

**From:** A Change of Pace Foundation [jeannine@changeofpace.ccsend.com] on behalf of A Change of Pace Foundation [info@changeofpace.com]  
**Sent:** Thursday, May 19, 2011 4:35 PM  
**To:** jeannine@changeofpace.com  
**Subject:** Positive Energy Kids Tri - Participant Confirmation



## 2011 PEKT Participant Confirmation

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Dear Participant,

Thank you for pre-registering for this Sunday's Positive Energy Kids Triathlon.

This email contains important information about packet pick up, when to arrive, what to bring, and triathlon rules. Please read on.

There is still space available in the event, if you want to bring bring a buddy to participate with you! Registration is still available online through 5pm Friday, at Packet Pick Up on Saturday, and on race morning.

We look forward to including you in the event on Sunday!!

### Packet Pick Up

Each participant will need to pick up his/her official race packet. Your packet includes your run bib number, helmet sticker and bike frame sticker. It will also include your exact starting time, and course information. A copy of this course

information can be read on our website at:  
[http://changeofpace.com/pekt\\_participants.html](http://changeofpace.com/pekt_participants.html)

There are two options for picking up packets:

- Saturday, May 21, from 2-5 pm at Arroyo Park in Davis. If possible, we recommend picking your packet up on Saturday to avoid having to do so on race morning.
- Sunday, May 22 (Race Day) starting at 7:00 am at Arroyo Park. The registration area will be located near the Transition Area, just to the east of Arroyo Pool. If you need to pick up your packet on race day, we suggest arriving 45 minutes to 1 hour prior to your age group's wave start time.



2011 PEKT Bib Number

### Wave Start Times

Each participant packet will include your child's exact starting time. Start times are determined by age and are assigned by the participant bib number. Each child must start in

their pre-assigned wave. View Wave Start Times [here](#).

## Course

**Swim.** The swim takes place in the pool. Each child will be next to either the side of the pool or a lane line. All kids start in the pool (No diving). During your child's wave, we permit one parent to stand on the exit side of the pool to help assist your child out of the pool. For younger kids, this makes them much more comfortable. Except during your child's wave, we ask that parents/siblings stay in the grass spectator area so that we can keep the pool area safe for athletes. Remember, NO running in the pool area!



Click to view course maps on our website.

**Bike.** The bike courses are loop courses monitored by volunteers. During the bike leg, all participants (including parents in the Parent/Child division) must wear helmets.

**Run.** The run is a loop course. There will be one water station as you start the run.

## Transition Area

The transition area is where you will set up your bike when you arrive in the morning. You will be bodymarked prior to entering the transition area when you arrive. Aside from during actual competition, the only location to enter and exit the transition area will be through the Main Entrance Tent.



The bike racks are labeled according to age group and bib number - please set up your bike within your age group and bib number range. Volunteers in the transition area can assist as needed. Next to your bike, you will want to put your shoes and socks, bike helmet, towel, and t-shirt/shorts that you will wear during the bike/run portion. We suggest pinning the front running bib number to the front of your shirt / shorts before the start of the event.

**No parents, siblings, or dogs will be allowed in the transition area**, and most importantly, there will be no outside assistance helping each competitor.

Once your child completes his/her event, please remind them to be courteous and cautious during their exit (retrieving bike, etc) as other participants will still be competing in the race.

**Please Note:** *Only Race Staff, selected Volunteers and participants will be allowed in the transition area. The only exception to this rule will be for parents of participants 4-6 years of age. One parent will be provided a blue wristband (included in the race packet) that allows temporary access in the transition area to assist your child to mounting and dismounting their bike, tying shoes, etc. We also provide a yellow wristband to parents of 7-8 year olds to assist with transition set up before their wave. Once you have assisted your child, please move out of the way of oncoming participants. Due to limited space and athlete traffic, we ask you kindly to exit the transition area as soon as possible.*

Parents in the Parent/Child division will be provided with a blue wristband so that they can easily access the transition area.

## Parent/Child Division

For those entered in the Parent/Child division, congrats! You will be participating in one of the most unique bonding experiences you and your child may have.

Here's how this division works:

(Race Packets) Each Parent/Child team has a race packet. You're provided with two large tyvek bib numbers with your names on the bottom. These are to be worn during the bike and run. You also each receive bike stickers. The child should put one sticker on the front of his/her helmet and one on his/her bike. If you (the parent) are biking as well, put your stickers on your bike & helmet. If you'll be running alongside your child instead, then you can toss the stickers.

(Event Arrival) Both the parent and child will be bodymarked prior to entering and setting up in the transition area. This allows us to identify each participant in the pool area.

(Swim) Both the parent and the child will swim one length (25 yds) of the pool together. Kids may use a kickboard / life vest as needed.

(Bike) Here's where you have 2 options. Based on your child's bike riding skills and speed, you can either (a) run alongside them while they bike or (b) bike alongside them on your own bike. In the past, we found that the younger bike riders move at a slower pace and that running alongside them was the better option for most parents. The older children rode faster and in that case, biking was a better choice. However, the decision is up to you.



(Run) You'll complete the run course by running/walking together. When you finish, you'll cross under the big arch together, you'll each have your perforated tear-tag removed (for timing) and then you will receive your finisher's medals.

## What To Bring To the Event:

Equipment checklist:

- Swimsuit
- Bike
- Bike Helmet
- Pair of athletic shoes for the bike/run portions
- Towel
- Shirt and/or shorts to wear over swimsuit during the bike & run portions
- Socks
- Goggles (if desired)
- Training Wheels (if needed)
- Sunscreen
- Sunglasses (if desired)
- Kickboard or life vest for the pool (if needed; a limited number will be available to borrow)
- Water Bottle / Fluid Replacement (water and fluid replacement will also be available on site)
- Race Packet (if you pick it up on Saturday)

## Directions & Parking

The event takes place at the Arroyo Pool/Park, located at 2000 Shasta Drive, in Davis, CA 95616. [View location using Google Maps](#) (use directions feature to get customized directions from your residence).

Parking is available along the surrounding residential streets. Please be sure to obey all 'no parking' signs and to not obstruct any driveways or fire hydrants.

## Awards, Timing & Post-Race Activities

We will be providing overall finish times for each participant. Be sure that your child wears his/her bib number on the front of his/her body during the run portion to ensure that a time is properly recorded. It is also important that your child starts in the correct wave.

Times will be posted on-site after all participants in each age group have finished. They will also be posted on our website, [www.changeofpace.com](http://www.changeofpace.com), on Sunday by 1pm.



We want to recognize all finishers and will be distributing Official Finisher's Medals at the finish line. T

he true focus of this event is participation and completion - giving it a TRI (try) - not how fast or in what order. However, we do provide trophies to the top three boys and girls in each age division. There will be no official awards ceremony, however, award winners may pick up their prize at the Volunteer Check In tent on event day (located near registration).

Our post race area will include inflatable jumps, fruit, and refreshments for all athletes.

View Additional Photos of the event, transition area, swim start, post-race activities and more in the [photo gallery](#) on our website.



First look at the 2011 PEKT Medal

[Forward email](#)



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