

# The #1 Rule for the Positive Energy Kids Triathlon: Have Fun !!

## Start Times:

The start time for each individual is determined by one's age, division & bib number. Please see the wave sheet in your race packet for your specific start time. We encourage you to arrive 45 minutes to 1 hour prior to your start time to allow ample time to prepare.

## Race Packet Numbers:

Each registration packet will contain three race numbers: Two small stickers (One to be placed on the front of your helmet & the second to be attached to bike frame). The third number is large tyvek bib number. This number must be visible on the front of your body during both the bike and run portions. It can be attached to a race belt (purchased at Fleet Feet) or simply attached to your shirt via safety pins (provided at registration). We strongly encourage you to attach this number onto your shirt prior to starting the race. It will be easiest to place your shirt in your transition space either on or near your bike. By doing so, your bib number and shirt will be ready to go when you come to the transition area after the swim.

## Transition Area (TA):

This area is where all bikes will be placed. For security purposes, each athlete entering the TA must present his/her registration number to the volunteer and will be bodymarked with the same number so that our race timing and security personnel will be able to cross check their bikes upon departure. Please use the appropriate entrance and exit areas to avoid congestion and confusion. The bike racks are labeled according to age group/division so please set up your bike within your age group. There is a separate section for the Parent/Child division. Volunteers will be in the transition area to assist if needed, so please ask questions if you have any.

When you find a rack you like within your designated section, you will have a small space to place all of his/her necessary belongings (towel, shoes, socks, bike helmet, shorts, and t-shirt). We recommend these items be placed in an organized manner so that you can make the transition from swim to bike quick and easy.

A few answers to FAQ: (a) After the swim portion, participants come to their rack space in the TA. Most athletes will put on a t-shirt (with their bib #) and some wear shorts over their swim suit. Nudity is not permitted in the TA. (b) No riding bikes in the TA. There is a mount/dismount area just outside the Bike In/Out. (c) Bikes are to be re-racked in the same space as they started after the bike portion. (d) The TA is on grass.

**Please Note:** Participants that are 9 & older must set up their own bikes in the TA. Only parents of 8 & U with yellow or blue wrist band will be allowed to assist with set-up. Please, NO siblings, dogs or strollers in the Transition Area.

## Swim:

The swim takes place in Arroyo Pool. We will call your wave / bib number prior to your wave start time. At this time, please come down to the pool to line up for your wave. One length in the pool is 25 yards. The children will start in the pool (no diving). Swimmers may hang on to the lane lines and/or the side of the pool if needed. Neither swim caps nor goggles are required, but your child may wear them if they wish. Use of a kickboard or life vest is permitted if desired. For safety we ask that parents/friends spectate from the grass area so that we can keep the areas around the pool clear for when the swimmers exit the pool. When it is your child's turn to swim, we allow one parent to stand at the exit side of the pool to assist the child out of the water. We have found that seeing a parent at the other end of the pool helped make the younger children feel more comfortable during the swim. Please, only one parent at poolside, and only during your child's wave. The parent may hold the child's towel for them, or you may leave that in the transition area with the bike. However, all other clothing (shoes, shirts etc) should be placed at the child's rack space in the transition area.

## Bike Course:

The bike course takes place on the bike paths and residential streets surrounding the park. The course will be monitored by volunteers and will be very well marked. During the bike portion, all participants must wear a bike helmet and assure that it is buckled on the course and in the transition area (when walking their bike). For the safety of our athletes, there are no exceptions to the helmet rule (this includes parents in the P/C division). Training wheels are OK if desired. Entrants in the 13-15 division will do (2) laps on the route. Upon completion of the first loop, each participant will be required to slow down to receive a wristband. This band will enable our volunteers to know which participants completed the correct distance. Please remind your kids not to take their bands off during the bike ride.

## Run Course:

The run course is a loop course traveling around the perimeter of the park.

## Parent/Child Division:

In the parent/child division(s), the parent will swim alongside their child in the pool and then accompany them to the transition area. For more uncertain swimmers, they may assist by holding a kickboard or helping their child swim across the pool. Parents have the choice of either riding their own bike alongside their child during the bike leg, or, running/walking next to their child during the bike portion. During the run portion, the Parent and Child will run/walk the run course together. The purpose of this division is to provide a comfortable environment for the child to participate as well as a fun bonding experience for them both.

## Finish Line:

The finish line is on the grass, near the transition area and pool. Look for the big arch. Here we will collect the perforated tear tag from all participant bib numbers as part of the timing process (please don't remove it beforehand).

## Timing and Prizes:

Although each participant will be treated as a winner for participating in the event and will receive a finisher's medal, awards will be given to the first three finishers (boy and girl) in each age division. No awards ceremony will take place, however, the prizes for the top three finishers will be available at the Volunteer Check In tent (near Registration). Race results will be posted for each age group after the last child in the division has finished. They'll also be posted on our website, [changeofpace.com](http://changeofpace.com), on Sunday afternoon.