



# TRI KIDS RACE WEEKEND GUIDE

## SWIM, BIKE, RUN!

TRi KiDS Burlington is the second race of the 2015 TRi KiDS season!

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 a pre-race video, FAQ section and Rules For Safety.



TRi KiDS Burlington  
June 21, 2015

**\*\*NEW VENUE\*\***  
Appleby College

540 Lakeshore Rd West  
Oakville, ON

Everything you  
need to know for  
Race Weekend!

RUN WELL EVENTS INC  
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905-582-4633

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

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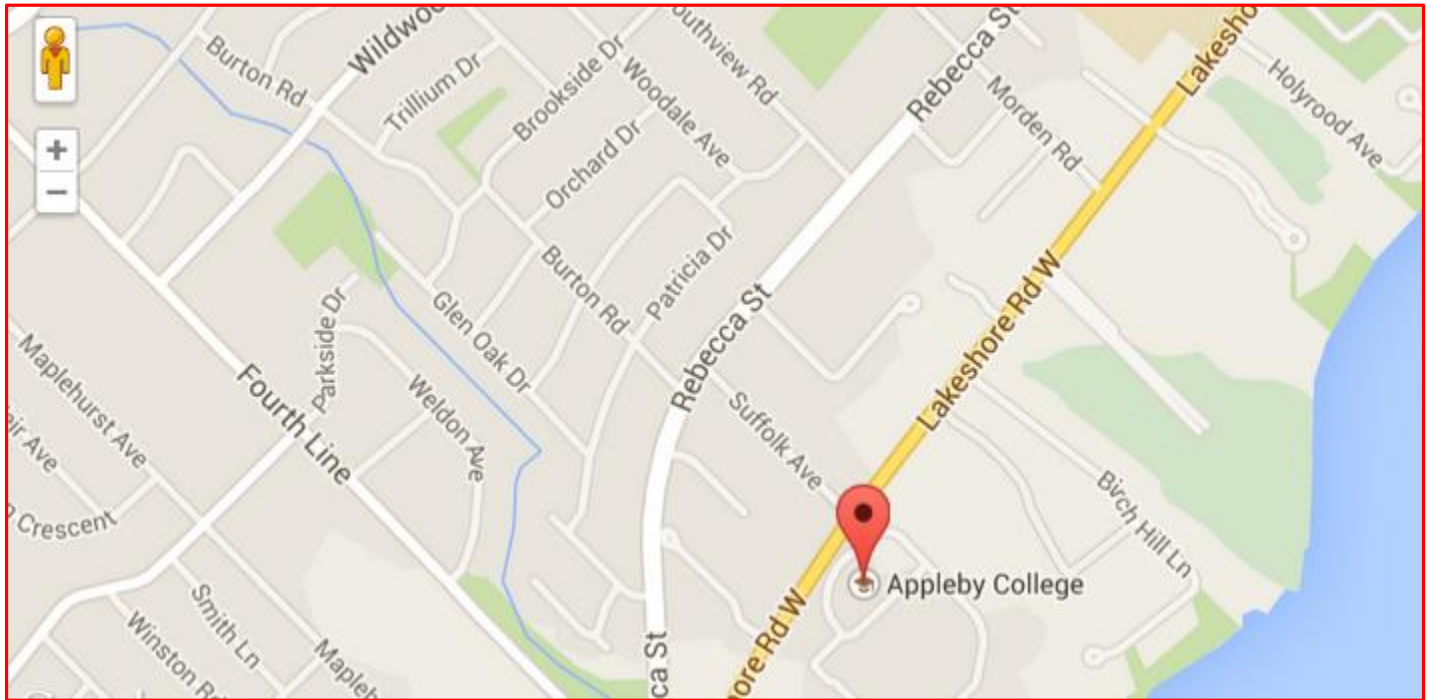
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Thank you Sponsors!

# Getting to the Event



## Race Kit Pick Up:

Appleby College – J.S. Gairdner Arena, 540 Lakeshore Road West. Just east of Fourth Line. Click here for [link](#) to Google maps. Campus map can be found [here](#). Follow the main ring road around to the back of the campus.

Parking for race kit pick up is beside the arena as well as the main parking lot just off Lakeshore Road.

## Race Day:

Appleby College – 540 Lakeshore Road West, Oakville

*Weather permitting* parking will be on Cedar Croft Field and in the main parking lot off Lakeshore Road. There is limited parking. Once these lots fill up you may park on side streets where permitted.

Head towards transition and/or the red registration tent.

# Race Weekend Schedule

## Race Kit Pick Up

**Saturday, June 20, 2015**

**8:00 am – 11:00 am \*\*\*NEW TIME\*\*\***

Race kit pick up is an open house/drop in where athletes pick up their race kits anytime between 8am and 11am. 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. Remember to bring your helmet.

- 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) Have your helmet checked for proper fit at the Pedalheads tent.
- 6) Hand in donations for POGO and Autism Speaks Canada.
- 7) View course maps, wave lists. Course maps are also found [here](#).
- 8) Check out the TRi KiDS merchandise table.
- 9) Attend an orientation session. Orientation sessions take place outside near the pool entrance.

## Orientation Session Times:

**8:30 am**

**10:00 am**

### 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 21, 2015

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 10:00 am
10 - 11	set up in transition NO later than 11:30 am
12 - 13	set up in transition NO later than 1:30 pm
14 - 15	set up in transition NO later than 3:00 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 14-15 age group has a 10 minute interval between wave starts.

The transition area is organized in sections by age group. **Each age group section must CLOSE** before the first wave of that age group starts in order to maintain a safe transition area. This may mean that an athlete has a set up time of NO LATER than 11:00 am but their wave start is not until 12:15 pm.

Athletes receive their wave # and wave start time at Race Kit Pick Up. This information is also printed on the back of the race bib and on the tear-off portion of the bib.



Mobile friendly race course maps can be found on this [link](#).

The final wave for TRi KiDS Burlington is at 4:04 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

✓ 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)	500m (out&back)	150m
6 - 7	RED	25m(1 length)	1.5K (2 loops)	500m (out&back to finish)
8 - 9	BLUE	75m(3 lengths)	3K (4 loops)	1K (out&back to finish)
10 - 11	ORANGE	100m(4 lengths)	5.2K (7 loops)	2K (out&back to finish)
12 - 13	GREEN	200m(8 lengths)	7.5K (10 loops)	2.5K (out&back to finish)
14 - 15	BLACK	300m(12 lengths)	9K (12 loops)	2.5K (out&back to finish)

# 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 for your age  
group. 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 rack signs that match the colour of your bib and 'rack' your bike. Volunteers will assist.
- ▶ 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.
- ▶ 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.
- ▶ Due to the size of Appleby's pool only ONE parent is permitted to spectate on the pool deck. Spectators will be directed to WAIT until all swimmers in the wave are done before they can leave the pool. 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 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 in the shallow end.
- ▶ 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. 12-13 and 14-15 athletes be aware of the rules.
- ▶ 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, 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!
- ▶ Zoom Photo will be out on course. Photos will be posted within 48 hours [here](#).
- ▶ Finishing times will be posted within 12 hours and can be found on this link – [www.chiptimeresults.com](http://www.chiptimeresults.com)

# 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](#).
- 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



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