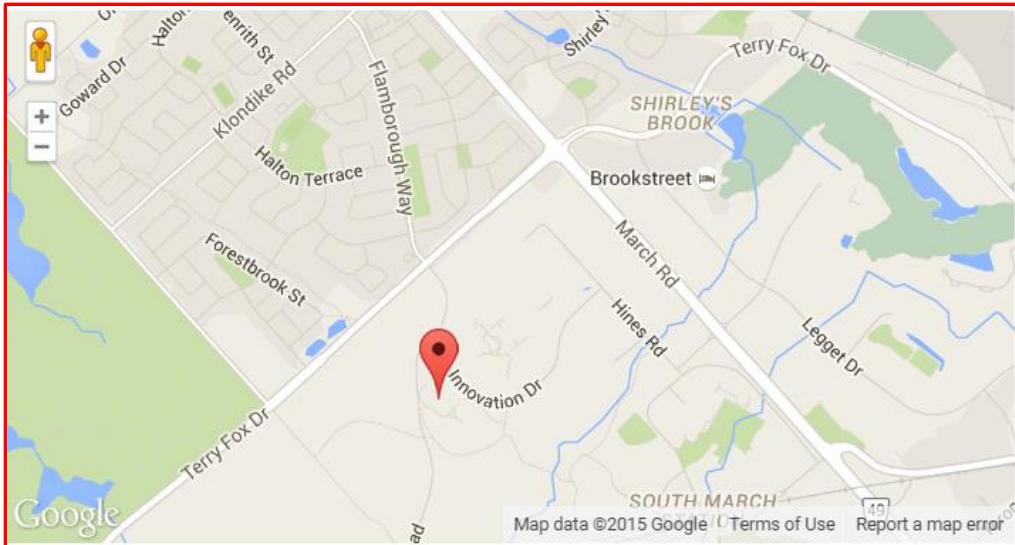
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Race Kit Pick Up:

Richcraft Recreation Complex is located at 4101 Innovation Drive, Kanata ON. Driving directions can be found on this [link](#).

Parking for race kit pick up is in the main parking lot of Richcraft Recreation Complex. Race Kit Pick Up is in the gymnasium.

Race Day:

Richcraft Recreation Complex is located at 4101 Innovation Drive, Kanata ON. Driving directions can be found on this [link](#).

IMPORTANT: Parking will be in the corporate parking lots directly across from the facility off of Innovation Dr. You must approach Innovation Dr. from Terry Fox Dr. as Innovation Dr. will be closed at Hines Rd.

Race Weekend Schedule

Race Kit Pick Up - Saturday, August 6, 2016 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 POGO.
- 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, August 7, 2016

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 9:00 am
10 - 11	set up in transition NO later than 10:30 am
12 - 13	set up in transition NO later than 11:30 pm
14 - 15	set up in transition NO later than 12:30 pm
TRi YOUTH	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 to start 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. The final wave for TRi KiDS Ottawa 1:09 pm.

The orientation for TRi YOUTH is at 12:45 pm. Please meet at the main/front doors of the recreation centre. TRi YOUTH athletes will start their race at 1:30 pm.

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:

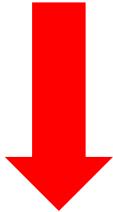
- ✓ Swimsuit - worn to the race
- ✓ Goggles - optional
- ✓ Helmet - **properly fitted**, with working chin strap
- ✓ Bike or tricycle, training wheels are permitted
- ✓ Running shoes - sandals/crocs are not permitted while riding or running in the race but may be worn while waiting to go into pool
- ✓ 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.

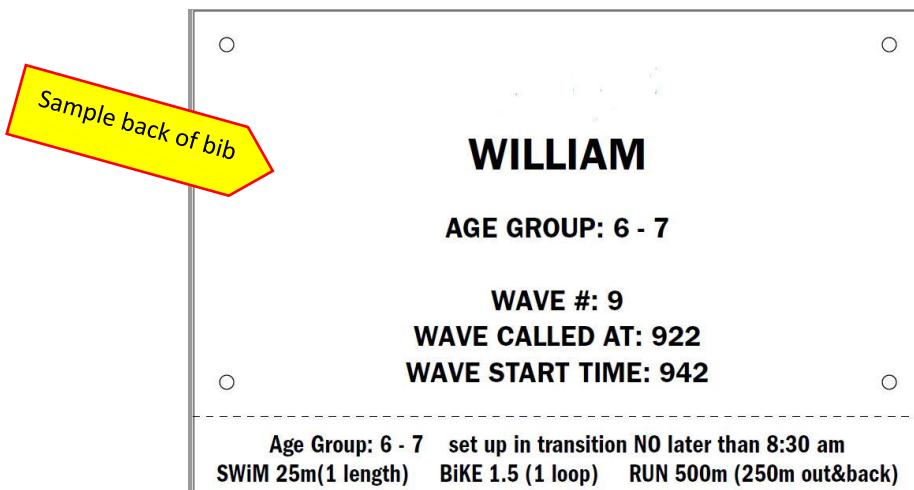
I did not attend race kit pick up. I need to check in and pick up my race bib.



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 to the FRONT entrance of the pool building and will watch from the viewing gallery. 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. 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 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. TRi YOUTH athletes return to T1.
- ▶ There will be one water station on the run course.
- ▶ Older athletes will complete multiple laps of the run course before finishing. Again, it is the responsibility of the athletes and parents to count laps on the run course.

DISTANCES

We are no longer printing loop/lap charts. This information is printed on the tear-off portion of the Athlete's race bib.

Age Group	Bib Colour	SWiM	BiKE	RUN
3 to 5	Yellow	20m (1 width)	500m	150m to finish
6 - 7	Red	25m (1 length)	1.5K (1 loop)	500m (1 lap of field)
8 - 9	Blue	75m (3 lengths)	3K (2 loops)	1K (2 laps of field)
10 - 11	Orange	100m (4 lengths)	4.5K (3 loops)	2K (4 laps of field)
12 - 13	Green	200m (8 lengths)	7.5K (5 loops)	2.5K (5 laps of field)
14 - 15	Black	300m (12 lengths)	9K (6 loops)	3K (6 laps of field)
TRi YOUTH	Lime	350m (14 lengths)	10.5K (7 loops)	3.5K (7 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 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 – [Chiptime Results](#)
- 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](#).
- [Velofix Gatineau/West Ottawa](#) will be on site race day for last minute minor bike repairs. Give them a call if you would like to book a pre-race bike inspection - 1 855 VELOFIX.



- 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!