

**From:** A Change of Pace [info@changeofpace.com]  
**Sent:** Friday, August 10, 2007 12:14 PM  
**To:** jeannine@changeofpace.com  
**Subject:** California Kids Triathlon Participant Confirmation Letter

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## California Kids Triathlon Participant Confirmation

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### **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.

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### **Packet Pick-Up**

A pre-race Packet Pick Up will be held this Saturday, August 11, 2007 at Fleet Feet Sports in Davis. Fleet Feet is located at 615 Second Street in the Downtown Davis area. Packet Pick Up will be held from 1-5pm 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
- Official T-shirt
- Official Water Bottle

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 your 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 (8/12) at the event site (Schaal Aquatic Center) starting at 6:30 a.m.

**Please Note:** *We regret to inform you that UCD's Trauma and Prevention program, originally scheduled to perform a free helmet check, will not be available this Saturday. We apologize on their behalf. If you have any questions in regards to proper helmet fitting or are in need of bike repair or tune-up, we suggest visiting Ken's Bike and Ski (our official bike shop) at 7th & G Street. Their expert staff is quite knowledgeable and friendly and have all the bike answers.*

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### **Race Day: Sunday, August 12th**

#### **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.

#### WHERE TO PARK

Parking is available adjacent to the race staging area in UC Davis Lots #53 and 54. You can view a map of UC Davis parking lots, as well as directions to the event, on our website here:

[http://changeofpace.com/ckt\\_parking.html](http://changeofpace.com/ckt_parking.html).

**Please Note:** Much to our dismay and surprise, UC Davis just unveiled a new special events parking policy that entails collecting a \$6 fee per vehicle for on-campus parking on race morning. To expedite the process, we suggesting bringing exact payment (cash), if possible.

#### UPON ARRIVAL

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. 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. Please note that parents and siblings are NOT permitted in the transition area during any time (before the race, 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. **NOTE:** The only exception to this rule is in the 6 & Under division. In each 6 & Under race packet, you will be provided with one wristband. The parent should put this wristband on and wear it in order to gain entry to the transition area.

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

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. 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. The Schaal Pool has a rather large "lip" and the younger children may have difficulty pulling themselves out of the pool.

#### 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.

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: 4 Miles (2 laps of the 2 mile course)

#### RUN COURSE

The run course(s) take place in and around the brand-new Aggie Stadium. You may view a copy of the run course map on our website [here](#). Run course distances are listed below. Participants in the 15-17 year age group will complete two laps of the 1-mile course, and receive a slap-bracelet at the completion of the first lap.

- 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: 2 miles (2 laps of the 1 mile course)

## Event Name

**Include the event's tagline or brief description here.**

Use this section to describe your event in full. Be sure to tell your contacts why the event is being held - offered annually, to benefit a particular cause, to celebrate, etc.

Include the benefits of attending the event - to contribute to a worthy cause, to learn about something new, dinner and dancing or even to see a special attraction. Add a link for your invitees to RSVP for the event.

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## Post-Race Activities

### Refreshments, Awards, Raffle and Activities

Following the race, we invite you to enjoy our post-race expo area. It will include refreshments (fruit and bagels), complimentary sno-cones for each race participant, live music from local favorite Music Matt, a huge inflatable play area (slides, obstacle courses, etc), and arts & crafts. Be sure to also check out the Fleet Feet/New Balance booths. They will be hosting a locker promotion where you can win great prizes. Ken's Bike and Ski will also be on site to fix flats and/or provide last minute bike repairs.

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/raffle tent adjacent to the finish line.

We have over 100 prizes in our GIANT kid-oriented raffle. Winners will be announced by name and bib number (all entrants are automatically entered). If you hear your name called, head over to the awards/raffle tent at the finish line to choose your prize.

#### AFTER THE EVENT

Be sure to check out race results, which will be posted on our website, [www.changeofpace.com](http://www.changeofpace.com), by 5:00 pm race day.

Also, 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 Thursday. You can link directly to the CKT page from our race results page.

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### Quick Links...

[Our website](#)

[Wave Start Times](#)

[Course Maps](#)

[Participant Lists](#)

[Race Updates](#)

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](#)

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