



RACE PLANNING AND TIPS



Arrive Early

On race day plan to arrive early and park in the designated area.

We ask that excited parents DO NOT accompany their children around the course. Please respect competitor and spectator areas to avoid the risk of accidents.

Transition Area Instructions

After checking in for the event, proceed to the transition area. The transition area is where you make the "transition" from the swim to the bike and from the bike to the run. This is where you will keep your gear for the changeover between sports. Find your space number. You can rack your child's bike by either hooking the seat over the top rail of the bike rack or by hooking the handlebars/brake levers over the top rail. The transition area Coordinator may ask everyone to rack bikes a certain way in order to optimize available space.

Parents will be allowed in the transition area before and after the race in order to help their child set up. **Once the race begins, parents will not be allowed into the transition area.** Volunteers will be available to assist children that need help finding their spot, putting their dry shoes on their wet feet, etc.

Once your bike is racked, you can place the race gear (shoes, shirt, socks, hat, bike helmet) next to it but please limit gear to what is required to race. Taking too much space may result in one of our volunteers asking you to take all that extra stuff out of the t-zone in order to ensure a safe, fair transition area for all of the kids. Volunteers reserve the right to move athlete gear in order to help create spots for other competitors should the need arise.

No one will be allowed into the transition area to pick up his or her things until the last competitor is off of the bike and on the run course. Please be prepared for this, we will not make exceptions. This is important for the safety of all competitors, and it will also ensure that all competitors are allowed a congestion free transition area. Thanks for your understanding in this matter.

As is the case with all of our volunteers, please treat them with kindness. These good people are giving their time to make sure everyone has a safe and fun time. Thanks so much and let us know if there is anything we can do to improve our transition area.

Check Things Out

Now is the time to check that the bib number is on the t shirt. Your child must have his/her number bib clearly visible on the front of the T-shirt during the bike and during

the run. Lay out his/her running shoes beside the bike with the laces open so they are easy to get into. Have your helmet either on the ground near your shoes or on your handlebars, with the strap undone so it's easy to put on. You may want to have a water bottle near the bike place in the transition zone.

Now take some time to familiarize your child with the swim entrance, bike exit, bike entrance and run exit and do a walk through the T-Zone, first from swim to bike rack, then to bike exit. After finishing the bike the kids must return their bikes to their selected spots on the bike rack. Walk through this part too, because everything begins to look different in the T-Zone depending where your child enters and exits. Finally, check where the Run exit is and how your child will get there from his/her bike rack.

Don't worry if you are a first time tri-athlete. There will be lots of first timers taking part – just remember to HAVE FUN!

General

1. Your last meal should be two to three hours before your start time. A simple breakfast of cereal and toast is ideal.
2. Have a drink and eat something soon after completing the event. This will help you to recover quickly.
3. Arrive early and be prepared to park off site. Have a plan in place.
4. If using goggles, use a 'regular' pair; don't risk new goggles unless you are sure of the fit.
5. Diving starts are not allowed. All competitors start in the pool.
6. Do a warm up before starting, and do some simple flexibility exercises, this helps to avoid any strains later on. You will not be permitted to warm up in the water before the race.
7. Towel to dry off with at the end of the swim leg
8. Talcum powder (sprinkle in your running shoes. It will be easier to put your feet into after the swim)
9. Warm clothing / water proof clothing (to put on after the race)

Pace yourself!

Transition

1. Put a little talcum powder in your running shoes, this makes it easier to put wet feet into.
2. Make sure your laces are loose enough to slip your feet in. Instead of tying laces, consider buying elastic laces and lace locks that will hold your laces tight. These are often found on anoraks and rucksacks and can also be bought in hardware shops or running shops.

Cycling

1. Make sure your bike is in a gear that is easy to pedal before you start the ride.
2. Stay seated as long as possible (change gears), keep your arms bent and head low but looking forward.

3. Spin an easy gear do not grind a hard gear slowly as your legs will become tired quicker.

4. Participants should know how to cycle on the W&OD Trail in a safe manner. Stay in lane in a single file line and pass only on the left. Only pass if able to pass safely in the left lane.

Pace yourself!

Running

1. Try to keep running. Even jogging is a lot faster than walking.

2. Pace yourself and MOST OF ALL ENJOY YOURSELF!

3. Participants should know how to run on the W&OD Trail in a safe manner. Stay in lane in a single file line and pass only on the left. Only pass if able to pass safely in the left lane.

Finish with a smile – there may be a photographer.

EQUIPMENT LIST

Swim

Swim Suit

Swim Cap (not mandatory, but one will be provided)

Goggles (optional)

Cycle

Short- sleeved top

A Bike (in good working order with all loose parts removed e.g. lights, locks & pumps).

Make sure it is road worthy, the tires filled with air, the seat height is adjusted correctly and both brakes are working. We recommend that have your bike checked by a bike shop or parent prior to race day.

An approved road worthy helmet (no helmet no race)

Run

Sneakers/Running Shoes

Shorts

Socks (optional – putting socks on will cost you some time!)

GETTING READY BEFORE RACE DAY

Take some time a few days before morning to ensure the bikes are in good, safe mechanical condition.

Make a check list of things your child will want to have ready before leaving home on race day morning. The kids will need a Bike, Helmet, Swim Suit, Running Shoes, and top to wear during bike and run to do the event. They may want to have swim goggles, towel, change of clothes, water bottle, snack, hat, sunscreen, warmer clothes if it's a cool or rainy day. The kids may need to wait after check in for their event to start so plan

to bring some card games, music or other stuff to help them to pass the time, stay out of the sun, keep hydrated, etc..

A few practices at home putting on race gear for the bike in a logical sequence may help your child on Race Day. Try laying out the race gear in an efficient pattern to make sure kids get ready as quickly as possible. For example, kids cannot remove bike from rack until helmet is on and chin strap done up, but it's hard to put a t-shirt on over a bike helmet. Practice laying out the race gear so kids put t-shirt on first. Put a sock in each shoe, make sure chin strap is not tangled and ready to put on, shoe laces are open, etc. Practice taking off the equipment too.

The younger kids (and even the older kids too) may have trouble putting on their t-shirt if their body is still wet from the swim. A larger loose fitting t-shirt may be easier to put on. Also, putting socks on wet feet can be a problem too. Socks may not be necessary; most elite tri-athletes do not worry about socks for shorter distances or try using the shorter socks that do not go over the ankles. Running shoes that tie up with velcro can solve the problem of tying laces quickly, or you can buy speed elastic laces at most running shoe stores if your child has trouble tying up his/her shoes quickly.

Some Bike Mechanical Safety Tips

1. Make sure tires have adequate pressure as kids like to have mountain bike tires soft but this will not help during a race.
2. The chain should be lubricated, clean and not too loose.
3. You should test that the brake quick release works and make sure that wheels are centered in frame and the wheels are secure and the quick release firmly closed.
4. Also check to see that the brakes are centered on wheels and the brake shoes are properly positioned in relation to rims.
5. Take time to test brake cable tightness by squeezing the brake levers to see that after initial contact they have enough travel left without bottoming out on handlebars.
6. Bouncing the bike and listening for rattles may help you identify parts that need tightening.
7. Make sure any saddle bags, water bottles, etc are secure with no loose straps to catch in wheels.
8. Holding the front wheel between your knees and trying to twist the handlebars and stem with one hand will test the tightness of the handlebars; if it moves easily tighten the stem binder bolt a moderate amount.
9. Spinning the wheels will check for any rubbing on the frame. Also, check the pedals to make sure they are tight and clean.

Bike Helmet

Make sure the bike helmet is an approved helmet in good condition with no cracks or worn chin straps. Helmets straps should be snug when worn, no more than two fingers of slack under the

TRAINING PLAN

How to prepare for a kid's triathlon:

Training and preparing for three different sports in one can be a little more intimidating than deciding to do a kid's running race or local 5K. Three sports are a little more difficult to balance. So we've come up with some tips to help parents and kids better prepare for a kids triathlon. This is not intended to be a regimented training plan, but simply some ideas that you can do as a family to better prepare your kids for the triathlon.

Go on family walks, bike rides, or even go to the pool together. While on these family outings you can challenge your kids to races with dad or mom for short distances. This will get the kids used to giving a little more effort that they might be used to. Start short, then move to longer races.

"Cross Training" is also great fun. You don't have to swim, bike, or run all the time. Try playing soccer, throwing a Frisbee or football, going on a family hike, or any other activity that gets you all moving together. While it is good to have outdoor activity with your kids every day, you don't need to do all three sports every day. It is more than enough to do each sport once or twice per week.

Work on the sport that your child may not be too sure of in a positive and fun way, no pressure. If your child struggles in the water, you may want to get a private swim lesson or two just to give them the confidence they need to swim the distance.

You should build these fun family outings to where you are swimming, riding, or running the actual distances or further that they will be racing. There is no need to do "two a days" or to try and do all three in a day. Remember these are a lot more fun as family outings, but if you have smaller children who are not doing the race, it might be good for the older child(ren) to get some special one on one time with mom or dad to "train" for the race.

As the training progresses it would be good for you and your child to do a bike ride followed by a run. This is the closest thing to a workout you will do together, and it is called a "brick workout" because your legs feel like a load of bricks when you try to run after riding your bike. Remember to make it fun, you're not training for the Olympics. Do a few bricks (one a week) starting with shorter distances and working up to the actual race distances.

Don't forget to practice the transitions with your child. Most people don't think about preparing for the time between the sports, but this is where most confusion occurs.

Here are a few specific things to prepare your child for:

It will be helpful planning a way to locate their spot in the transition area. It is good to use a favorite or colorful towel to help your child locate their spot in transition area. There are going to be a lot of bikes in there and even though our volunteers are great at

helping the kids to their bikes, it helps if the kids have a bright or fun towel to look for. Practice putting your shoes and socks on (you don't have to wear socks if you don't want) with wet feet. You might get a set of "speed laces". These are elastic shoelaces that allow you to get into your shoes a lot easier. You can pick a pair up at your local running store

Teach your kids how to run/walk with their bikes. They are not allowed to ride them in the transition area. It is good to use some tape and set out a mount/dismount line to get them to practice running their bike to it and getting on/off their bike at the line.

Make sure you have all of the necessary equipment you will need on race day (goggles, bike, helmet, towel, running shoes, and socks if you want them) and practice with it. This will familiarize you and your child with everything so you'll be less likely to forget items on race morning. You could have a lot of fun setting up a virtual transition area and racing each other through it.

Make sure your child's bike is in safe and proper working condition. Keep air in the tires, the chain lubricated, and all bolts and such properly fastened or adjusted. You may want to take your child's bike to your local bike shop 2-3 weeks prior to the race for a tune up if you need help.

December 2015