

6th Annual Ft. Collins Club KIDS' Triathlon
SUNDAY August 17, 2008

Information Sheet

FAQ: General

How do you get to the Edora Pool and Ice Center (EPIC)?

Door-to-door directions can be obtained from MapQuest at www.mapquest.com.

Where do you park?

There is a designated parking area at EPIC.

Do you have to pay for parking?

No, its free.

What is the order of events?

Swim, then bike, then run.

My kid is a little shaky on the swim. Can he/she use a snorkel or water wings?

No. We have been somewhat flexible on this in the past. However, due to EPIC policies (and we agree with them), there will be **NO SWIMMING AIDS ALLOWED**. Race day anxieties can be assuaged effectively by practicing, perhaps even at EPIC, prior to the event.

What time should I be there to check in and be ready on time?

Older kids (ages 9-12) need to arrive by about 7:30 am to check-in, get marked, and get their bike racked and ready to go. The first wave begins at 8:00 am sharp and the transition area can be somewhat chaotic, so please plan accordingly. Younger kids can arrive as late as about 9 am. The 8-9 yr old waves will begin around 9:30 am, if all goes according to plan.

Can you register the day of the race?

No.

Where can I watch the race?

You can watch the swim from the stands inside EPIC, the transition from **OUTSIDE** of the transition fence, and the swim and run by camping out alongside the course (they run parallel to one another). Unlike past years, there will be **NO PARENTS** allowed on the pool deck or in the transition area. Exception: One parent can be in the transition area per 4-6 yr old kid.

Do the kids all start at the same time?

No. They start in waves based on their age. The oldest kids go first, so that we can make the course progressively shorter as the morning goes along and so that the younger kids get a chance to see how the older kids manage tricky stuff like the transitions. A new age group will not begin until the previous age group is off of the bike course.

How is my kid's age group determined? Your child's age on **SUNDAY August 17, 2008** determines his/her age for this event.

Can I help both my kids if they are racing in different age groups?

Yes. We have designed the race so that only one age group is racing at a time, enabling parents to watch and assist multiple children of different ages. However, only children who are 6 years of age or under and need help should be helped by parents in the transition area.

How much can parents/adults assist their kids?

Parents can only assist children 6 years of age or under. Please try to restrict assistance to that which is truly necessary. Remember, the idea is for the kids to participate and have fun, not to compete/win. For safety reasons, only one adult per child will be allowed in the transition area. Acceptable assistance includes tying shoes, clipping helmets, putting on clothes, holding the bike while the kid gets on, helping your kid back on the bike if he/she falls off, etc. Unacceptable assistance includes, but is not restricted to, pushing bicycles along the course or carrying kids who tire of running. Parents are not allowed on the race course except as spectators. Remember, we aren't timing it and the prizes recognize your effort, not your ability.

How long does it take to finish the race?

The time to finish will vary by participant and age group. We anticipate the finish times per wave will be between 10 (youngest kids) and 45 minutes (oldest kids).

How many kids participate?

Since 2003, more than 1,000 kids have shown that they can TRI! There were 118 starters, and more importantly, 118 finishers in 2003, 168 of each in 2004, 258 in 2005, 250 in 2006, and 360 in 2007, including 2 Cardiac Kids in both 2005, 2006 and 2007. We have capped participation at 300 this year due to potential traffic issues on the bike course.

Do the kids get an award?

Yes. All kids will receive a t-shirt and all finishers will receive a medal. Current or former pediatric cardiology patients will get a special yellow t-shirt, so we can all cheer extra hard for them.

Are the kids timed, and can we get the race results?

No. The kids can (and do), in effect, race against the other kids in their wave, but we don't keep times as we are orienting this event toward participation and effort rather than skill and ability.

What if a child gets hurt and needs medical attention?

Emergency medical services are available. Poudre Valley Hospital is about 1 1/2 miles from EPIC.

Does somebody profit from this event?

All revenues above costs from this event will be donated to the Cardiac Kids Chapter of The Children's Hospital, Denver. All race officials are volunteers and stand to draw no financial gain from this event. Our generous sponsors help to reduce the costs of this event and enable us to keep entry fees low, thereby encouraging maximum participation, provide nice prizes, and contribute to a highly deserving local charity. To date, we have been able to contribute more than \$16,000 to this worthy cause.

FAQ Swim:

Location: Edora Pool and Ice Center (EPIC). 25 meter, 10 lane, indoor pool.

How far is the swim?

Age 4-6	25 meters (one length)
Age 7-8	50 meters
Age 9-10	100 meters
Age 11-12	200 meters

How many kids will swim together?

The number of kids will vary depending on the age group, but we do not anticipate more than 20 per wave or 2 per lane. If there are sufficient entries in the older age groups, we may take a “snake” approach with a swimmer entering the water every 10 seconds and switching lanes every 25 meters.

Will there be lifeguards on duty?

Yes.

How deep is the water?

The pool is 5 ft deep at the west end and 3 ft deep at the east end. Those who are somewhat unsure of themselves in the water can walk along the bottom, use the lane markers or the sides of the pool for assistance. We will closely monitor the swim, particularly in the younger age groups, as this is a common source of concern for aspiring triathletes of all ages.

Can the children use a kick board, water wings, or other flotation device?

No. The children need to complete the swim on their own without the use of any flotation device. This year, this policy will be strictly enforced.

Do they have to wear swim goggles?

No. Swim goggles are not required, but are recommended.

Do they have to wear swim caps?

No.

Do they have to swim crawl stroke the entire time?

No. They may swim any stroke that they want. They can even bob off of the bottom if that is what it takes.

Do they have to put their face in the water?

No.

Can I help my kid in the water?

No. Due to problems with this in the past and EPIC policy, there will be no parents allowed on the pool deck. You can help your kid most by practicing with him/her over the summer and let this be the reward for dedicated effort.

FAQ Bike:

Location: Powerline Trail (south and slightly east of EPIC, runs straight north-south along the railroad tracks and the power lines (go figure)).

Approximately, how far is the bike?

Age 4-6 ½ mile/ 1 km

Age 7-8 1 mile/ 2 km

Age 9-10 2.5 miles/ 4 km

Age 11-12 5 miles/ 8 km

The oldest two age groups will cross Drake Avenue. There will be race personnel (police officers) stationed at the crossing to ensure safe passage. The other two age groups will cross no roads.

Do they have to know how to ride a two-wheel bike?

No. They can have training wheels on their bike or can ride a tricycle. We've even had "big wheel"s on course.

Do they need a special bike?

No. Tricycles, mountain bikes, road bikes and even triathlon specific bikes are acceptable.

Do they need a helmet?

Yes. *Bike Helmets are mandatory and must be worn the entire time that they are on the bike. The helmet must be on and buckled before they mount their bike, and it may not be removed until they dismount at the end of the ride! DON'T FORGET YOUR HELMET!*

Where do they put their bikes during the race?

Bikes will be stored in the transition area during the race.

Will someone be there to inspect bikes?

Yes. We think we will have someone from Lee's Cyclery to help out.

How will the kids know where to ride?

The course will be marked and volunteers will be directing them.

How can they find their bike?

For kids 6 years of age and under, parents can direct them once they enter the transition area. For kids 7 yrs of age and older, they must remember where they left their bike. You can put balloons or other markers on their bike, if you think that might help.

FAQ: Run

Location: Dirt trail parallel to Powerline Trail

Approximately, how long is the run?

Age 4-6 200 meters/ 220 yards

Age 7-8 400 meters/ ¼ mile

Age 9-10 800 meters/ ½ mile

Age 11-12 1600 meters/ 1 mile

Can parents help by showing kids where to go?

Yes, however parents **MUST** keep the course clear for other participants.

Can parents help in the transition area?

Yes, but only for kids that are 6 yrs of age and under.

Can parents help by tying shoes?

Yes, but only for kids that are 6 yrs of age or under.

Do they have to wear a race number?

Yes, since they really think they are cool when they have one on and it helps with photographs. We will mark their number on their shoulder and leg, just like a real triathlon, but without timing there is really no need for race numbers.

Rules

Parents are not allowed in the water. There will be lifeguards at the pool and the younger swimmers will be able to stand/bob on the bottom, use the lane markers or the side of the pool should they need additional help.

Parents are allowed in the transition area before the race for all racers, but only for children 6 and under during the race. For these racers, parents may assist the kids in toweling off, lacing up their shoes, putting on their bike helmets and sending them off on the bike and run. Racers who are 7 years of age or older should be able to negotiate their transition area. There will be race volunteers to direct traffic and advise the kids in the transition area.

Outside assistance on the bike and run are only allowed for children 6 and under. You may run or walk with your kids, but you may not carry them across the finish line. Kids age 7 or older must complete the entire race on their own with no outside assistance. Any action by a non-participant that affects the finish of a racer who is 7 years of age or older is just plain unfair to that kid or the rest of the kids. Again, let's not do that.

Properly fitting ANSI approved bicycle helmets must be worn during the bike portion of the event. Helmets must be fastened before mounting the bicycle, and must remain fastened until the racer dismounts their bike at the end of the ride.

Shoes **MUST** be worn during the ride and the run portion of the race. Shoes must be **LACED** or **BUCKLED-UP** prior to mounting the bicycle, and must remain laced until the racer dismounts their bike at the end of the ride. Shoes are not permitted in the water. This includes reef walkers and sandals. Nothing can be on your feet in the swim.

All race gear that will be used throughout the race, including shirts, shoes, shorts, towels, bicycle helmets and socks must be arranged in the transition area prior to your wave start. No gear may be brought in afterward, or provided by spectators on the course.

Inappropriate or un-sportsmanlike behavior will not be tolerated. This includes behavior directed to fellow racers, fans, organizers or volunteers. It includes behavior by parents as well as kids. Dangerous or inappropriate behavior will be cause for immediate ejection from the race. Let's not go there, please.

All rules are subject to the interpretation of the race officials, whose decision will be final.

Course Description

TRANSITION AREA: The transition area is located on the south side of the Edora Pool and Ice Center.

SWIM COURSE: The swim will take place in the Edora Pool and Ice Center indoor pool. You will take the southeast exit from the pool and enter directly into the transition area.

BIKE COURSE: The bike course starts south and east of the transition area. The “bike out” and “bike in” will be located on the southeast corner of the transition area. You will mount your bike **AFTER** you have passed through the transition area and onto Powerline Trail. Please ride on the right side of the path going out and coming back. The bike course proceeds to the South and is an out-and-back course for all age groups. You will approach the transition from the East and on the right side of the path. Dismount your bike and walk/run it back into the transition area before beginning your run.

RUN COURSE: The run course starts on the southwest side of the transition area. After leaving the transition you will proceed to your left and run along the bike path following the cones and signs to avoid returning bicyclists. The run course proceeds to the south on a dirt path parallel to the bike course. The run is an out and back then through the “chute” and the finish line. The finish line is just south of EPIC on the grass next to the Powerline Trail.

Schedule of Events

Sat, August 16, 2008

5:00-7:00 pm: Check in, packet pick up and racer meeting in transition area south of EPIC

Sun, August 17, 2008

6:30 am: Late check in, packet pick up and body marking begins.

7:00 am: Transition area opens.

7:45 am: Late check in and packet pick-up ends

7:45 am: Pre-race meeting in transition area

8:00 am The first wave of the Ft. Collins Club Kids' Triathlon begins

8:15 – 11:00 am: Post race party with food and drinks

9:30 am Pre-race meeting for younger age groups

11:00 am: Awards ceremony and sponsor raffle

Age Groups and Distances

Age Group	Swim	Bike	Run
4-6	25 meters	1 kilometers	200 meters
7-8	50 meters	2 kilometers	400 meters
9-10	100 meters	4 kilometers	800 meters
11-12	200 meters	8 kilometers	1600 meters