



# Kids Triathlon

Presented by Hy-Vee®

Saturday, June 5th 9:00 a.m.

## Bettendorf YMCA

### Participants' Guide and Race Information

Read and Fully Understand these Guidelines.

This Participants Guide contains details that will help you prepare for the race. Please read this Guide thoroughly. It includes important information about

- Course Description
- Safety Measures
- Mandatory Pre-Race Briefing
- USAT Sanctioning
- Packet Pick Up
- Gear Check In
- Schedule of Events
- Race Results                      ... and More.

#### PARTICIPANT PARKING

Bettendorf YMCA Parking Lot

#### Distances - Age Groups - About the Course

Ages 7 and 8:	Ages 9, 10, and 11:	Ages 12, 13 and 14:
Swim 50 yards Bike 1 mile Run 1/4 Mile	Swim 100 yards Bike 2.0 miles Run 1/2 Mile	Swim 150 yards Bike 3.0 miles Run 1 Mile

Ages 12-14    1<sup>st</sup> Heat  
 Ages 9-11    2<sup>nd</sup> Heat  
 Ages 7-8      3<sup>rd</sup> Heat



## **Kids Triathlon**

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**Saturday, June 5<sup>th</sup>, 9:00 a.m.**

**Bettendorf YMCA**

### **Ages 7 and 8 (Group 3)**

Bettendorf Police and Volunteers will secure bike route!

#### **SWIM COURSE**

- Distance: 50 yards
- Exit out of the YMCA Aquatic Center and run outside to Transition Area
- Parents and spectators can view the swim portion of the event in the upper level of the YMCA. Visibility is limited and spectators are encouraged to assemble outside, near the transition area. There will be between 8 to 10 certified lifeguards in the pool.

#### **BIKE COURSE**

- Mount bicycle and begin course. Race volunteers will direct you. Distance: 1.0 mile
- All bikers must have an approved helmet to participate. Bikers without helmets will not be allowed on the course
- You must walk your bike while in transition
- Be sure your helmet is buckled in place, during the bike leg, in transition and on your bike

#### **RUN COURSE**

- ¼ mile. Complete the course at the Finish Line!

#### **GENERAL INFORMATION**

- Your run number (bib) must be worn on the front (Bike & Run)
- Refreshments will be available on the Run Course and Post Race Party



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**Bettendorf YMCA**

### Ages 9-11 (Group 2)

Bettendorf Police and Volunteers will secure bike route!

#### SWIM COURSE

- Distance: 100 yards
- Exit out of the YMCA Aquatic Center and run outside to Transition Area
- Parents and spectators can view the swim portion of the event in the upper level of the YMCA. Visibility is limited and spectators are encouraged to assemble outside, near the transition area. There will be between 8 to 10 certified lifeguards in the pool.

#### BIKE COURSE

- Mount bicycle and begin course. Race volunteers will direct you. Distance: 2.0 miles
- All bikers must have an approved helmet to participate. Bikers without helmets will not be allowed on the course
- You must walk your bike while in transition
- Be sure your helmet is buckled in place, during the bike leg, in transition and on your bike

#### RUN COURSE

- 1/2 mile. Complete the course at the Finish Line!

#### GENERAL INFORMATION

- Your run number (bib) must be worn on the front (Bike & Run)
- Refreshments will be available on the Run Course and Post Race Party



## **Kids Triathlon**

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**Bettendorf YMCA**

### **Ages 12-14 (Group 1)**

Bettendorf Police and Volunteers will secure bike route!

#### **SWIM COURSE**

- Distance: 150 yards
- Exit out of the YMCA Aquatic Center and run outside to Transition Area
- Parents and spectators can view the swim portion of the event in the upper level of the YMCA. Visibility is limited and spectators are encouraged to assemble outside, near the transition area. There will be between 8 to 10 certified lifeguards in the pool.

#### **BIKE COURSE**

- Mount bicycle and begin course. Race volunteers will direct you. Distance: 3.0 miles
- All bikers must have an approved helmet to participate. Bikers without helmets will not be allowed on the course
- You must walk your bike while in transition
- Be sure your helmet is buckled in place, during the bike leg, in transition and on your bike

#### **RUN COURSE**

- 1 mile. Complete the course at the Finish Line!

#### **GENERAL INFORMATION**

- Your run number (bib) must be worn on the front (Bike & Run)
- Refreshments will be available on the Run Course and Post Race Party



## SCHEDULE OF EVENTS

### USAT Sanctioned Event

The Kids Triathlon is a sanctioned event. You must provide an ID. USAT Membership is required for this event. An annual youth membership in USA Triathlon (\$5) is required for participation. Forms available at [Packet Pickup](#)

### Friday, June 4, 2010

#### Packet Pick Up

4 to 7 p.m.

Bettendorf YMCA

#### [Pre-race Orientation](#)

Friday, June 4th 5:00 pm & 6:30 pm

### Saturday, June 5, 2010

#### Packet Pick Up

7 to 8 a.m.

Bettendorf YMCA

#### Pre-race

7:00-8:00 a.m. Gear and Bike Check-In, Body Marking, Tag Distribution

Pre Race Talk - Saturday, June 5th, 8:30 a.m.

#### Race Begins

9:00 a.m.

Weather permitting; the race will begin on time. If the event is cancelled for any reason, there are No Refunds.

### BIKE REGISTRATION / TAG TIMING

The race will be tag timed. Tag Distribution will take place the morning of the event. Arrive no later than 8:00 a.m. to allow time for bike registration and chip tag pick-up.

- A tag timing device must be attached to each participant's ankle with a strap (provided). The tag interacts with sensor mats placed at key race areas, to record each individual's exact time and place, at those intervals.
- Volunteers will be on hand at the finish line to collect tags. However each participant is responsible for the return of his or her tag and ankle strap. **A \$30 charge will be assessed if the Tag and ankle strap are not returned.**

RESULTS - Race results will be printed and posted at the finishing area as soon as reasonably possible. Results will also be uploaded on [www.OnlineRaceResults.com](http://www.OnlineRaceResults.com)

### Post Party Begins

Immediately following competition - Replace the fuel you burned with a delicious variety of sponsor's products.

### Awards Ceremony

1<sup>st</sup> Place Finishers

\$50 Hy-Vee Kids Card & Trophy (all age groups)

2<sup>nd</sup> - 3<sup>rd</sup> Place Finishers

Trophy (all age groups)

**All Finishers receive a medal!**