



IMPORTANT PRE-RACE INFORMATION

Dear Parents and Young Athletes:

Congratulations on your entry in the 2015 Silicon Valley Kids Triathlon! In order to make the event both enjoyable and safe we ask that you give your full attention to the following information.

PARTICIPANT LIST:

Attached is a Participant List with bib numbers and start times for each wave. Waves are organized by age. The 13-15 year old age groups start first and then each wave gets younger as the race goes on. Participants **MUST** start with their assigned wave (no exceptions).

Double check your child's race day age against the registered age group to be sure he/she is correctly placed. E-mail us at andrew@thresholdracinginc.com if there is an error.

Due to insurance and liability reasons you cannot sell or transfer your registration to anyone else. Only the named participant is insured.

PRE-RACE – BEFORE SUNDAY JUNE 7th:

MANDATORY BIKE AND HELMET CHECK

Please bring your child with their bike and helmet to one of the participating stores below or at the race on race day for a mandatory bike and helmet check. You will not be able to get your race packet unless you have the proper sticker proving your bike and helmet have been checked. If the bike or helmet is not in proper working order your child will not be allowed to participate.

“Pre-Race Bike and Helmet Check” will be at three (3) locations the week before the race starting on June 2nd – June 7th:

Mike's Bikes Los Gatos

201 N Santa Cruz Ave, Los Gatos, CA 95030
(408) 402-5550

Sports Basement (S) 1177 Kern Ave, Sunnyvale, CA 94085
(408) 732-0300

Sports Basement (C) 1875 S Bascom Ave #240, Campbell, CA 95008
(408) 899-5783

Inspect your child's bike for general condition with emphasis on tires. **Also, it is mandatory that the ends of the handlebars have plastic plugs (called bar end plugs).** Bike helmets must be approved by CPSC, SNELL or ANSI (label inside). Look for sharp edges on the pedals. We strongly recommend taking the bike to the pre-race inspection (see above information). **If the bike is deemed unsafe your child will not be allowed to participate.**

Attending one of the Pre-Race Checks will help speed up the registration process the morning of the race. The Pre-Race Checker will give you a sticker that will show you have been pre-checked for safety. If you cannot make it to the pre-race locations, please give yourself time the morning of the race for a bike check and proper fitting helmet inspection. **The line in the morning could BE AN HOUR WAIT in addition to the registration line. PLEASE it is highly recommended to go to the Pre-Race locations!**

You MUST get a sticker from Mikes Bikes Los Gatos or Sports Basement Sunnyvale or Campbell in order to bypass the "Bike and Helmet Check Station" on Race Day.

*Also, please make sure your child's footwear is suitable for running and riding. No flip-flops or sandals or other open-toed shoes.

PRE-RACE MEETING

There will be a non-mandatory, but highly advised, Orientation Meeting for parents and athletes on **Saturday, June 6th** at the De Anza College pool beginning at 5:00 pm.

De Anza College has a **\$3 parking fee**, which is in effect for the Saturday Orientation Meeting and the event itself. Lot C can be used for the Orientation parking, Lots A & B must be used for race day parking (Lot C will be closed). Parking citations **WILL BE** issued by the college for not having a parking receipt. Parking pass machines are in the lots.

RACE DAY:

Bring your child to the event **no-less than one (1) hour before** his/her age-group wave start time. One hour will give you time to pick up your packet, t-shirt and goodie bag, get body marked, get your bike inspected, set up your transition area, and get ready for your swim wave. **If you miss your starting wave we cannot guarantee you will be able to participate.**

STEP #1: BIKE AND HELMET CHECK

If you have not had a Pre-Race Bike and Helmet Check (or have lost your pre-race check sticker) you must be checked at the Bike and Helmet

Check tent located in Lot C and obtain a checked sticker. This line could be an hour long! Please go to pre-race bike check if possible.

STEP #2: PACKET PICK-UP

Take the sticker you received from the Bike and Helmet Check to the tables marked “Registration” where you will receive your child’s race packet which includes a bib, access wristbands, and goody bag.

STEP #3: BODY MARKING

There are 2 areas your child will be marked: arms and hands. Your child’s bib number will be marked on both upper arms.

To lessen confusion and help volunteers your child’s hand will be marked with the NUMBER OF LAPS required for both Bike and Run

LEFT HAND = BIKE LAPS RIGHT HAND = RUN LAPS

Marked as follows:

AGE	LEFT HAND For BIKE put the letter B and the number of laps	RIGHT HAND For RUN put the letter R and the number of laps
6 & Under	B-½	R-1
7-8	B-1	R-2
9-10	B-2	R-2
11-12	B-3	R-5
13-15	B-3	R-5

IN THE END SWIM, BIKE AND RUN LAP COUNTS ARE THE RESPONSIBILITY OF THE ATHLETE

STEP #4 TRANSITION

For Transition Area Setup **ONLY ONE ADULT** will be allowed to accompany the athlete **PRIOR** to the race. A wristband for Transition Area entry will be in the Race Packet. **NO WRIST BAND, NO ADMISSION**. This is for the **SAFETY** of your child and other participants in the race.

ONLY for the **6 & Under** age-group: **ONLY ONE ADULT** will be allowed into the Transition Area **DURING THE RACE** to assist your child. A wristband will be issued at packet pick up to the designated parent. **NO WRISTBAND, NO ADMISSION. No other age-group parent or family member will be allowed in the transition area.** Again this is for the safety of all participants. There needs to be space for all of the participants to get around in transition.

STEP #5 **THE RACE!**

SWIM* (*Important swim information at the end):

No parents on the pool deck except as permitted by the Swim Venue Leader. This is for the safety of the participants. For youngsters 6 & Under, **one** parent who is prepared to swim with him/her will be permitted; no others will have pool deck access.

It is under the discretion of the Lifeguards and Swim Volunteers to pull your child from the pool if they do not think it is safe. They will be allowed to continue the triathlon once everyone in their wave has exited the water. Any child that is pulled from the swim is NOT eligible for awards but will still receive a medal.

We will have a table at poolside for eye glasses. If a swim aid is going to be used you must bring it. **The only permitted swim aids are a personal flotation device (swim vest) or a kick board; be sure your child can swim if he/she loses grip on the kick board.**

BIKE:

After the swim, you will ride your bike around the course a certain number of loops, as noted in the table above. **YOU MUST** wear your helmet the entire time you are on the bike and make sure your laces are not undone or loose.

Slap bracelets will be put on your wrist for each lap **COMPLETED**. This will help keep track of the number of bike loops you have done. When you come back from the bike course, please put your bike back in the same slot you as you started.

Slap bracelets will look like this:



RUN:

The Run Course will be around the perimeter of the track. Armbands will be put on your wrist for each lap **COMPLETED**.

NOTE: Due to the location of the entrance onto the track and the finishline – **DO NOT** enter the Finish Line chute until you have the number of armbands that match the number on your hand. If you do not complete the proper number of laps you will be disqualified.

The Finish Line will be at the end of the track and flow into the post-race expo and activities on the grass field adjacent to the track.

NO ONE IS ALLOWED ON THE FOOTBALL FIELD FOR ANY REASON.

Armbands will look like this:



STEP #6 **AFTER THE RACE**

AWARDS:

We are now handing out awards for EVERY AGE! Not every age group!! Since this will be a longer process we will start handing out awards earlier than previous years. Since we are not sure when each age group will be finished, please listen for announcements for when the award ceremonies will be held but they should start around 10:00-10:30 and then continue thereafter as a majority of each AGE GROUP finishes. PLEASE listen for announcements throughout the morning at the finish line for upcoming award categories.

PACKING UP:

You will not be allowed to remove your bike from the Transition Area without showing the volunteer your race number. This is to prevent inadvertent removal of the wrong bike. **When leaving the Transition Area watch out for those who may still be racing. Please be considerate.**

IMPORTANT SWIM INFO

1. Athlete should wear snug fitting swim suit only (no cotton or loose fitting shirts)
 - a. Cotton gets wet and is heavy and a swim hazard in the water
 - b. Snug fitting rash guards are ok as long as the athlete has experience swimming with them before hand
2. Athlete should be prepared to swim (goggles, swim cap). We may/may not have extras at the pool
3. Don't leave shoes on deck
4. Pool area is not shaded, be sure to apply sunscreen before dropping athlete off
5. Make sure athlete is well hydrated
6. Make use of the porta-potty near registration before entering the pool area
7. Two athletes to a lane, Any swim stroke is ok, flip turns ok
8. Lifeguard and/or volunteer will be assigned to each lane
9. Lifeguard can swim with athlete if needed

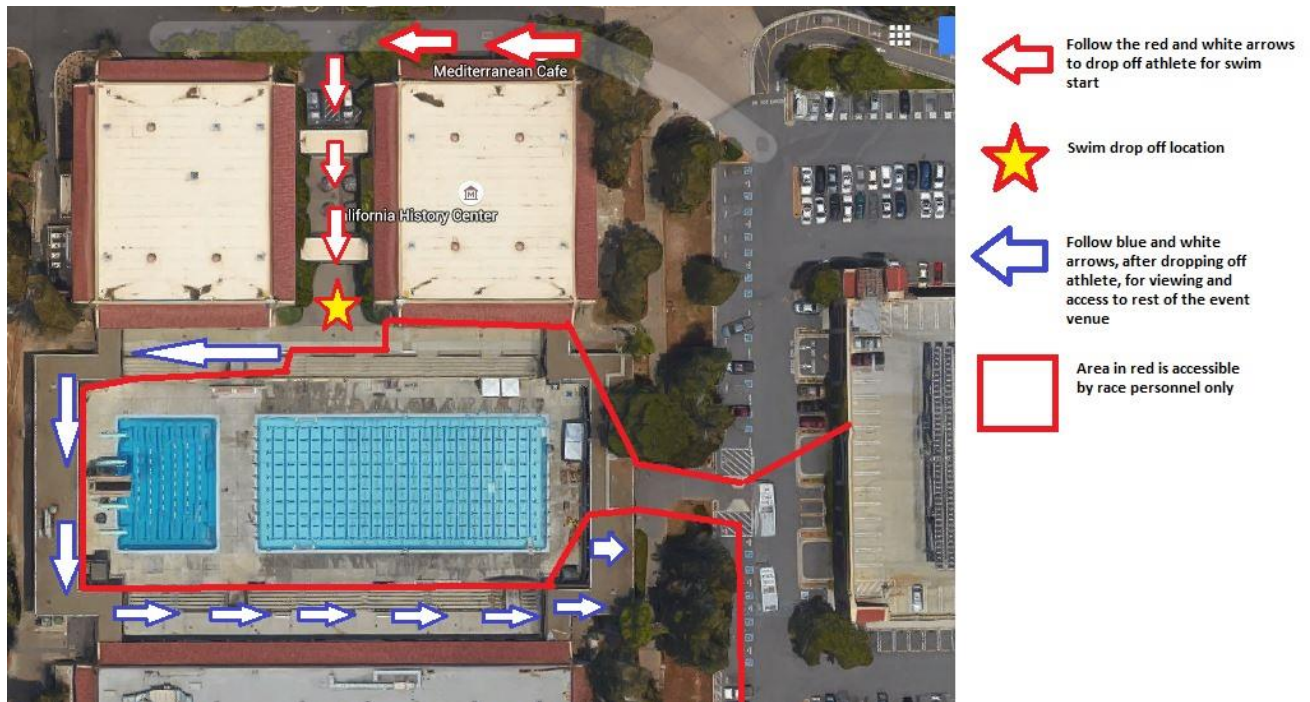
Swim Drop Off Process

1. Drop athlete at pool area approximately 20 min before wave start
 - a. Do this After registration
 - b. Do this After setting up transition
2. We will be staging athletes up to three waves in advance of their start times
3. Once we call for a swim wave, athletes will be guided to a seating area on one side of the pool. Parents/guardians will then need to go around to the other side of the pool.
 - a. Swim volunteers will not be able to look up start times for specific athletes. They will only know the start times for each wave. The athlete's wave start and time will be in their registration packet.
 - b. Registration volunteers will write the athlete's wave number on the back of either the left or right hand. Make sure this is done.
4. If your athlete has special swim needs (i.e not a strong swimmer, apprehensive, etc) be sure to mention this to the swim volunteer at intake. The swim volunteer will then make sure this information is passed on appropriately.
 - a. Only parents/guardians with special access bracelets are allowed in the staging/seating area with their athlete. All others **MUST** go around to the viewing side of the pool.
5. Prescription glasses – if your athlete needs glasses to move from the pool deck to the transition area then the athlete should hand the glasses to a volunteer just before getting in the water. The volunteer will then return the glasses to the athlete when they get out of the water.

Non-Swimmer

We encourage all athletes to participate and have FUN, however on occasion some become apprehensive with the swim and change their mind about doing it at the last minute. This is OK, **NO ONE** has to get in the water for any reason if they don't want to it and ***any Parent/guardian trying to force an athlete to do the swim will not be tolerated and immediately removed.***

Anyone not wanting to do the swim will simply be held on the swim deck until the last person in their wave has exited the water. The non-swimmer will then be allowed to continue the event by moving from the swim deck to the transition area. (Their race number will be noted and they will not be eligible for awards)



GENERAL NOTES:

We will have food products at the finish line area that may contain nut products. **If your child has any food allergies please monitor what he/she eats.**

We understand your enthusiasm for your child's participation but we ask that you be courteous to other parents and to participants. Please be aware of the race course flow and **DO NOT go on the race course or in the transition area**, and please follow the directions of the VOLUNTEERS in their orange shirts!

Use sun block, 15 SPF or higher. Bring some water to hydrate your child before starting. We will have water on the course, in the Transition Area, and at the Finish Line.

THANK YOU FOR PARTICIPATING!

We are looking forward to seeing you all, rain or shine, on June 7th.

Silicon Valley Kids Triathlon Committee/Threshold Racing

**P.S. Please Support Our Wonderful Sponsors !
Go To Our Webpage (www.svkidstri.org) and click on Sponsors**

If you have any questions you can e-mail us at: andrew@thresholdracinginc.com or call the Hot Line (408) 460-8720.