



## ATHLETE GUIDE & IMPORTANT RACE INFORMATION

Dear Parents and Young Athletes:

Congratulations on registering for the Silicon Valley Kids Triathlon! In order to make the event both enjoyable and safe please review the following information. Additional Race Day information and Advice is available on our website under the "Race Day & FAQs tab."

### PARTICIPANT & WAVE LISTS

Waves are organized by age with the oldest kids starting first and then each wave gets younger as the race goes on. Participants **MUST** start with their assigned wave (no exceptions).

The **FINAL PARTICIPANT WAVE LIST**, with your child's name, specific wave assignment, and bib number, will be sent out a few days before the race.

**Once the Final Participant Wave List is sent, please check your child's race day age against the age group wave placement to be sure he/she is in the proper wave. E-mail [racedirector@svkidstri.org](mailto:racedirector@svkidstri.org) if there is an error.**

### PRE-RACE MANDATORY BIKE AND HELMET CHECK



Your child's bike and helmet must be checked before they race.

*Please bring your child with their bike and helmet to one of the participating stores listed on the website for a mandatory bike and helmet check. You will not be able to get your race packet unless you have the proper*

stickers 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.

Participating Bike and Helmet Check stores are listed on the website under the Pre-Race Info Tab:  
[www.svkidstri.org/pre-event-info](http://www.svkidstri.org/pre-event-info)

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 or SNELL (label inside). Look for sharp edges on the pedals. We strongly recommend taking the bike to the pre-race inspection BEFORE the race (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 stickers that will show you have been pre-checked for safety.

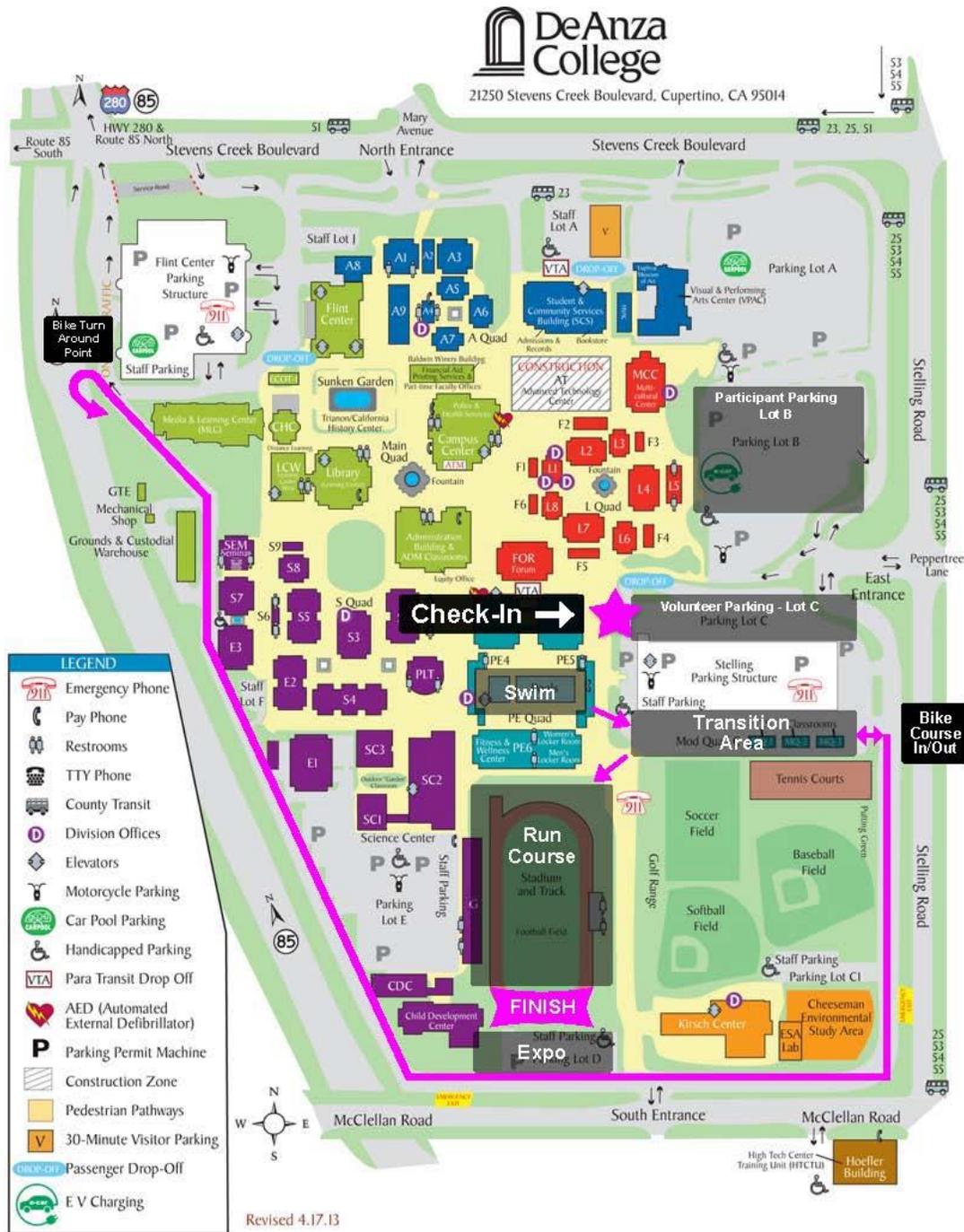
**You MUST get the stickers from one of the Safety Check Locations in order to bypass the "Bike and Helmet Check Station" on Race Day. The line in the morning could be an HOUR LONG in addition to the registration line. It is highly recommended to go to the Pre- Race locations!**

\*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 ORIENTATION MEETING**

There will be an Orientation Meeting for parents and athletes at the De Anza Pool Entrance the day before the event at 4pm. The meeting is not mandatory but is highly advisable even if you have participated before as there are changes in procedure every year.

De Anza College has a **\$3 parking fee**, which is in effect for the 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 should give you time to pick up your packet, t-shirt and goodie bag, get body marked, set up your transition area, and get ready for your swim wave. **Please allocate extra time if you have not attended a pre-race bike and helmet check. If you are late and miss your assigned wave, we cannot guarantee your child 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 stickers) you must be checked at the Bike and Helmet Check tent located in Lot C and obtain the proper stickers. This line could be an hour long! Please go to a pre-race bike check location if possible.

## STEP #2: PACKET PICK-UP

Take your bike and helmet with the approved stickers 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; and wave # will be at the top of the wrist.

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-1/2	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

**ULTIMATELY SWIM, BIKE AND RUN LAP COUNTS ARE THE RESPONSIBILITY OF THE ATHLETE**

## STEP #4: TRANSITION

For Transition Area Setup **ONE ADULT** will be allowed to accompany the athlete **PRIOR** to the race for a LIMITED TIME ONLY. Parents then must leave the Transition Area. A wristband for Transition Area entry will be in the Race Packet. **NO WRISTBAND = NO ADMISSION**. This is for the **SAFETY** of your child and other participants in the race.

**ONLY** for the **6 & UNDER** age-group: **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 move around safely in transition.

**FINALLY, THE RACE!**

**DO NOT CROSS THE TIMING PADS UNLESS YOU ARE IN THE MIDDLE OF RACING**

## THE SWIM

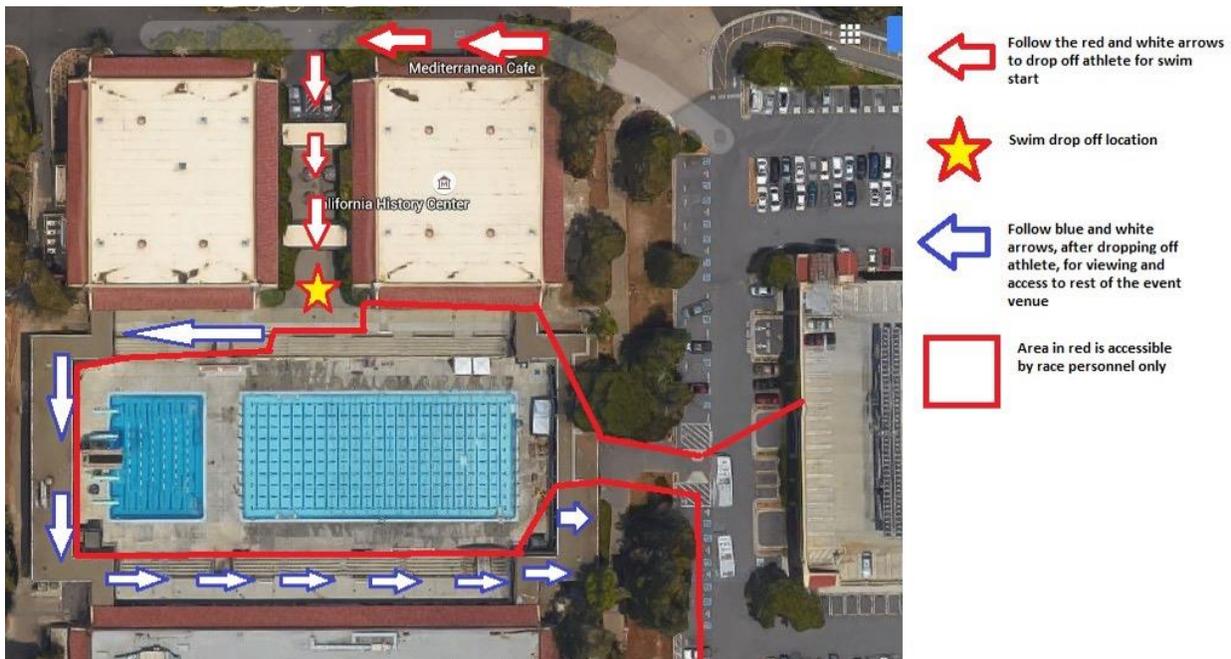
No parents on the pool deck except as permitted by the Swim Venue Leader. This is for the safety of the participants. For the younger athletes **6 & Under**, **ONE** parent who is prepared to swim with him/her will be permitted; no others will have pool deck access.

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. NO CHILD WILL BE FORCED TO SWIM. 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.

If a swim aid is used, you must bring it. We will not provide swim aids. **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.**

## Swim Drop Off Process

1. Drop athlete at pool area approximately 20 min before wave start
  - Do this AFTER Registration
  - 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.
  - 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 number and start time will be in their registration packet.
  - Registration volunteers will write the athlete's wave number at the top of the wrist. Please 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.
  - 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 – there will be a table to place your eyewear prior to swimming. Athletes should place the eyewear and retrieve the eyewear themselves before and after the swim.

## IMPORTANT SWIM INFO

1. Athlete should wear snug fitting swim suit only (no cotton or loose fitting shirts)

- Cotton gets wet and is heavy and a swim hazard in the water
  - Snug fitting rash guards are ok as long as the athlete has experience swimming with them beforehand
2. Athlete should be prepared to swim with their own goggles and/or swim cap if they use them
  3. Don't leave shoes on deck
  4. Pool area is not shaded so be sure to apply sunscreen before dropping off athlete
  5. Make sure athlete is well hydrated
  6. Make use of the porta-potty near registration **BEFORE** entering the pool area; there will be no open restrooms in the pool area
  7. Two athletes to a lane; Any swim stroke is allowed; flip turns are allowed
  8. No warming up prior to the swim start
  9. Lifeguards and/or volunteers will be assigned to monitor the lanes

## Non-Swimmers

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 swim.

***ANY Parent/guardian trying to force an unwilling athlete to swim will be immediately removed.***

Anyone not wanting to 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.)

## THE TRANSITION AREA



In the sport of triathlon, the Transition Area is like home base for the swim, bike, and run. The athlete passes through the Transition Area twice during the event: Swim to Bike and Bike to Run.

Every athlete has a spot in the Transition Area (by age-group) where their bike, helmet, shoes/socks, shirt, shorts, towel, and other essentials are located. The transition area is set up **BEFORE** the race starts.

The triathlon race itself begins at the pool. Following the swim, the athlete moves to the Transition Area where they remove any swim equipment such as goggles, quickly dries off, puts on their helmet and shirt, and walks the bike to the Transition Area exit following the sign that says "Bike Out".

**Bathing suit removal is not permitted.** Athletes put on shorts and a shirt over their bathing suit with their race number pinned on in advance. Some athletes prefer to just put on a shirt (with number) and ride with bathing suits instead of shorts-over-suits.

After the bike ride, the athlete returns to the Transition Area and walks the bike back to where their equipment is located. The bike is placed in the rack, helmet, and other riding equipment are removed, and the athlete prepares to run. Generally, young athletes ride their bikes in their running shoes so after removing the bike equipment they are ready for the run. Runners may jog to the "Run Out" sign in the Transition Area, watching for bikes and other runners.

The triathlon finishes at the end of the run on the track through the Finish Line chute.

## THE BIKE

After the swim, the athlete will ride his/her bike around the course. The number of loops is determined by age. **ALL ATHLETES MUST** wear their helmet the entire time they are on the bike. Please also make sure shoe laces are not undone or loose.

Slap bracelets will be put on each athlete's wrist for each lap **COMPLETED**. This will help keep track of the number of bike loops he/she has done. When an athlete comes back from riding on the bike course, the bike needs to be put back in the same spot where it was set up before the swim.

The slap bracelets will look like this:



## THE RUN

The Run Course will be around the perimeter of the track. Armbands will be handed to the athletes for each lap **COMPLETED**.

**NOTE:** Due to the location of the entrance onto the track and the finish line, the actual run distance is an additional 200 yards. Athletes cannot enter the Finish Line chute until they have the proper number of armbands that match the number on their **RIGHT** hand. If an athlete does not complete the proper number of laps they will be disqualified.

The Finish Line will be at a corner 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.**

The armbands will look like this:



## AFTER THE RACE

### AWARDS:

Awards are handed out to the TOP 5 boys and girls in EVERY AGE!! Since this is a longer process than only awarding based on multi-year age groups, we start handing out awards as soon as we can, dependent on the majority of an age group having completed the event. 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 9:30-10:00 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:

Parents/Athletes will not be allowed to remove a bike from the Transition Area without showing the volunteers that the race number on the bike matches the race number on the athlete or bib. 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.**

### 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 they eat.**

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 onto the race course or into the transition area**, and please follow the directions of the VOLUNTEERS.

Use sun block, SPF 30 is recommended. Bring some water to hydrate your child before the event. 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 Race Day.  
If you have any questions you can e-mail us at: [racedirector@svkidstri.org](mailto:racedirector@svkidstri.org)

**Also, please support our wonderful sponsors! A complete is on our website under Sponsors.**

# Silicon Valley Kids Triathlon Partner Charities

The Silicon Valley Kids Triathlon proceeds will support the following local charities which provide support and services to youth in our community.



Girls on the Run is a physical activity-based, positive youth development program for girls in the 3rd through 8th grade. Girls on the Run inspires girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running. The Girls on the Run program combines training for a 5K (3.1 miles) running event with lessons that encourage positive emotional, social, mental and physical development. Girls on the Run of Silicon Valley has 92 program sites this spring throughout Santa Clara and Santa Cruz counties. At Girls on the Run, the finish line is just the beginning, as our ultimate goal is to provide the girls with tools and resources that develop their ability to think critically, a skill that will serve them well for a lifetime.

To learn more, please visit our website at [www.gotrsv.org](http://www.gotrsv.org)



In 2010, Caroline "Liner" Lee was on the TV show, Wipeout. In 2012, she was diagnosed with stage 4 colon cancer. In 2013, she decided she wanted to give back and founded Wipeout Cancer. Wipeout Cancer started as an initiative to increase cancer awareness and give back to the cancer community with a goal of raising \$50,000 in 5 years. Why \$50,000? That's how much Liner won on Wipeout. Why 5 years? This is the standard time measure of cancer survival rates. Within 3 years, Wipeout Cancer reached the fundraising goal of \$50,000! In 2016, Wipeout Cancer shifted from purely fundraising to providing sporting opportunities for kids with cancer.

Visit [wipeout-cancer.org](http://wipeout-cancer.org) for more information.