

KIDS FOR KIDS



TRIATHLON

CHINN AQUATICS & FITNESS CENTER

9th Annual Kids for Kids Triathlon Sunday, September 17, 2023

Race Day Timeline

- 6-6:15am** Transition Area Opens
1. Drop off bikes, setup transition block and proceed to Gym
- 6:15am** Gym Area
2. Check-in (Look for Check-in Table)
 3. Proceed to appropriate age-group area (Look for color-coded signs)
 4. Line up as instructed
 5. Have race number identification applied
- 6:30am** ***AT THE LATEST*** – Participants must be checked in, numbered and lined up in their age-group areas
- 6:35-6:45am** Parent & Participant RACE BRIEFING and Group Warm-Up
6. Volunteers move participants to pool area
- 6:45am** – Ages 11-12 - move to pool for pool briefing and race start at 7am
- 6:50am** – Ages 9-10 - move to pool for pool briefing and race start at 7:05am
- 6:55am** – Ages 6-8 - move to pool for pool briefing and race start at 7:10am

Parents/family/friends -

Please review all information thoroughly
(especially the safety guidelines and bike lap counting)
information and come prepared to support your athlete!

What to expect on Race Day

- When you arrive at the race venue, you will be directed to park. Gather all your items and follow the signage to Check-in.
- Drop off bikes and setup Transition Area. Volunteer Coaches will be available to help you set up your child's block.
- Enter the gymnasium and assist your children with check-in. Color-coded age-group wristband will be worn on right wrist.
- Have your child line up in their appropriate color-coded age-group for race number marking.
- Parents/Guardians and Participants will be given a race briefing.
- Racers will remain with their age-group and group volunteer and be provided with a pre-race warm-up and then led to the pool deck by our volunteers.
- After the pre-race briefing and warm up, we advise you to proceed upstairs to the Pool's observation area to get a good seat!
- On the pool deck, participants will be given a short briefing about the rules for the Swim portion of the race by the Volunteer Coaches.
- Right before their start time, one at a time, they will be directed to safely enter the pool and hold on to the side before their start time begins.
- Once your child completes their Swim distance, they will exit the pool under Volunteer Coach direction and enter the Transition Area to put on their running shoes, race bibs and bike helmet before safely walking/running their bikes to the Mount/Dismount Area. Don't worry as there will be Volunteer Coaches in the Transition Area to assist!
- ****Now you're on**** As your child transitions, head directly out the front doors of the center to the "bike lap counting area" to assist your child in keeping track of their bike laps!
- Upon completing their Bike distance, your child will be guided by our Volunteer Coaches to safely dismount and walk/run their bikes back to their Transition Area block.
- At their block, your child will place their bikes and remove their helmets. Volunteer Coaches will direct them to the entry of the trail to start the Run portion of the race.
- Complete running distance is pre-determined and participants will be directed accordingly. The race will end for every participant at the finish line.
- We ask family and friends to encourage and cheer along all participants, especially as they cross the finish line and receive their medals.
- As this race is a beginner level tri, we don't give out placement medals. Every racer that crosses the finish line will receive a finisher medal.
- Post-race, race results will be available on the race timing website. You will receive a QR code to access the website. Please be patient – those results will be available AFTER the final racer crosses the finish line AND the results are uploaded.

Safety Guidelines

We believe in *"Safety First"* as a principle for all of our programs – *Safety* is our number one priority.

Please review all information thoroughly.

Volunteers

- Our Volunteers are there to help assist with our "Safety First" principle. Volunteers will be stationed along the race course and around the event site. Please respect their guidance and don't hesitate to ask for their assistance.

Signage

- Informational and directional signage is strategically placed along the entire outdoor portions of the course.
- Please be attentive and adhere to all posted information.

First Aid

- There are First Aid kits placed along the trails along with trained Lifeguards to administer First Aid. In the event of a medical emergency, immediately inform any Volunteer who will assist in obtaining medical assistance as needed.

Swim

- Participants must respect the rules of the pool facility and listen to the Lifeguards and Volunteer Coaches on deck to ensure their safety during the Swim portion of the race.
- Participants must walk at all times on the pool deck and will be directed by the Volunteer Coaches to start in the pool. All age categories finish in the same place for safety and ease of exiting.

Transition(s)

- Participants must exit the pool area safely as they make their way to Transition.
- Parents/Family/Friends of the participants will not be allowed in the Transition area during the race. Volunteer Coaches will be present to assist them however needed (i.e. tying shoe laces, buckling helmets, etc.).
- Participants must have their bib numbers attached in front for visibility. Race bib belts can be used.
- Participants must wear a helmet with a fully buckled chin strap and use a bike that is in good working order with brakes for the Bike portion of the race. Kids are allowed to use bikes (even with training wheels) as long as the equipment is in good working order with brakes. If you are unsure about the condition of your child's bike, we recommend having it inspected by a professional bike shop.
- Participants must wear closed-toe running shoes during the Bike and Run portions of the race – no other footwear is permitted.

Safety Guidelines continued

Bike

Volunteers are placed along the Bike course for participant safety and assistance.

- Participants must safely walk/run their bikes from the Transition area to the start of the Mount/Dismount Area where they will be directed by Volunteer Coaches (and signs) about where and when to get on and off their bikes.
- Participants must wear their helmets fully buckled at all times for the Bike portion until they have placed their bikes back in their “block” in the Transition Area.
- Once participants have completed the Bike portion of the race, Volunteer Coaches will help them as needed to safely dismount their bikes.

Run

- Volunteers are placed along the Run course for safety and participant assistance.
- There are relief stations at the course entry and course turnaround where participants can obtain water.

Spectators

- For everyone’s safety – spectators must stay off the race course! Please remain within the designated spectator areas and follow Volunteer instructions to keep the course clear.
- If a spectator needs to cross the race course for any reason, a Volunteer must be informed and they will ensure a safe crossing for the spectator without disruption to the race.
- Please respect the guidance of the Volunteers and please don’t hesitate to ask for their assistance as needed.
- In the event of a medical emergency, immediately inform a Volunteer who will help in obtaining medical assistance as needed.

Race Day Checklists

Get ready for Race Day! Making a list can help you keep track of the items you'll need and want to bring with you on Race Day. Use our checklists below as a guideline to prepare for the fun!

To Bring – For the Race

- Race bib
- Swimsuit or tri suit (arrive wearing suit)
- Goggles (if needed)
 - NO SWIM MASKS ALLOWED
- Small towel for drying off in Transition
- Bike
- Bike helmet
- Closed-toe running shoes
- Socks (if wearing)
- Shorts
- Shirt (short-sleeve, or long-sleeve if it is chilly) with bib number attached to the front (bib number provided in Race Day packet)
- Water bottle

To Bring – Other (suggested)

- Sunscreen
- Hat / visor
- Sunglasses
- Camera
- Large towel and post-race change of clothes for participant
- Plastic bag to hold wet items
- Easy-to-carry bag to hold everything (i.e. backpack, gym bag, large tote)

Transition Checklist

- Bike
- Bike helmet
- Closed-toe running shoes
- Shirt with bib number attached to the front
- Shorts
- Small towel for drying off
- Water bottle

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.
- 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. When they enter Transition, they will need to have their bib number from their Race Day packets pinned on the front of their shirt or attached to their race number belt with the number facing forward. 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”
- 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

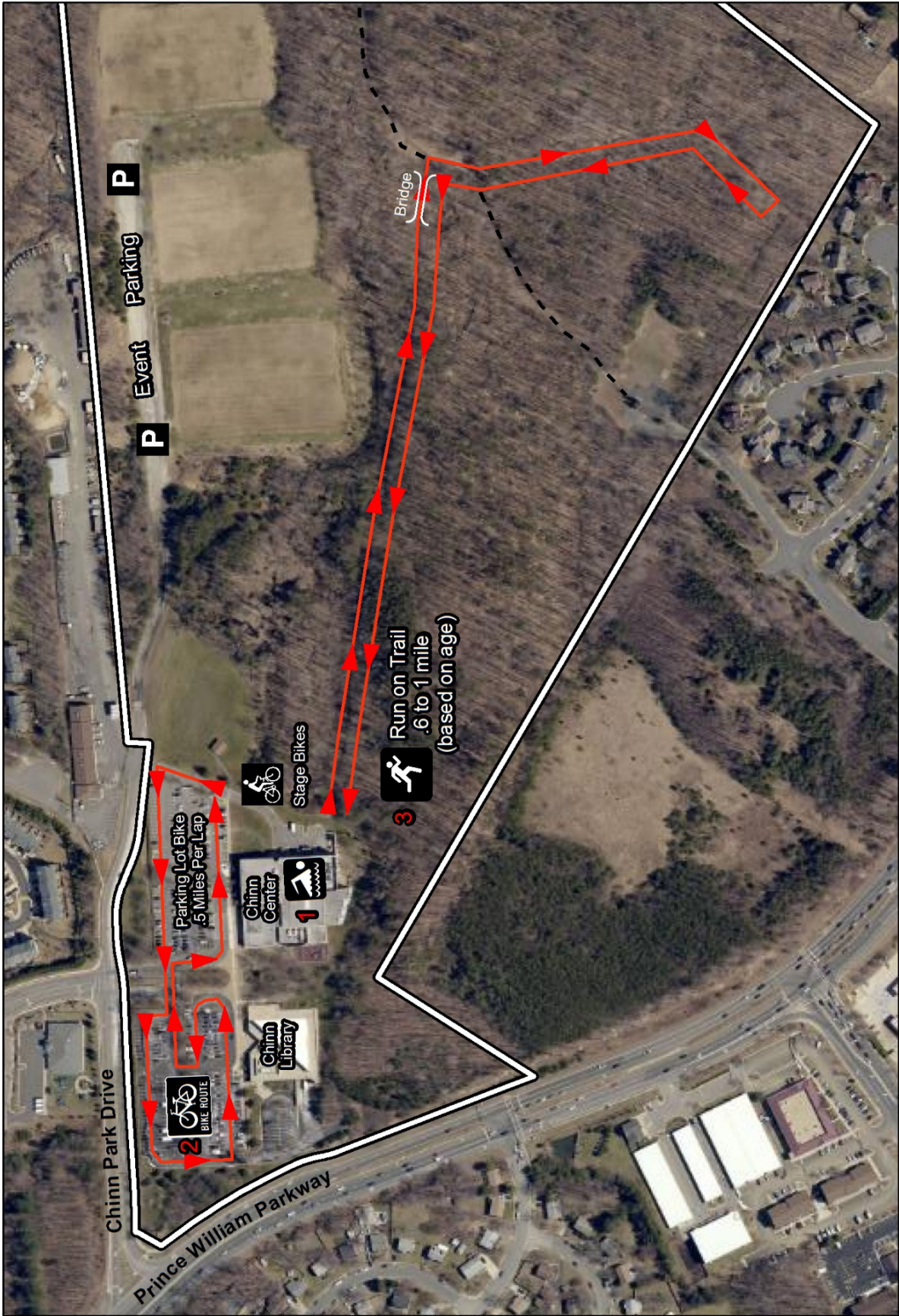
- Do I need to get in the water with my child?
 - No, Parents/Guardians are not allowed on the pool deck or in the water. Volunteer Coaches and Lifeguards diligently monitor all participants and provide assistance as needed.
- Can my child use his/her own flotation device for the swim portion of the 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 & Run portions of the race prior to race start.
 - 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 Time-line” 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/race number belt with bib number 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.

Course Map



**CHINN AQUATICS
& FITNESS CENTER**

CHINN CENTER TRIATHLON
13065 Chinn Park Drive, Woodbridge, VA 22192

0 300 Feet