

PARENT AND PARTICIPANT INSTRUCTIONS FOR:

1ST ANNUAL BUFFALO CREEK KIDS TRIATHLON

Sunday, September 20, 2009, 7:30 am; Ages 6-15

50 meter Swim * 3 mile Bike * 1/2 mile Run

TRI-PROSOAP.COM



Volunteers by:

& Officially Sanctioned by USA Triathlon

Hello Parents and Athletes!

Thank you for entering the Buffalo Creek Kids Triathlon. We hope you enjoy the race, and that this experience helps you develop healthy lifestyle habits from the great sports of swimming, cycling, and running.

There are some important instructions you need to know for race day. Please read these instructions thoroughly, and follow them on race day. We appreciate you helping us by complying with these instructions:

Relax and Enjoy

Don't get stressed out over this. (Parents, this means you too!) It is intended to be fun and non-competitive. This is an introduction for kids to triathlon, as well as the individual sports of swimming, cycling, and running. Please keep that in mind, and encourage all the participants, not just your own child.

Health & Safety

Swimming 50 meters, biking 3 miles, and running a 1/2 mile is no easy thing (individually or at the same time)...Even for adults!

Parents: You are in the best position to determine whether your child is physically fit and healthy enough to participate in this event. We are not. Only you know your child's readiness and his/her health conditions. If you have any question, don't push it. If your child is afraid to do this, don't force them. If your child has any developmental or health condition that makes it unsafe or even questionable for them to safely participate in this event, please do not enter him/her or allow him/her to race. Safety first! Let's make this a positive experience for your child, not a negative one.

Kids: If at any point during the event you feel dizzy, sick, throw-up, your heart is beating too fast, or you can't breathe, please stop racing and move to the side of the course. Wait for a volunteer to come by to check on you. It is perfectly fine to stop your race. We will do it again next year.

Race Number

You received a race number at packet pickup. You must pin this number to the front of your shirt (or wear it on a "race belt" with the number in front of your body). The number must be worn on the front of your body during the bike and run. You do not have to wear the number during the swim. (Just before the start, we will "body-mark" your child with a marker, so we will know their number during the swim.)

Arrival & Parking

The race starts at 7:30 a.m. Plan to arrive at 7:00 a.m. to get set up. Please do not arrive before 6:45. The sun will just be coming up, and volunteers will be busy getting everything ready.

Parents and spectators may not park along any street used in the race course or at the Pool area. Follow “Event Parking Signs” to the parking areas. We will also have volunteers to direct you. Parking areas include legal curbside parking along Country Club Drive BEYOND the intersection of Kings Pass. Be respectful of residents, driveways, and fire hydrants. You may also park at the office complex on Horizon Court, located ¼ mile past the entrance to Buffalo Creek.

Inclement Weather

We will reschedule the event for a later date if inclement weather precludes racing on race morning.

Transition Area/Helmet & Bike Check

Have your race number and helmet out and ready for inspection when you arrive at the Transition Area next to the Pool. If your helmet is cracked or has been involved in a crash of any kind, you need a new one. Your helmet and bike’s brakes will be inspected for basic use. You will also be “body-marked” with a Sharpee marker on your arm and leg with your Race Number and Age.

Place your bike and gear in the assigned sections of the Transition Area. The Transition Area will close at 7:20. After that, no spectators or parents will be allowed inside the Transition Area.

Course Maps

The Maps for the Swim, Bike, and Run Courses are available for viewing and download at www.rockwallcycling.com/kids_race. All parents and participants are encouraged to review the course maps before the race.

The Swim

The swim is 50 meters. Participants will line up in an assigned order (by reverse age). When the race begins, the starter will allow participants into the pool to begin their race one at a time in 10 second intervals. Each participant will swim 25 meters down the length of the pool, cross under the rope, and swim 25 meters back in the next lane.

Goggles are encouraged. Swim caps are allowed, but not required. If you become tired or need help, raise your hand to signal the lifeguard. You are welcome to hang onto the pool wall to rest, but you should not advance forward by using the wall.

Once you complete the swim, proceed to your bike in the Transition Area.

The Bike Course

The bike is 3 miles. Once you put your helmet on, shoes on, and race number on, you may walk your bike to the “Mount/Dismount Line” to begin the bike ride. Pay attention when you leave the Transition Area. Volunteers will be watching for cars, but you should watch too. Safety first...look both ways...left, right, left...if all clear and the volunteer says “okay”, then begin your bike ride.

The first half of the course will be on a concrete bike path. Ride your bike on the bike path until you reach the entrance to Buffalo Creek at “KINGS PASS.” Turn right onto Kings Pass and ride on the RIGHT SIDE of the road all the way to Country Club Drive. Turn right on Country Club and ride your bike on the right side of the road until your reach the Pool area, where a volunteer will direct you. Get off your bike at the Mount/Dismount Line, and walk it to your assigned transition space. Once you park your bike, you may begin the run course.

To help you know where to go, we will have signs with large arrows along the course to guide you. We will also have volunteers stationed around the bike course to help guide kids in the right direction and otherwise help if necessary. Plus, we will have volunteers patrolling the course on golf carts.

We have notified residents along the course to be on the lookout for kids, and will have signs, cones, and volunteers to help warn motorists as well. The Heath Public Safety Department has agreed to have an officer stationed at the Country Club and Kings Pass entrances to Buffalo Creek to help warn motorists.

Traffic should be very minimal at 7:30 on a Sunday morning. Nevertheless, this is not a “closed course.” It will be open for traffic (see note below about Parents and Spectators however!). Kids should obey traffic signs. If they see a stop sign, they should stop. There are two stop signs on the course, both on Kings Pass. Please obey them.

The Run Course

The run course is a ½ mile through the Tennis Village section of Buffalo Creek. It is an “out and back” run of approximately ¼ mile out, turn around, and ¼ mile back to the finish. Arrow signs and volunteers will be stationed along the run course to guide you. There will be an aid station at the mid-point of the run, courtesy of local residents Dr. Andrew & Adrien Hodges, of Hodges Orthodontics.

The Finish Area

The grassy field next to the Finish Area should be a great spot to plant your chair and watch your child start/finish the bike and start/finish the run. Each child will be presented with a special Triathlon medal after they cross the finish line. You are encouraged to photograph your child. We have invited a professional photographer as well, who will make photographs available for purchase. We will have popsicles and drinks for the kids at the finish.

Parents and Spectators

Please do NOT follow your participant around the course, whether on foot, bike, golf cart, car, etc. This will only create a danger to other children or yourself. USA Triathlon rules do not allow non-participants on the course at any time during the event.

Thank You's

A huge thank you to all the volunteers for making this possible. In particular, thank you to Dee Young and Linda Price for helping coordinate the event. Thank you also to the Buffalo Creek Homeowner's Association for allowing us to use the facilities, the Heath Public Safety Department for helping with traffic control, and the Tri-ProSoap and Tri4Him local triathlon teams for providing volunteers.

Good luck to all racers! Get a good night's rest Saturday night and just relax and have fun on Sunday!

Thank you,

Jason Ross



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