

Tri-Warriors Youth Triathlon RACE INFORMATION

PARENTS: Please read this in its entirety – even if you’re a triathlete yourself. Also, after reading it, PLEASE review it with your kid(s) to make sure they feel comfortable with the racecourse and race details.

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. So, **HAVE FUN!** Enjoy the experience and excitement of something new and encourage your fellow triathletes as you see them on the course. Everyone who finishes will be awarded a finishing medal and, of course, you will receive a goodie-bag when you pick up your packet– including an event t-shirt.

WHAT IS A TRIATHLON? -- If you’ve never raced in or watched a triathlon, read this section as it may help you to understand what your kids are about to do – and it will help you explain it to them: Simply stated, it’s fun! A triathlon is a combination of swimming, biking and running – in one race. In triathlons, you are really performing in four separate events, however. How? Well, triathlons are timed as three separate races (swim, bike and run) and then the final time is the combination of each of those three races together as well as your “transition time”. The transition time refers to the time it takes a participant to get out of the pool and on to their bike as well as the time it takes him/her to get off their bike and on to the running course. So, you will see the results of each time broken out individually.

1. There will be one time representing your swim time.
2. There will be a second time which represents transition one / your bike time / and transition two.
3. There will be a third time representing your run time.
4. There will be a fourth time representing the total of all of these together. This is your race time and will determine where you rank in your age group.

Remember, you are not racing to be in front – we time each participant separately – so you are racing against the clock – not another racer who is beside, in front of or behind you. Ignore them and just do your best.

So, this document covers all the details you need to know about each of those segments of the triathlon (swim, bike, run) as well as everything you need to know about what happens when you get there. So, please read through this carefully and review it with your kids – it will help make them feel comfortable about the total course. And, we end this document with a suggested list of things to bring to the Triathlon. And, finally, thank you for participating in the Tri-Warriors Youth Triathlon!

Friday, August 26th 5:00 PM – 6:15 PM inside the UNCP Jones Center

- Packet-pickup will be between 5:00-5:45 and the pre-race meeting will begin at 5:45. We hope to have all of your questions answered no later than 6:15PM. This year we have added a pre-race pasta dinner at the Berea Baptist Church on N. Odum Street (next to KFC.) The dinner begins after the pre-race meeting and each participant will receive 2 free tickets. Extra tickets will be available for \$5.

Saturday, August 27th 6:30 AM – 7:30 AM outside the UNCP Jones Center

- Triathlete Check-In / Chip Pick-up / Body Marking / Set-up Transition Area
- We will have an opening ceremony in the parking lot before the start of the race at 7:45.

Race Start Time:

11-15 year olds 8:10AM

6-10 year olds start immediately after the 11-15 year olds

****Everyone MUST be set up and poolside by 8:00AM**

NOTE: Regardless of when you begin the race you must pick up your timing chip (timing chip information is below –keep reading) go through body marking and have your transition area set up by 7:45AM on Saturday, August 27th.

DO NOT BE LATE (remember, you need time to park, unload your bike and get set-up in the transition area – so plan to be early!)

We will **CLOSE** check-in at 7:30AM, so if you are not there by then, we will unfortunately not be able to accommodate you. Our apologies. You also **MUST** have your bike in the transition area by 7:45AM.

Your Start Time is based on your age and your submitted swim time: When you registered for the triathlon, you entered a 50-yard swim time. This swim time will be used to determine your triathlon start time.

However, each participant will be timed separately (see Timing Chip Information Below) based on their start and finish time – times are tracked automatically. Remember, you are not racing to be in front – we time each participant separately – so you are racing against the clock – not another racer who is beside, in front of or behind you.

For **SAFETY** reasons, we will start the 11-15 year olds **PROMPTLY** at 8:10AM first (with a 15-20 second separation between kids) and then start the 6-10 year olds immediately after the last 11-15 year old (again, with a 10-15 second separation between kids).

AGAIN, 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.

Race / Bib Number:

Every participant is assigned a number automatically by our registration system. When you check-in at registration on Saturday morning, you will receive this number in a few different forms (a race bib to wear on your shirt during the bike and run and a bike sticker to stick on your bike). This is the same number that is to be marked on your body (see Body Marking below). The bib **NEEDS** to be attached (we will give you pins to attach them) to the kid's shirts (whatever they will put on after their swim) and the bike number **MUST** be affixed to their bike.

NOTE: You will be required to have your race number (bib number) with you in order to get your body markings and timing chip (See Below.)

Body Marking:

In triathlons, each participant is marked (with Sharpies) with their age and their bib number (see Race Number info above). This will be done from 6:30AM Saturday until 7:30AM.

Timing Chip:

This race will be timed using the timing chip method. Since most of you are new to triathlons, let us explain what this means. Each participant will be issued a small plastic chip that matches your bib number (race number you put on your shirt and bike.) This chip will be strapped to your left ankle with an ankle strap we will supply you. The chip will track the participant on each section of the race and actually records separate swim, bike and run times (as well as the amount of time they spend in the transition area).

Results & Awards:

Results will be posted at the finish line within 20 minutes after the final racer crosses the finish line. As stated earlier, every racer will receive a Triathlon Finisher Medal. In addition, we will award trophies to the top three (3) male and female finishers of each four age groups (6-8, 9-10, 11-13, 14-15)

Transition Area: *(See Map Below)*

The Transition Area (where you put your bikes and gear) will be in parking lot #14 behind the Jones Athletic Center at UNCP.

The transition area will have two entrance and two exits.

One entrance will be the entrance from the swim. Kids will use this to **ENTER** the transition area after the swim to get their bike.

One of the exits will be used to **EXIT** the transition area to start the bike ride. You can not get on your bike until you exit the transition area. You will mount (and dismount) your bike in a specified area outside of the transition area.

The second entrance will be the entrance from the bike. After you finish the ride and dismount your bike kids will use this to **ENTER** the transition area to rack your bike and start your run.

The other exit will be used to **EXIT** the transition area to start the run.

Parents - For the safety of all our youth participants, only athletes, race officials and transition volunteers will be allowed in the transition area. There will be a lot of activity in these areas and the more bodies, the greater chance some one will get hurt. Experienced volunteers will be in the transition areas to assist the children. We appreciate your cooperation, and we take every precaution to conduct a safe race for your children.

All participants will have their own numbered bike slot. Find your numbered bike rack and then find your specific space on that rack. You'll notice that half the numbers on the bike rack face one direction and the other half face the other direction. Place your bike on the rack centered on your number and facing the same direction as your number. This will allow for more space between bikes for placing your gear. Each rack accommodates six bikes - three bikes on one side and three bikes on the other side.

No bike storage the night before the race.

Participants will not be allowed to mount bikes inside transition area – and will be made to dismount before re-entering the Transition Area. This is for safety. The racers are to walk or run with their bike out of the Transition Area and to the road (University Road) where they will get on their bike – HELMETS are required for ALL participants – No kid will be able to leave the transition area or start the bike ride without a helmet.

Swim (See Map below):

There are two separate entrances to the pool. One is ONLY for participants and the other is for spectators.

Parents are not allowed on the pool level. All spectators must sit in the balcony.

The pool will be open from 7:00 AM to 7:30 AM for warm-ups but make sure you have checked-in, set up your transition area, got your timing chip and your body marking before you come to the pool. All participants must be prepared to line up for the swim start a minimum of 10 minutes before the race starts.

You will be lined up based on age and submitted swim time.

Participants will go of individually in 10-15 second increments.

Bike (See Map below):

6-10 year old participants will be making one loop around the 3 mile bike course.

11-15 year old participants will make two loops (for a total of 6 miles).

Hard shell helmets must be worn and fastened before leaving the transition area. Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used. If unsure if child's helmet meets this requirement, please take to a bike shop to have it checked. Children may not leave the transition area without their helmet on, and strap securely fastened.

IF RACER DOES NOT HAVE AN APPROVED HELMET ON RACE DAY, PARTICIPATION IN RACE WILL NOT BE ALLOWED.

Stay to the right to allow faster cyclists to pass on the left.

Bike frame numbers that are provided must be attached to the top tube of the bike near the handlebars.

For safety reasons, no headphones, earphones or any radio-type devices will be allowed.

There are plenty of volunteers and police officers along the course but please review the course with your kids to make sure they know and understand it.

There will be one water stop on the bike course, but participants must pull over to the side of the road and come to a complete stop to get water.

Even though the roads will be closed for the most part, always be aware of your surroundings and look out for other cyclists, cars, animals, and debris on the roads.

Run (See Map below):

The run course is totally flat, with a part of it being on the sidewalk. There are also speed bumps along the course. None of the speed bumps are severe or dangerous just be alert that they're on the course.

There will be one water station located on the course.

For safety reasons, no headphones, earphones or any radio-type devices will be allowed.

Please make sure your kids have their race/bib number visible on the front of their body as they cross the finish line.

What do you need to bring for a triathlon?

Bike Helmet

Swimsuit

Goggles

Small Towel

Bike

Running shoes and socks

Sunscreen

Water or Gatorade

A light snack

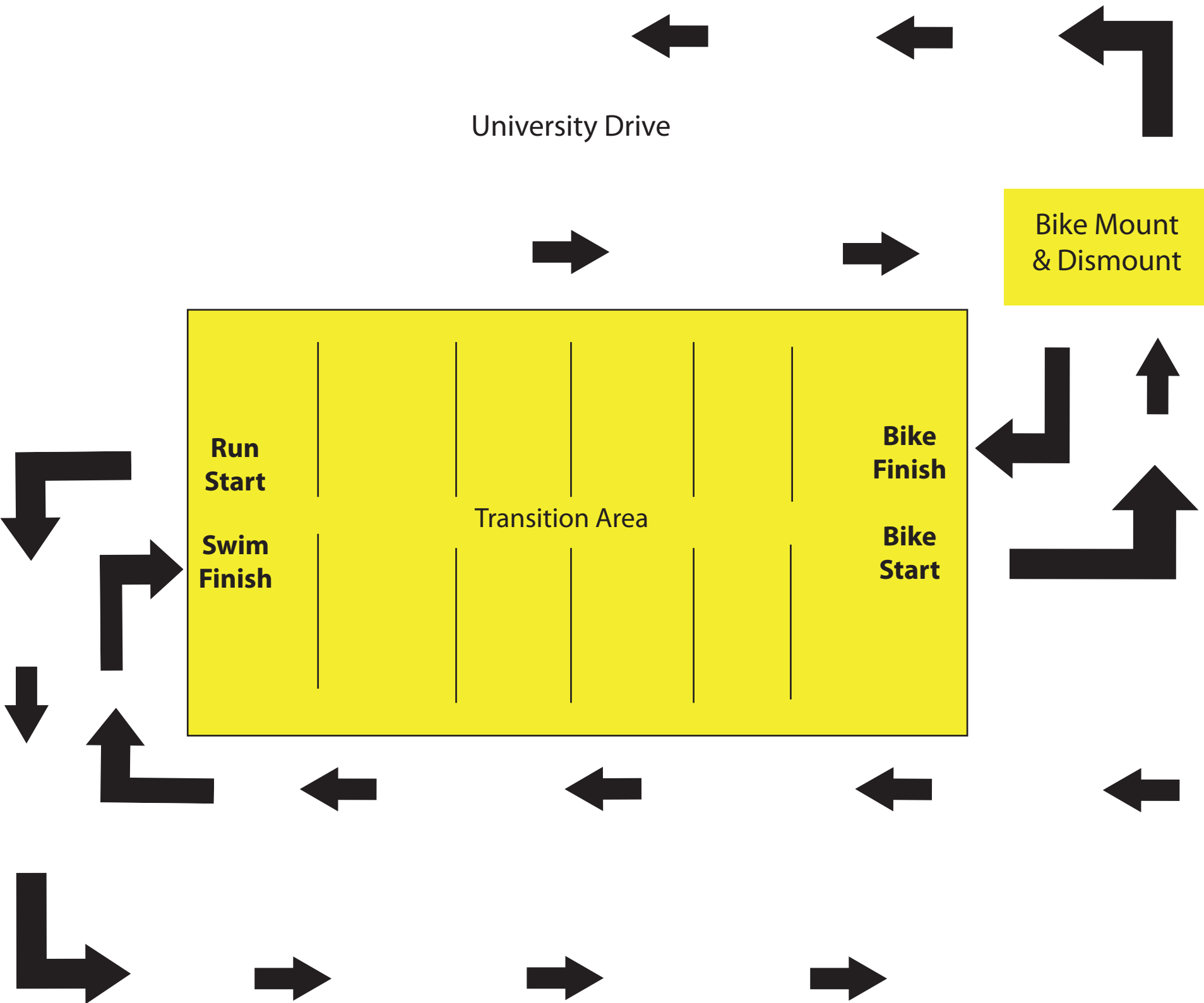
Race numbers including bib, and bike numbers - You will pick these numbers up Friday night. Make sure you attach the bike number to the frame of your bike and your bib number to the front of the shirt you will ride and run in. Also you need your bib number Saturday morning to check-in, get your timing chip and your body markings.

Finally, THANK YOU!

The Tri-Warriors would like to thank you for your support in our Youth Triathlon. We hope your experience is one that you will want to race in this triathlon every year and that you bring two friends with you next year to compete too!

Have a great race and, most importantly, have FUN!

Tri-Warriors Youth Triathlon Transition Area



Tri-Warriors Youth Triathlon Swim

11-15 year olds complete 100 yards - 2 laps (down & back, down & back)

Two swimmers will begin at the same time.

1st in Lane #1 and will finish in Lane #4.

2nd in Lane #3 and will finish in Lane #6

6-10 year olds complete 50 yards - 1 lap (down & back)


Three swimmers will begin at the same time

1st in Lane #1 and will finish in Lane #2

2nd in Lane #3 and will finish in Lane #4



3rd in Lane #5 and will finish in Lane #6

Triathletes line up here for the start of the race



The diagram shows a rectangular swimming pool divided into six horizontal lanes, labeled Lane #1 through Lane #6 from top to bottom. On the left side of the pool, there are three black arrows pointing to the right, indicating the start of the race. On the right side, there are six black arrows pointing to the left, indicating the end of the race. The pool is colored blue.



Exit downstairs to the transition area (NO running)



Viewing Area Balcony

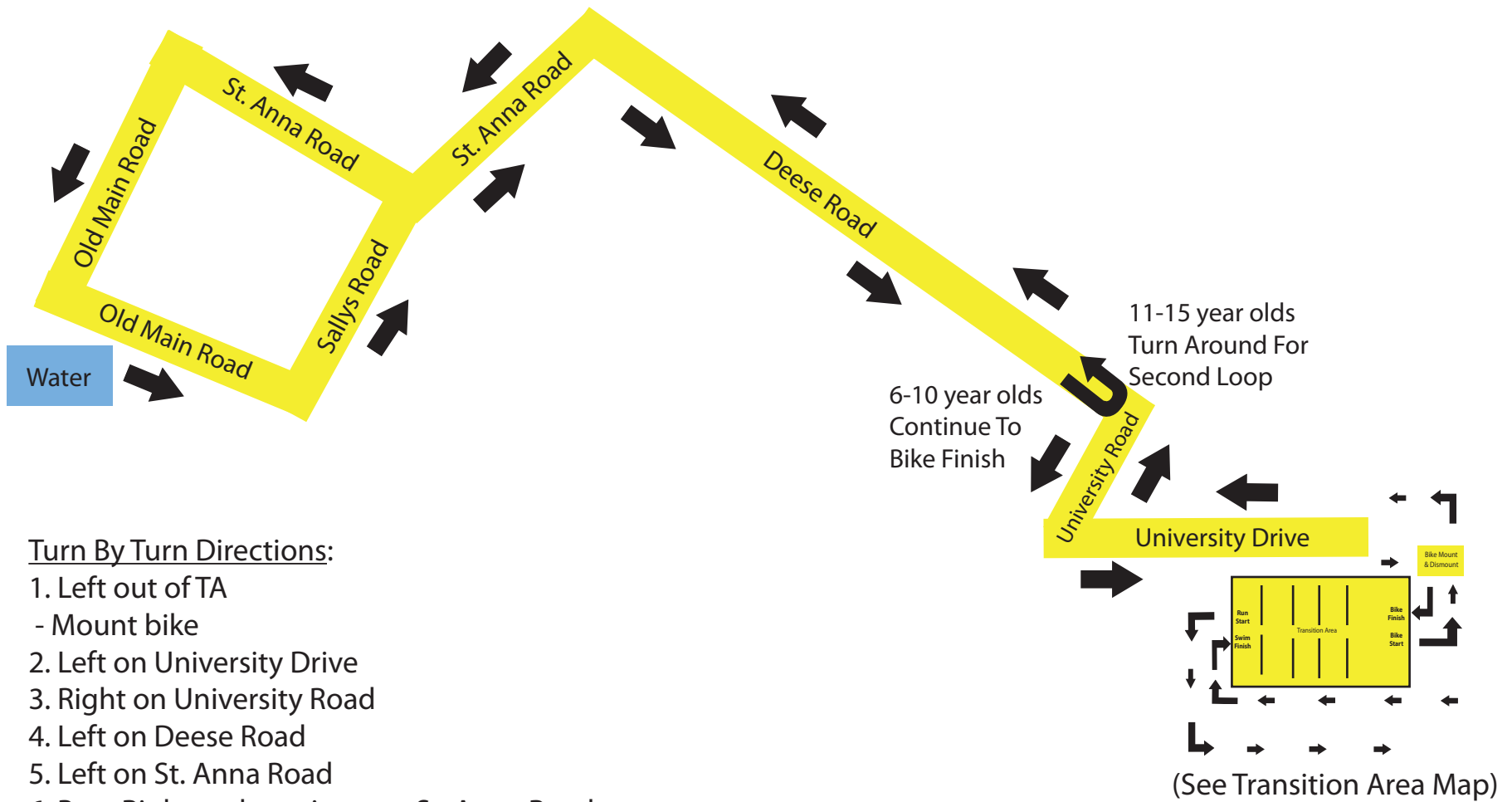
The viewing area has limited space, so we ask that only one family member for each child enter the pool area and that families of older kids go in first and families of younger kids wait until spectators begin to exit the pool

Viewing Area
Enter / Exit



Tri-Warriors Youth Triathlon

Bike Route



Turn By Turn Directions:

1. Left out of TA
- Mount bike
 2. Left on University Drive
 3. Right on University Road
 4. Left on Deese Road
 5. Left on St. Anna Road
 6. Bear Right and continue on St. Anna Road
 7. Left on Old Main Road
 8. Left on Sallys Road
 9. Merge with St. Anna Road
 10. Right on Deese Road
- At the end of Deese Road (at the intersection with University Road)
The 11-15 year olds will turn around and do the loop for a second time.
The 6 - 10 year olds will continue to the transition area.
11. Right on University Road
 12. Left on University Drive
- Dismount bike
 13. Right into TA

Tri-Warriors Youth Triathlon

Run Route

