

## 2009 LAKE PARK KIDS TRIATHLON

### RACE INFORMATION

- Start Time:** 8:00 AM
- Arrival Time:** Arrive at race site no later than 7:15 AM for Packet PickUp.
- Body Marking:** All participants must be marked at the body marking area – located on the pool deck.
- Pre-Race Meeting:** A pre-race meeting will be held in the pool area at 7:45 AM
- Awards:** Award presentations will begin immediately after the last finisher completes the race (estimated to be at about 9:15 AM). You must be present to collect your award, or have someone get it for you.
- Results:** Results will be posted by Monday, August 11th. For this race, we will be recording start/stop times, but will not be able to record split times per event.
- Refreshments:** We will serve water, bagels, and cookies after the race in the pool area. Water will also be available on course.
- Transition Area:**
- There will be two transition areas for this race. The first area will be on the pool deck for putting on shoes and clothing to transition into the biking/running phase of the race. The second area will be at the top of the Lake Park parking lot where all bikes will be laid out for the start and finish of the bike segment.
  - Parents should remain out of the transition areas except to assist your own child, if needed.
  - Only the race participant will be allowed to remove his/her bike from the transition area.
  - Participants will not be allowed to mount bikes inside the transition area and will be required to dismount at the transition area entrance following the bike segment. The mount/dismount lines will be at the parking lot entrance on Lakeland Drive.
- Swim:**
- Participants start at one side of the pool and snake their way up and down each lane, swimming under the rope to change lanes, as they work towards the transition side of the pool. The number of laps to swim is determined by your age group distance.
  - Swimmers will be seeded according to their age. 11-13 yr. olds will go in the first wave; 8-10 yr. olds go second; 6-7 yr. olds will go last.
  - One swimmer will start every twenty seconds.
  - Be prepared to be at the swim start no later than 7:50 AM.
  - If you feel like you need assistance during the swim - raise your hand above your head.
  - If you need to stop and rest, please stop at the wall and allow other swimmers to pass.
  - The pool will be staffed with lifeguards.
- Bike:**
- Bike course map is available at <http://www.lakeparkpool.com/triathlon.html>.
  - The number of laps to ride is determined by the racer's age group. 6-7 yr. olds ride one lap; 8-10 yr. olds ride two laps, and 11-13 yr. olds ride three laps around the course.
  - The racer is responsible for knowing how many laps they need to complete.
  - It is important that slower cyclists stay to the right.
  - Hard shell helmets must be worn.
  - Helmets must be fastened before leaving the transition area.
  - No headphones, earphones or any radio-type devices will be allowed.
  - There are plenty of volunteers along the course but it is ultimately your responsibility to know the course.
  - All bikes should be returned to the same spot in the bike transition area after the bike segment is completed.
- Run:**
- The run course begins on the far side of the volleyball court, down the hill from the parking lot transition area.
  - Run course map is available at <http://www.lakeparkpool.com/triathlon.html>.
  - The course begins on a wooded trail. Runners will cross a foot bridge and ascend several steps before coming out on Rushingbrook Lane. The rest of the course can be run on the sidewalk, following the route back to the pool entrance.
  - 11-13 yr. olds will run a slightly different, longer course than the younger racers.
  - There are plenty of volunteers along the course but it is ultimately your responsibility to know the course.
  - **You must display your race number on your front as you cross the finish line.**
  - A water station will be located at the beginning of the run course.
  - No headphones, earphones or any radio-type devices will be allowed.