

Athlete INFORMATION GUIDE



SWIM



BIKE

RUN

FUN



LIVE UNITED

CITRUS COUNTY KIDS TRIATHLON

**VanAllen-~~A~~centria
Insurance**

**YOU MUST BRING YOUR BICYCLE WITH YOU AT
PACKET PICK-UP ON FRIDAY NIGHT.**

Sheriff's Office will provide overnight security for bikes in transition area

LIVE UNITED



United Way of Citrus County
Amy Meek, CEO

January 1, 2017

Dear Triathletes:

Welcome to the 5th Annual Citrus Kids Triathlon!

This is by far, my very favorite event of the year! We are so glad you are here and can't wait to see how well you do in the big race!

As a participant in this Triathlon, you are helping people all around Citrus County to live a better life. You are providing housing to the homeless, you are feeding the hungry, you are helping other kids and families! Just by swimming, biking and running, you are making a difference!

Thank you so much for your support! We wish you all the best and can't wait to see you at the Finish Line!

Best Wishes,

A handwritten signature in black ink that reads "Amy". The signature is fluid and cursive, with a long horizontal stroke extending to the right.

Amy Meek
CEO



DRC Sports Athletic Event Management
and
The United Way of Citrus County



Citrus Oral Maxillofacial & Surgery 2017 Citrus County Kids Triathlon

WELCOME....WELCOME...WELCOME!

All events take place at Whispering Pines Park (1700 Forest Dr. Inverness FL 34453)

Free Parking will be available to all participants, spectators, and volunteers

Friday, May 12th – Pre-Race Day:

(This is your ONLY opportunity to pick up your packet! You MUST attend this event!!!)

4:00 p.m. to 7:00 p.m. **Mandatory Packet Pick-Up & Bicycle Check-in**

4:00 p.m. to 7:00 p.m. Late Registration (if spots are still available)

4:00 p.m. to 6:30 p.m. Pre-Race Kids Kickoff Party

4:00 p.m., 5:00 p.m. and 6:00 p.m. Hourly Walking Course Clinics

Saturday, May 13th – Race Day:

(NO DAY OF RACE PACKET PICK UP)

- 7:00 AM Senior Check-In Opens
- 7:45 AM Senior Pre-Race Meeting **(Mandatory)**
- 8:00 AM Senior A Race Starts (Born 2005-2006)
- 8:20 AM Senior B Race Starts (Born 2002-2004)
- 9:00 AM Senior Division Awards Ceremony
- **9:00 AM Junior Parking Access Opens**
- 9:00 AM Junior Check-In Opens
- 9:45 AM Junior Pre-Race Meeting **(Mandatory)**
- 10:00 AM Junior A Race Starts (Born 2009-2012)
- 10:30 AM Junior B Race Starts (Born 2007-2008)
- 10:45 AM Tri4Fun Starts (All Ages)
- 11:30 AM Junior Division Awards Ceremony

IMPORTANT RACE INFORMATION:

Remember, although this triathlon is USAT (USA-Triathlon) certified, this is meant to be FUN. Your times will be recorded, but winning should not be the ultimate goal – finishing should be. As you participate in this triathlon in years to come, you will be able to measure your success. Enjoy the experience and excitement of something new and encourage your fellow triathletes as you see them on the course. USAT rules, regulations, and safety procedures will be in force for this event. **Please note that Division and Age Group are determined by the year the youngster was born, not their age on date of event.**

Your Start Time is based on your Age Group:

However, each participant will be timed separately based on their start and finish time – times are tracked automatically. We will start the Junior A Race (**BORN 2009 – 2012**) first (with a separation between kids). After all of the athletes from the first wave have cleared the transition area, we will start the second wave, Junior B Race (**BORN 2007-2008**) (again, with a separation between kids). The third wave will be the Senior A Race (**BORN 2005-2006**), the fourth wave will be the Senior B Race (**BORN 2002-2004**). Wave five, the Tri 4 Fun Division will follow with children and adults of any age. Remember, the swim is the first part of the race. Keep in mind that each participant is timed separately (based on their start time) so the order in which they finish has nothing to do with their place of finish. The time in which they complete the entire course is their individual time.

What Should I Eat & Drink?

While there is no one meal that will magically make you go faster on Race Day, it is very important to eat (and drink) smart on Friday and Saturday before you race.

First and foremost, STAY HYDRATED. It is expected to be around 85 degrees on Saturday morning, and you do not want to get dehydrated. Stay away from sodas and focus on water. This goes for all day Friday and Saturday morning before you race. Sports drinks are also good (though water is the original sports drink).

Race Day!

DO NOT BE LATE (remember, you need time to park, unload your bike, WALK from main parking lot to Race Village and get set-up in the transition area – so plan to be early!) You also **MUST** have your bike in the transition area no later than 7:30 a.m.

Parking: Parking for everyone will be in the main parking lot located just up from the entrance to the park. A volunteer & parking signs will be there to help guide you.

Wristbands: Make sure your child has put on their wristbands. This is for the safety and welfare of your child and there will be no exceptions.... ***Parent, the person picking up the child at the end of the race MUST have the matching wristband to pick up your child!***

Race Bib/Number:

Every participant is assigned a number automatically by our registration system. When you collect your race packet at registration on Friday afternoon, you will receive this number – it's called a race bib. This is the same number that is to be marked on your body (see Body Marking below). The bib NEEDS to be attached to the (we will give you pins to attach them) to the **FRONT** of your child's shirt (whatever they will put on after their swim). Please attach this for them during set-up. Bib numbers must be worn on the **FRONT** of the athlete during the run portion of the event.

Body Marking:

In triathlons, each participant is marked (with Sharpies) with their bib number (see Race Number above) on their arms and legs. This will be done starting at 6:00 a.m. Saturday. As soon as you arrive, you will proceed to body marking on your way to the transition (bike rack) area and then to pick up your chip in order to be permitted into the transition area.

RFID Chip Timing:

This race will be timed using the RFID timing method. As most of you are new to triathlons, let us explain what this means. Each participant will be issued a chip that matches your bib number (the number you put on your shirt). This chip (which will be strapped to your LEFT ANKLE – the ankle strap will be supplied on race day) will track the participant on each course and actually record separate swim, bike and run times (as well as the amount of time they spend in the transition area). Please make sure you return the timing chip at the end of the event to avoid any extra fees. All participants will be issued an RFID timing chip on race morning near the transition area.

NOTE: You will be required to have your race number (Bib number) with you in order to get your timing chip. Even though you will pick up your packet on Friday, make sure you bring your Bib number with you on race morning in order to be issued your chip. All timing chips must be picked up by 7:30 A.M.

Bike/Run Transition Area:

The transition area is located in the parking lot behind the pool area. This is where the bike racks are and where you will place your bike and run gear (shoes, helmets, etc.).

- Only participants will be allowed in the transition area. Parents are NOT ALLOWED in the transition area. We will have plenty of volunteers available to help your child with their bike and equipment.
- The transition area will have 1 entrance and 1 exit. You will always enter (after the swim and after the bike) from the same end and you will always exit from the other end.
- All participants will have their own numbered bike rack. Find your numbered bike rack and then find an open space on that rack. Place your bike on/under the rack. There is space between bikes for placing your gear. Each rack is designed to hold up to 5 bikes.
- No bike storage is allowed the night before the race.
- Participants will not be allowed to ride bikes inside the transition area. This is for everyone's safety.
- **Helmets are required for ALL participants.** No kids will be able to start without a helmet. **NO EXCEPTIONS!** There will be a LIMITED number of helmets for youngsters that do not have one this year. These are offered on a first come/first serve basis on Friday at packet pickup.

Pre-Race Instructions/Meeting: There is a meeting at 7:45 a.m. for Senior Division and at 9:45 a.m. for Junior Division at the Main Tent area. **All participants** (and available parents) need to attend this meeting, as we will review safety, the course, the finish area, rules, and how to have fun! Any last minute changes will be announced during this meeting.

The Swim:

- Swimmers **MUST** enter the water feet first. **NO DIVING** is allowed.
- Be prepared to line up outside the Pool Building for the swim start a minimum of 15 minutes before your specified starting time.
- Participants will go off individually in 5 to 8 second increments.
- The swim will be a “snake” swim through which each kid will swim a 25-yard lap, touch the end of the pool, then duck under the lane line and start their next lap.
- Participants may wear swim clothing during the entire event. If they choose, they may bring extra clothing to put on over their swim clothing, but it is not required.
- Participants will be given a color-coded swim cap in their race packet to wear during the swim. The colors are used to designate each age group. Everyone **MUST** wear the cap color assigned to you in your packet.

The Bike:

- Bike frame numbers that are provided in your Race Packet must be attached to the top tube of the bike between the seat and the handlebars.
- Hard shell helmets must be worn and fastened before leaving the transition area for the bike course.
- For safety reasons, no headphones, earphones or any radio-type devices will be allowed.
- Stay towards the curb as you ride and allow faster cyclists to pass towards the middle of the road.
- Junior and Tri4Fun Division athletes will bike the short course. (1.5 miles)
- Senior Division athletes will bike the long course. (3 miles)

The Run:

- The course will be well marked.
- A water station will be located on the run course.
- Please make sure your kids have their Bib number on the front of their person and visible as they cross the finish line.
- Junior and Tri4Fun Division participants will run ½ mile.
- Senior Division participants will run 1 mile.

What if I Get a Flat?

If your bike gets a flat (or you have any other bike issues), walk your bicycle safely to the closest volunteer or race official.

Post Race:

Parents will be issued a wristband, matching their child’s for pick-up in the finish line area. After your child finishes his/her triathlon they will be kept under the finisher’s tent with water and refreshments until parents arrive to collect them.

Parents must have matching wristband to collect their child out of this area.

There will be an assortment of athlete refreshments available under the big tent for our young athletes. We will have water, Gatorade, bagels, fruit, cookies, and hot dogs to re-energize our youngsters. This will be for our **ATHLETES ONLY**. Parents and other family members will NOT be allowed in this area.

Results & Awards

Every child who finishes is a winner and will receive a custom Finisher's Medal. We also encourage everyone to stay around as we deliver 66 trophies to our top three winners for each age group. Division and Age Group are determined by the year the youngster was born, not their age on date of event. The award ceremony begins at 9 AM and 11:30 AM for Senior and Junior Age Groups, respectively. Results will be posted for each age group shortly after the **FINAL racer** crosses the Finish Line.

- | | | |
|---------------------|----------------------|----------------------|
| ◆ Age 5 (Born 2012) | ◆ Age 9 (Born 2008) | ◆ Age 13 (Born 2004) |
| ◆ Age 6 (Born 2011) | ◆ Age 10 (Born 2007) | ◆ Age 14 (Born 2003) |
| ◆ Age 7 (Born 2010) | ◆ Age 11 (Born 2006) | ◆ Age 15 (Born 2002) |
| ◆ Age 8 (Born 2009) | ◆ Age 12 (Born 2005) | |

What Do I Need to Bring?

Last but not least, we do not want you to arrive on Saturday morning without all your gear. Clearly, some things are more important than others, but here is a general list of the most common things triathletes bring with them on Race Day.

- ◆ Race Bib Number (you pick it up on Friday, bring it on Saturday!)
- ◆ Swimsuit (very useful)
- ◆ Goggles (optional, but helpful)
- ◆ Towel (useful)
- ◆ Bike (mandatory check-in /drop off on FRIDAY Night)
- ◆ Bike Helmet (mandatory) *(There will be a **LIMITED** number of helmets for youngsters that do not have one this year. These are offered on a first come/first serve basis on Friday at packet pickup.)*
- ◆ Running shoes & socks (a good idea)
- ◆ Water or Powerade (watch your hydration)
- ◆ Breakfast or Snack (depending on start time)
- ◆ Sunscreen (a very good idea)
- ◆ Excitement & pride (required)

We know it will be a great event and we are very proud to have you as one of our athletes.

BEST OF LUCK!

