



Athlete Guide | August 18, 2018



Athlete Guide

Hello Triathlon Families!

We're thrilled to once again offer our Family Triathlon Challenge, and are super excited to see families participate in a triathlon together!

PLEASE READ this Athlete Guide with your kids. We spend a lot of time creating it and there's valuable information you both need to know to ensure everyone has an awesome experience!

Thank you for adding KidzTri3 events and programs to your kidz activity calendar and we look forward to seeing them on the race course!

Kimberle Levin

Founder & Race Director





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Event Schedule – Saturday, August 19th

Time	Activity Description
10:00am	Bib Pickup, Transition Opens
10:45am	Transition Closes
11am	Race Start

PLEASE NOTE

Our **Challenge Champ Triathlon** starts at 8:30am so you may see some racers on the course when you arrive at the race venue. Please be mindful not to cross the course in front of any athletes.

Thank You!



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Race Morning

GPS Address: Gloucester County Institute of Technology, 1360 Tanyard Road, Sewell, NJ 08080

Transition Closes at 10:45am

Racers must be at the race venue in time to have their Transition Area setup and ready to go when Transition closes.

Racer Check-In

Race morning, all racers must check-in at the KidzTri3 tent to get their race bib and tee shirt.

- ❖ **Race Bib** – to be worn on the front of the athlete's shirt or on a race belt, while on the run course.



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Race Day Checklist

- Towel (to put your stuff on for the race...bike helmet, sneakers, etc.)
- Goggles (optional)
- Swim suit/jammers
- Swim Cap (optional)
- Race Bib
- Socks
- Bicycle
- Helmet
- Sneakers
- Water bottle
- Dry clothes for after the race
- Sunglasses (if you wear them)
- Sunscreen
- **Don't forget a Big Smile!**

Triathletes **DO NOT CHANGE CLOTHES**

during the race; therefore, they need to come to the race site in their swim suit and be prepared to remain in their swim suit the entire race.

Torsos MUST BE COVERED on all athletes

during the bike and run portions of the event and across the finish line. It's an athlete's individual preference what clothing they race in but **Remember...TORSOS MUST BE COVERED** once you leave transition and onto the bike/run courses! If your athlete has a zipped trisuit, it must be zipped!



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Swim

Racers will swim 25 or 50 meters, whichever they choose to do. If your racer requires swim aids, please bring what they are comfortable with. All swim aids must be Coast Guard Approved. The pool does have some swim aids, but they may not be conducive for your athlete.

This is a competition pool. Your athlete will not be able to touch the bottom.

Only one parent/guardian is permitted on the pool deck during the race, if necessary. This is for the safety of all athletes.



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Bike & Run Courses

All adults will complete a 1 mile bike and 1 mile run. Younger racers can turnaround at shorter distance cones on the course. It's totally up to them if they want to complete the full 1 mile bike and 1 mile run, but it's not required.

This is a compete to complete event and for many racers, it's the first time they've ever participate in a multisport.

Have fun and we hope to see you back on the race course next season!

Bike Racking

Each Family Team will have their own Family Team Rack where all team members will setup their bikes and transition area.

Bike & Run Courses





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How Does it Work?

Family Teams

- Each team member will complete the entire course once, tag the next team member, and then they will complete the entire course. This will continue until the last team member is on the run, at which time the entire team will move to the Finish Line Holding Box and wait for their final team member. Once the final team member approaches this area, the entire team will run across the finish line together.

Relay Teams

- Each team member will complete one or two segments of the race. Relay Team members remain at their bike rack in transition to tag the next athlete who will then complete their segment of the race. When the last athlete is on the run course, all team members will move to the Finish Line Holding Box and wait for their final team member. Once the final team member approaches this area, the entire team will run across the finish line together.



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Family, Friends & Fans

Here are some tips to enjoy watching the event...

Signs – Make signs for your racer and show them support!

Noise Makers – bring your cow bells and anything else that makes A LOT OF NOISE!! The kidz LOVE IT!



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Inclement Weather Policy

There is NO rain date. We race rain or shine!

In the event of inclement weather, the following procedure will be followed: The event will go on a hold up to 45 minutes in the hope that the inclement weather will pass.

Every effort will be made to have this event on time on this date. If conditions are deemed to be unsafe, versus just challenging, we will cancel the event. Every situation is different, but know that we plan our events to go on rain or shine. If it's just raining, we race.



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Questions?

We know many families are new to triathlon so if you have any questions, and yes we mean ANY questions, please send us an email. We want you to be comfortable with everything in this Guide and if anything is unclear, just ask!

Info@KidzTri3.com

Keep Updated on All Race Weekend Info Here



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Thank You!