

# ATHLETE INFORMATION GUIDE



**We understand this is a lot of information,  
but please take the time to read and it will tell  
you everything you need to know.**

***You'll be glad you did!***



October 6, 2019

Dear Triathletes:

Welcome to the 4<sup>th</sup> Annual Citrus Memorial Health Foundation YMCA Youth Triathlon. We are so excited about hosting another triathlon this year and are glad that you have registered to participate in our race!

The Y was built to strengthen the community and we are committed to serving our Citrus County family. The YMCA provides families with opportunities to build stronger, deeper bonds and experience healthy activities together. We also encourage our senior members to grow in the areas of physical, emotional, social and spiritual well-being.

The charitable mission of the Y provides the opportunity for everyone to participate in programs and services, regardless of their ability to pay. Friendships are made here every day, people meet and find common interests, and families come closer together through fitness, sports and fun!

We appreciate your support of this event through your participation, and hope that you truly enjoy the event. With your participation you're supporting families and helping other kids have the ability to participate in youth sports, learn to swim, receive before and after school care, and also helping adults live a healthier life, fight chronic illnesses and more.

Thank you again for your involvement and good luck in the race!

Sincerely,

A handwritten signature in black ink that reads 'Sara Metz'.

Sara Metz  
Branch Operations Director  
Citrus Memorial Health Foundation YMCA



## 2019 YMCA Youth Triathlon

**WELCOME....WELCOME...WELCOME!**

**Event Location:** Citrus County YMCA of the Suncoast  
4127 W Norvell Bryant Highway, Lecanto, FL 34461

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

### **Saturday – Pre-Race Day:**

**(All Registered Athletes MUST attend this event!!!)**

3:00 p.m. to 6:00 p.m. **Mandatory Packet Pick-Up & Bicycle Check-in**

3:00 p.m. to 6:00 p.m. Late Registration (if spots are still available)

3:30 p.m., 4:30 p.m. and 5:30 p.m. **Hourly Walking Course Clinics**

### **Sunday – 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 Race Starts (Born 2004-2008)
- 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 2011-2014)
- 10:45 AM Junior B Race Starts (Born 2009-2010)
- 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 for most of you 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 Senior Race (**BORN 2004 – 2008**) first (with a separation between kids). There will be a break while we transition from the Senior longer course to the Junior shorter course and the Senior Awards are presented. The next wave will be the Junior A Race (**BORN 2011-2014**), followed by the Junior B Race (**BORN 2009-2010**). 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 Saturday and Sunday before you race.

First and foremost, STAY HYDRATED. It is expected to be around 72 early Sunday morning but it will climb fast to about 83 by the end of the race, and you do not want to get dehydrated. Stay away from sodas and focus on water. This goes for all day Saturday and Sunday 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, 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 all your equipment in the transition area no later than 7:30 a.m. for the Senior Division and 9:30 a.m. for the Junior Division.

**Parking:** Parking for everyone will be in the main parking lot of the YMCA. Volunteers & 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 Saturday 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. Sunday. 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.

All athletes will have your **Disposable Timing Chip** included in your Race Envelope. Simply remove the small tab at the end of the strap to reveal the adhesive. *Make sure to leave 2 fingers of space between the strap and your leg to avoid chaffing.* DO NOT REMOVE THE FOAM PIECES ON THE STRAP. Chips DO NOT need to be returned at the end of the event!

***NOTE: You will be required to have your race number (Bib number) with you in order to get body marked. Even though you will pick up your packet on Saturday, make sure you bring your Bib number with you on race morning.***

### **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 an entrance and an exit. You will enter from one side after the swim and from the other side after the bike.
- 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.
- 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 Saturday 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, inside the 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 Division athletes will bike the short course. (1.5 miles)
- Senior Division athletes will bike the long course. (3 miles)(2 Laps)

### **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.

### **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 Division participants will run ½ mile.
- Senior Division participants will run 1 mile.
- **Be aware this run is on a nature trail and will have mulch and uneven ground. Athletes should be careful as they run through the mulch.**

### **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.

**NOTE: Adults 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, fruit, cookies, and hot dogs to re-energize our youngsters. This will be for our **ATHLETES**, parents and other family members will NOT be allowed in this area.

**KONA ICE** will be on-site selling SnoCones for Family and Friends. A portion of the proceeds will benefit YMCA

### **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 up to 66 awards 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 2014) | ◆ Age 9 (Born 2010)  | ◆ Age 13 (Born 2006) |
| ◆ Age 6 (Born 2013) | ◆ Age 10 (Born 2009) | ◆ Age 14 (Born 2005) |
| ◆ Age 7 (Born 2012) | ◆ Age 11 (Born 2008) | ◆ Age 15 (Born 2004) |
| ◆ Age 8 (Born 2011) | ◆ Age 12 (Born 2007) |                      |

### **What Do I Need to Bring?**

Last but not least, we do not want you to arrive on Sunday 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 Saturday, bring it on Sunday!)
- ◆ Swimsuit (very useful)
- ◆ Goggles (optional, but helpful)
- ◆ Towel (useful)
- ◆ Bike (mandatory check-in /drop off on SATURDAY Afternoon)
- ◆ 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 Sunday 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 - NOW HAVE FUN!**



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