

Frequently Asked Questions

About Triathlons

- What is a Triathlon?
 - A Triathlon is an exciting, fast-paced, timed, three-sport race which takes place in the following order: Swim, Bike, Run. It's an awesome way to get fit and have fun!
- How long are the race course distances?

Age	Swim	Bike	Run
○ 6-8	50 yds (2 laps in pool)	2 laps (1 mile)	1k (0.62 miles)
○ 9-10	100 yds (4 laps in pool)	4 laps (2 miles)	1.6k (1 mile)
○ 11-12	150 yds (6 laps in pool)	6 laps (3 miles)	1.6k (1 mile)
- What is a staggered start?
 - All participants are placed in groups broken down by age category, with the eldest group going first. In the *Kids For Kids Triathlon*, each participant begins the race every 10 seconds. Having the staggered start time ensures that the race course is not congested and that all participants can move safely through the entire course.
- Are the races timed?
 - Yes, there will be a timing system in place on race-day. Timing results will be available shortly after the final participant completes the race. Results will also be posted online at a later date/time.
- Please explain bike lap counting.
 - *For the Bike portion of the race, it is the participants' and parent/guardian's responsibility to keep track of the laps as they are completed.*
 - Depending on your child's age category and related race course distances, they will need to complete a certain number of bike course laps. Your child's lap information is available above (*under "How long are the race course distances?"*). Volunteers and course set-up ensures easy tracking of the swim and run portions of the race.
 - There will be a designated bike lap counting area (marked by a sign) on the bike course. We recommend that parents clearly communicate with their children where they will be positioned on the race course to help them count their laps.
 - You may choose to stand in this designated area or some other highly visible spot alongside the race course, *as long as it is safe for you and the participants*. For convenience, lap counting signs with large numbers will be provided in your child's Race Day packet. You can use these to assist your child in keeping track of their bike laps.

Frequently Asked Questions continued

Apparel and Equipment

- What clothing should my child wear?
 - Participants start the race in their swimsuits. As their torsos must be covered for the Bike and Run portions of the race, participants whose swimsuits don't provide full torso coverage should have a shirt ready to put on in Transition with the bib number from their Race Day packets pinned on the front. Some children may wish to also put on shorts over their swimsuits in transition.
- What type of shoes should my child wear?
 - Closed-toe running shoes are the only footwear permitted.
- What kind of equipment does my child need to participate?
 - The only equipment needed is a bike and helmet for the Bike portion of the race.
 - Other recommended items can be found on the "Race Day Checklist"
 - Helmets must have a fully buckled chin strap.
- What type of bike can my child use?
 - Participants are allowed to use "Big Wheels," tricycles, or bikes with training wheels, as long as the bike is in good working order with brakes. If you are unsure about the condition or safety of your child's bike, we recommend having it inspected by a professional bike shop.
- When does my child need to start wearing his/her bike helmet?
 - Bike helmets must be put on with chin straps fully buckled in the Transition Area and worn at all times while in contact with the bikes. Helmets must be worn until the moment the child dismounts and places their bike, just prior to beginning the Run portion of the race.

About Swim

- Do I need to get in the water with my child?
 - No, Parents/Guardians are not allowed on the pool deck or in the water. Volunteer Coaches and Lifeguards diligently monitor all participants and provide assistance as needed.
- Can my child use his/her own flotation device for the swim portion of the race?
 - No, participants must be able to swim 25 yards without assistance. Again, participants are closely monitored by guard and volunteer staff at all times.

Frequently Asked Questions continued

Transition & Bike Drop

- What is the Transition Area?
 - The Transition area is located outside and near the exit from the pool where participants go immediately upon completing their swim. It is a secured area in which participants set up their equipment and personal items needed for the Bike and Run portions of the race prior to the start of the race.
 - There is a designated time by which equipment and personal items must be set up in the Transition Area on Race Day – the designated time is listed on the “Race Day Timeline” provided in the Race Day packets.
- Who is allowed in the Transition Area?
 - Pre-race, all participants and parents/guardians are allowed in the Transition area during the designated set up time. During the race, only participants and Volunteer Coaches are allowed in Transition Area. Volunteer Coaches will assist participants as needed during the race (i.e. tying shoe laces, buckling bike helmet chin straps, etc.).
- What items should be set up in the Transition Area?
 - Everything needed for the Bike and Run portions of the Race should be set up in the Transition area: bike, helmet, running shoes, shirt with bib number attached (as needed, unless torso fully covered by swimwear and bib already attached)
 - Additional recommended items can be found on the “Transition Checklist”
- What is the Mount/Dismount area?
 - The Mount/Dismount area is where participants are directed by signs and Volunteer Coaches to mount/dismount their bikes to begin/end the Run portion of the race. Volunteer Coaches assist participants as needed.