



TRI KIDS 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 for additional resources including a pre-race video, [FAQ section](#) and [Rules For Safety](#).



TRi KiDS Okanagan
July 19, 2015

H2O Adventure +
Fitness Centre

4075 Gordon Drive,
Kelowna, BC

Everything you
need to know for
Race Weekend!

RUN WELL EVENTS INC
rd@runwellevents.com

905-582-4633

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

Thank you Sponsors!

Getting to the Event



Race Kit Pick Up:

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 in front of the H2O Centre.

Race Day:

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

Race day parking is in the main lot of H2O Centre.

Due to a Transit reroute some parking spots will not be available *please obey signage*.

Race Weekend Schedule

Race Kit Pick Up

Saturday, July 18, 2015

10:00 am – 1:00 pm

Race kit pick up is an open house/drop in where athletes pick up their race kits anytime between 10:00 am and 1:00 pm. 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 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 Autism Speaks Canada.
- 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. Orientation sessions take place outside near the main entrance.

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 19, 2015

Arrival Times:

Race day kit pick up (for those unable to attend on Saturday) opens at **7:00 am**.

Age	Bib Colour	Set up in transition complete by:
3 to 5	Yellow	set up in transition NO later than 8:00 am
6 - 7	Red	set up in transition NO later than 8:30 am
8 - 9	Blue	set up in transition NO later than 9:30 am
10 - 11	Orange	set up in transition NO later than 11:00 am
12 - 13	Green	set up in transition NO later than 12:00 pm
14 - 15	Black	set up in transition NO later than 12:00 pm

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

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 'transition area' 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](#).

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.

The final wave for TRi KiDS Okanagan is at 1:06 pm.

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 - properly fitted, with working chin strap

✓ Bike or tricycle (review bike rules on www.trikids.ca)

✓ Running shoes - sandals/crocs are not permitted in the race but may be worn while waiting to go into the 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 bike and run

✓ Towel

✓ Hat for running in and sunscreen

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

✓ Lap/Loop Chart – handed out at race kit pick up (posted below)

Age Group	Bib Colour	SWiM	BiKE	RUN
3 to 5	Yellow	15m (1 width)	250m out&250m back	150m to finish
6 - 7	Red	25m (1 length)	750m out&750m back	500m
8 - 9	Blue	75m (3 lengths)	4K (2 loops)	1K (2 laps of field)
10 - 11	Orange	100m (4 lengths)	6K (3 loops)	2K (4 laps of field)
12 - 13	Green	200m (8 lengths)	8K (4 loops)	2.5K (5 laps of field)
14 - 15	Black	300m (12 lengths)	10K (5 loops)	3K (6 laps of field)

Arrival and SWiM Start

Arrive at the race site

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

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 **7:00 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' 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.
- ▶ Race Crew and Volunteers will assist with transition set up.
- ▶ Transition is NOT a spectator area, once you are set up please exit.
- ▶ Arrive at the yellow 'WAVE CALLING' tent **prior** to the WAVE CALLED AT time printed on the back of your bib.

Sample back of
bib

AGE GROUP: 3 - 5
WAVE #: 2
WAVE CALLED AT: 8:13
WAVE START TIME: 8:33

- ▶ Listen for your wave # to be called. All athletes in the wave will be escorted to the deck together.
- ▶ Athletes in the 3 to 5 age group **MUST** be accompanied by an adult in the pool. 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 and water wings are the only permitted floatation devices.
- ▶ A Velcro timing chip, worn around the ankle will be distributed before going on the deck and removed at the finish.
- ▶ 'In water' start, no jumping or diving. No running on deck.
- ▶ All athletes will finish their swim and exit from the shallow end. One parent may assist.
- ▶ Athletes are responsible for counting their own laps.
- ▶ TRi KIDS Swim Captains, 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 for the 3-5 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 loops the athlete will dismount (OFF MY BIKE sign) and bring their bike and helmet to the DROP TRANSITION. This transition is separate from the main transition. Athletes hand (not throw or drop) their bikes and helmets to volunteers and then head off on the run.
- ▶ There will be one water station on the run course.

POST RACE

- ▶ Time for celebration! Visit the post-race tent for SunRype juice, SunRype 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](#).

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 Kelowna for pre race bike and helmet support.



- Attend an orientation session during race kit pick up.
- Pack everything the night before - 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 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!

Thank You to Our Sponsors



SKECHERS

