

You're receiving this email because you or your child is pre-registered for the upcoming California Kids Triathlon, hosted by the A Change of Pace Foundation.

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## California Kids Tri



# Participant Confirmation



## Congratulations!

Your child is officially registered for this Sunday's California Kids Triathlon.

This e-mail contains important information about picking up race packets, when to arrive, where to park, and race rules.

## KIDS ARE BEST AT PROMOTING FITNESS AMONG THEIR PEERS

We have found that parents (despite their best intentions) can preach the importance of fitness and exercise to their kids until they are blue in the face, however, if the same message comes from his/her peers, the tune becomes different and the results sometimes are more enticing.

While our mission is to promote, encourage & provide a venue for exercise, we will accept a positive outcome in any way, shape or form, therefore, our board has decided to give the kids some credit they deserve (literally).

### Kids Refer a Friend, Save \$15.00 in 2011.

In an effort to get more kids active and for the CKT to continue and thrive, we encourage you and your child to support your friends and neighbors and sign up for this year's event. And as our way providing incentive, we'll give your child a \$15.00 credit towards their 2011 entry. Simply ensure that your friend/neighbor puts your child's FIRST AND LAST NAME on their entry form under the "How Did You Hear About This Event" space. This promotion is a great way for kids to help each other. Besides, the more friends the merrier.

## Packet Pick-Up

A pre-race Packet Pick Up will be held this Saturday, August 7, 2010 at Woodland High School. This is located at 155 N. West Street in Northwest Woodland. Packet Pick Up will be held from 2-5pm on Saturday. We strongly encourage all local participants to pick up packets on Saturday and avoid the race morning rush.

Each race packet will include the following items:

- Participant Race Numbers (Bib number, bike helmet sticker and bike frame sticker)
- [Wave Start Time sheet](#) with your child's exact wave start time highlighted
- Participant Confirmation Sheet ([view](#))
- Official T-shirt

Each age group will receive a different color-coded bib number. Bibs must be pinned to the **front** of your child's t-shirt (or worn on the front of their body with a "race belt") during both the bike and the run portions. We suggest you have the bib pinned to the shirt they will wear before the race starts.

If you are unable to pick up your child's packet on Saturday, you may do so race morning (8/8) at Woodland High School starting as early as 6:30 a.m. We suggest arriving one hour prior to your child's age group's start time.

## Race Day: Sunday, August 8th

### When to Arrive, Where to Park, Directions & Race Morning

#### WHEN TO ARRIVE

We strongly encourage all participants to arrive ONE hour prior to their scheduled wave start time. You can reference your child's start time on our website by viewing our participant list, looking up their bib number, and then referencing our [wave start time sheet](#).

If you are unable to pick up your race packet Saturday, consider arriving an extra 20 minutes early on race day to allow sufficient time to pick up your packet.

#### VENUE

The event will take place at Woodland High School. The street address is 155 N. West Street, Woodland, CA 95695. While there is a small parking lot in front of the school adjacent to the pool, this lot will be used for the Transition Area & Finish Line, and no parking will be available there. Instead, plan to park in the main lot of the high school (see below).

We have detailed directions on our website coming from Redding, Sacramento, Davis and the Bay Area. Check them out [here](#).

#### WHERE TO PARK

Parking is available adjacent to the race staging area at the main parking lot at Woodland High School. The entrance to this lot is off of West Beamer Street. View a parking map on our website [here](#). Should the need for overflow parking arise, surrounding residential streets provide this option. There is no parking fee at the high school.

#### UPON ARRIVAL & TRANSITION AREA

Upon arriving at the event on Sunday, after picking up your race packet (if not picked up on Saturday), your child should proceed to the Main Entrance of the Transition Area. The Main Entrance will be visibly marked "Main Entrance". Aside from during actual competition, the Main Entrance is the only enter/exit for the Transition Area.

At the Main Entrance, your child will be bodymarked. Bodymarking is a standard triathlon practice where his/her bib number is written with permanent marker on the arms, and their age on the back of one calf. We will also write their assigned wave number on the top of their hand to assist our pool area coordinators. Bodymarking allows us to identify each child in the pool area. Next, your child will proceed with his/her bike, helmet, shoes and other race items into the transition area. A green or blue wristband will be included in your child's race packet.

Green wristbands (ages 7+) allow one parent to assist the child with bike set-up prior to their event (only).

Blue wristbands are for one parent to wear of children ages 6 and Under to assist with tying shoes etc during the event. Please note that parents and siblings are NOT permitted in the transition area during any time (during the race, after your child has finished). The reason for this rule is purely from a safety standpoint. The transition area would become too crowded and be unsafe otherwise. Please note: Your child must still rack his/her bike after the bike portion.

**NOTE: Parent/Child Division:** Each packet in this division will contain one blue wristband. The parent may wear this wristband to assist the athlete with bike set up, as well as during the event.

The transition area contains bike racks. All bike racks are labeled with a bib number range as well as the age group color. In addition, balloons will be tied to the racks to designate the age-group's color. There will be volunteers in the transition area to assist your child should they need help.

Following Transition Area set-up, your child should exit the transition area. Please make sure your child is present in the pool area a minimum of 25 minutes prior to their scheduled wave start time. Waves will be called by the announcer by both bib and wave number and will be organized in a waiting area prior to the actual wave start.

#### SWIM COURSE

Each length of the pool is 25 yards. All swimmers will begin in the water - no diving starts. All swimmers will exit on the east side of the pool and proceed to the transition area. Please remind your child that running on the pool deck is not permitted.

Goggles, swim caps, kickboards and life vests are allowed during the swim, but none are requirements. The pool has 19 lanes and for most waves ("heats"), there will be two swimmers per lane. Every child will be next to a lane line, so be sure to encourage your child that it's OK to hang onto the lane line (or side of pool) to rest during the swim if necessary.

In order to make the swim portion more relaxing, especially for our younger athletes, we do permit one parent to be poolside during the swim for age groups 6&U and 7-8 yrs. This is only during the actual wave itself - otherwise we ask that parents remain in the stands to spectate. The parent (One parent) may stand at the end of the lane where the child will complete his/her lap(s) and assist the child out of the pool. Parents may not accompany their child from the pool to the Transition Area, except in the 6 & Under or Parent/Child divisions.

6 & Under: 25 yards (1 length)  
7-8 Years: 50 yards (2 lengths)  
9-10 Years: 75 yards (3 lengths)  
11-12 Years: 125 yards (5 lengths)  
13-14 Years: 150 yards (6 lengths)  
15-17 Years: 200 yards (8 lengths)  
Parent/Child 6&U: 25 yards (1 length)  
Parent/Child 7-10 Yrs: 50 yards (2 lengths)

### **BIKE COURSE**

The bike course(s) are one and two mile loop courses. You may view a copy of the bike course map on our website [here](#). Distances for the bike are listed below. Remember, every participant must wear a bike helmet during the bike portion, and the helmet must be buckled at all times. Participants in the 13-14 and 15-17 year age groups will receive a slap-bracelet at the completion of the first lap and second lap (15-17 only).

6 & Under: 1 Mile (1 lap)  
7-8 yrs: 1 Mile (1 lap)  
9-10 yrs: 2 Miles (1 lap)  
11-12 yrs: 2 Miles (1 lap)  
13-14 yrs: 4 Miles (2 laps of the 2 mile course)  
15-17 yrs: 6 Miles (3 laps of the 2 mile course)

P/C 6&U: 1 Mile (1 lap)  
P/C 7-10 Yrs: 1 Mile (1 lap)

### **RUN COURSE**

The run course(s) take place in and around the school's campus. You may view a copy of the run course map on our website [here](#). We have revised the run course for 2010 so that the finish line is adjacent to the transition area. Run course distances are listed below.

6 & Under: 1/4 Mile (1 lap)  
7-8 yrs: 1/2 mile (1 lap)  
9-10 yrs: 1/2 mile (1 lap)  
11-12 yrs: 1 mile (1 lap)  
13-14 yrs: 1 mile (1 lap)  
15-17 yrs: 1 mile (1 lap)  
P/C 6&U: 1/4 Mile (1 lap)  
P/C 7-10 Yrs: 1/2 Mile (1 lap)

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## **Post-Race Activities**

### **Refreshments, Awards and Activities**

Following the race, we invite you to enjoy our post-race expo area. It will include refreshments for the athletes, an inflatable play area (the ever-popular Scooby Doo Mystery Machine), vendor booths, and arts & crafts.

### **BIKE ASSISTANCE**

Foy's Bike Shop of Woodland will also be on site in the Transition Area to fix flats and/or provide last minute bike repairs.

### **AWARDS & RESULTS**

At the California Kids Triathlon, our focus is on completion, not competition. In doing so, we provide finisher's medals to every single participant in the event. However, we do still provide an overall finish time for each child and awards to the top three boys/girls per age group. Finish times will be posted on-site after every participant in that age group has finished. As there will be no official awards ceremony, award winners may claim their prizes at the award/volunteer tent adjacent to the transition area.

Race results will be posted on our website, [www.changeofpace.com](http://www.changeofpace.com) on race day by 3pm.

### **EVENT PHOTOGRAPHY**

Professional race photography company [www.brightroom.com](http://www.brightroom.com), will be on-site to capture your child's smiles as he/she participates in the event. Photos will be posted on their site on the Thursday after the event. You can [link directly](#) to their CKT page from our race results page.

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### **Quick Links...**

[Our website](#)  
[Wave Start Times](#)  
[Course Maps](#)  
[Participant Lists](#)

We hope that you have found this confirmation letter helpful. If you have questions, please feel free to direct them to us via e-mail at [info@changeofpace.com](mailto:info@changeofpace.com).

[Race Details](#)  
[Parking & Directions](#)

[Forward email](#)

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