

Jeannine Henderson

From: A Change of Pace [jeannine@changeofpace.ccsend.com] on behalf of A Change of Pace [info@changeofpace.com]
Sent: Thursday, August 07, 2008 8:35 PM
To: jeannine@changeofpace.com
Subject: California Kids Triathlon Participant Confirmation Letter

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California Kids Triathlon 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.

Packet Pick-Up

A pre-race Packet Pick Up will be held this Saturday, August 9, 2008 at Woodland High School. This is located at 155 N. West Street in Northwest Woodland. 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 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 (8/10) at the Woodland High School starting at 6:30 a.m.

Race Day: Sunday, August 10th

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 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. 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 7-8 Yrs. Division: This year, each packet in this division will contain one blue wristband. One parent may wear this wristband to assist the athlete with setting up his/her bike in the morning prior to the race. Parents of athletes in this division may not assist during the actual event.

NOTE 6 & Under Division: Each packet in this division will contain one yellow wristband. One parent may wear this wristband to assist the athlete with bike set up, as well as during the event. Please note: Your child must still rack his/her bike after the bike portion.

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. Parents may not accompany their child from the pool to the Transition Area, except in the 6 & Under division.

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 school's campus. 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 a 1.5 mile course, and receive a slap-bracelet at the completion of the first mile.

- 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: 1.5 miles

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.

NEW BALANCE KIDS SHOES

Be sure to also check out the Fleet Feet/New Balance booths. They will have New Balance shoes in kid's sizes on display and for sale at a special CKT price.

BIKE ASSISTANCE

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

AWARDS, RAFFLES & 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 tent adjacent to the finish line. Unclaimed awards can be picked up at Fleet Feet-Davis starting Monday, August 11th.

We have tons of prizes in our 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 claim your prize.

Race results will be posted on our website, www.changeofpace.com on race day.

EVENT PHOTOGRAPHY

Professional race photography company 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.

Quick Links...

[Our website](#)

[Wave Start Times](#)

[Course Maps](#)

[Participant Lists](#)

[Race Details](#)

[Parking & Directions](#)

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.

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