

Patuxent River Tri Club Kids Triathlon

General Instructions

Parents and Racers,

Welcome! We are glad you have signed up for the Kids Tri and hope you have a fun day racing.

For many of you this is your first triathlon – Congratulations! Included in this email will be all the information you will need for race day. Please read it, print it out, and bring it with you. There will be a copy posted near the course maps just in case. You will find the following in this packet:

- General Instructions
- Race Day Schedule
- Suggested List of Things to Bring
- FAQS and Answers

A couple of important notes up front:

USAT MEMBERSHIP CARD

This is super important!!!! If your child was already a member of USAT when you registered and you entered their number you NEED to bring their membership card as proof of membership. If you do NOT have their card, you can go to the USAT website and print one. Go to the FAQ and click on # 16 for options on how to print one. You may also show the volunteer at packet pickup the electronic version on your phone.

<http://www.usatriathlon.org/membership-services/membership-faq.aspx>

If you cannot provide proof of membership, you will HAVE to buy a one-day membership. If you bought a membership online when you registered your child, we have proof of membership in our records and you do not have to have your card with you.

Photo ID

We also need a photo ID from one parent as proof of identification for your racer(s). Please bring it with you to check in.

Rain or Shine!

This event will be held rain or shine. You will get wet in the pool anyways! In the event of severe weather we will make decisions based on safety first. Races will be altered as seen fit. In the event of high temperatures, the run courses may be shortened. And while we would hate to have to do it, the race will be canceled if no safe option can be worked out.

Road Closure

We have once again received approval from the county to close the section of Wildewood Parkway in front of the pool from Wildewood Dr to Hickory Nut Dr. By doing this, bike lanes on both sides of the Parkway are available for racers to use to prevent cyclists from riding out and back on the same side, thereby reducing potential head-on collisions. This section of the road will be closed from approximately 0800-0930. There may be a few Half Sprint runners still returning, but volunteers will be manning the crosswalks to help them get across the parkway safely. Note that for the road closure all side streets will be able to

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exit/enter Wildewood. No one will be blocked in. Those who need access to the section beyond the pool will need to leave/enter from the rear entrance of Wildewood via Lawrence Hayden Road. **If you live in Wildewood please pass the word to your neighbors about the road closure.** There will be signs placed near the affected area and other forms of notification, but the more people who know, the better they can plan and be less inconvenienced.

Transition Area

This will be the same as in previous years, and will be clearly marked with green stakes and orange netting. Each age group/race category will have designated locations in which to place their bikes, helmets, and other equipment. Waterbottles may be left in your spot alongside your bike as long as they do not present a hazard to other racers.

Course Maps

Please go over the course maps before race day. They will be posted by the race start but it is always a good idea to be as familiar with them as possible. The course maps can be found [here](#).

Sportsmanship/Courtesy

I've been to many triathlons over the years and one of the things I see on a routine basis is how great fellow triathletes are to each other and the volunteers on the course. If someone is missing a pair of goggles a fellow racer will loan them a pair. Experienced racers help out new racers with advice or reassurance to help calm nerves and encourage them. Out on the course, volunteers and police are thanked for their help. Everyone treats each other with respect and courtesy. Yes, you may be out here race day to compete to win and that is a great goal to have, but at the same time, remember to treat your fellow racers and all the volunteers with the respect they deserve. If unsportsmanlike conduct is reported you will NOT be eligible for awards and could potentially be banned from future races with us. Let's carry on the tradition that helps to make triathlons such a great sport for EVERYONE to participate in and treat all of those around us with respect and courtesy.

See you bright and early on Saturday!

Brian Doyle
Race Director

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1. Please arrive early – race site opens at 0630. Nothing is more stressful than being late.
2. Upon arrival please park in the designated parking lot.
3. Leave your stuff in the car for now and go to packet pickup (unless you picked your packet up Friday night) – outside the pool main entrance.
4. Please bring with you your USAT membership card and photo ID. Head over to registration to check in and receive your race packet (unless you picked your packet up Friday night). If you purchased a one-day membership during registration we will have proof of that, but still bring photo ID.
5. After you get your race packet, check out the course maps, which will be nearby.
6. Next, go over to body marking. You will get your bib number put on your arms and front of your legs. You will also have your age put on the back of your calf.
7. Now go back to your car and get your stuff.
8. Bike inspection - before setting your stuff up in transition a volunteer will check your bike over to make sure it's safe. If it passes inspection, you will get a red band that will be put on the handlebars. If they note any issues, Patuxent Adventure Center is onsite to help fix them.
9. Now, find your race in the transition area and set up anywhere along one of those rows. If you are in the Half Sprint, you will have a bike rack to rack your bike on from the seat. The other races will have open rows for the racers to put their bikes on using their kickstands. Please alternate the bikes on sides of the rack/row – first bike will be on one side, next bike will come out the opposite side of the rack/row. This will maximize the number of bikes able to be racked and still allow everyone their space.
10. Once your stuff is set up in the transition area, walk through the transition area and find the 'swim in', 'bike out', 'bike in' and 'run out' entrances/exits. It's helpful to actually walk through it like you will during the race – enter through the 'swim in' and find what row your bike is on – memorize its location. Now pretend to take your bike and find the 'bike out'. Walk out and find the mount line. Now find the dismount line and walk back in through the 'bike in'. Find your bike row again and walk back to your stuff. Now find the 'run out' exit and walk out to see where you will be running.
11. Now you can relax. Warm up either in the pool or with a short run around the area.
12. After warm up, pick up your swim gear from the transition area and leave behind everything else (you can wear flip flops or similar to the pool area). Be at the pool by 0755 for the pre-race brief. Transition will close at 0745. All athletes and parents MUST exit transition by this time.
13. After the pre-race brief, either line up for your start (if you are in the Tiny Tri or Tri-it-Out race) or cheer on your fellow racers. Be sure to stay in the pool area (the transition area is closed) and listen for your race to be called to line up.

**Patuxent River Tri Club Kids Triathlon
Schedule of Events**

- 0630 Race Site Opens
- 0615-0730 Registration/Package Pick Up – Outside Pool Main Entrance
Course Maps/Instructions – Outside Pool Main Entrance
Body Marking – Outside Pool Main Entrance
Bike Inspection – Outside Transition Area
Transition Set Up – Transition Area
- 0730-0745 Warm Ups – In the pool on your own
- 0745 Transition Area Closes / Pre-Race Brief
- 0800-0930 Wildewood Parkway in Front of Pool Closed to Vehicles
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| 0800 | Race Start (anticipated times) – Tiny Tri | 0800 |
| | Rookie Tri | 0810 |
| | Tri-it-Out | 0817 |
| | Mini-Sprint | 0827 |
| | Super Sprint | 0836 |
| | Half Sprint | 0845 |
- ~0950 Last Finisher Expected for Big Kids Race
- ~1030 Awards

Patuxent River Tri Club Kids Triathlon Things to Bring

Suggested Things to Bring

- **Goggles** (Recommended – in fact bringing an extra pair is a good idea too!)
- **Running shoes** (Or whatever shoes you will bike and/or run in)
- **Socks** (Would recommend unless you've trained without them)
- **Shorts** (If you'd like to put on after the swim)
- **T-shirt** (If you'd like to wear one after the swim)
- **Bike Helmet**** (MANDATORY)
- **Bicycle** (Hard to bike without it)
- **Towel** (to use in transition – lay stuff on and can bring an extra to dry off after swim)
- **Sunscreen** (Protect your skin! A sports one will stay on better – and use a face one for your face since when you sweat it might run into your eyes and you don't want it to sting)

Not required but don't forget if you want to bring them

- **Swim Cap** (Some kids like to keep their hair out of their face when swimming)
- **Biking Shoes** (If you have them for your bike don't forget them!)
- **Water bottle for bike/transition** (If you have a water bottle cage on your bike bring some water)
- **Sunglasses** (for the bike and run if you wear them)
- **Race belt** (You attach your bib number to this and makes it quick to put on for the bike)
- **Cap** (For the run – helps keep you cooler in the heat)
- **Watch** (We'll time you, but you won't get splits)

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Frequently Asked Questions

What do I do with my bib number?

Pin it to the shirt or shorts you will wear on the bike and run. Do NOT pin the tear strip at the bottom. You will need your bib number on the bike and run. For the bike it helps our course marshals ensure you take the proper turns for your course. For the run it will ensure the same, and will help ensure you get an accurate time for your race. No bib number on the run means no finish time (which also means no chance for a trophy!).

What is bodymarking?

It's too hard to wear a number in the pool during the swim, so you will be marked on your arms and legs with your bib number. You will have your age marked on the back of your calf to help identify which race you are in and so other racers know if they are in your age group.

Where do I set up in the transition area?

Look for your race (Half Sprint, Super Sprint, etc). The rows will be identified with the race name. Find your row and rack/set up your bike anywhere in that row. There will be more than one row per race – pick any of the rows. Alternate one bike on one side, the next bike on the opposite side. This allows for the most space per person. Everyone will end up going the same distance in the transition even if one row is closer to the bike exit since it will be further from the run exit. Do make sure to know where your spot is! It's a good idea to practice coming in from the “swim in” to the transition and finding your bike – count rows or look for your race name on the end of the row. Do this for the “bike in” as well. Now is also a good time to figure out how to exit the transition area for the “bike out” and “run out”.

How do I rack my bike?

The Half Sprint racers will have a bike rack. If you have a bike with a kickstand, you can either use that or put the kickstand up and hang the bike by the front of the seat over the rack tube. The front tire should touch the ground. When you go to remove your bike you will lift the seat off the rack and then put the bike down to the ground and roll it out from under the rack. Also, rack bikes on BOTH sides of the rack. Alternate one bike on one side, the next bike on the opposite side. This allows for the most space per person. You lay your stuff out on one side of your bike from the rack bar forward (next to your front tire).

The younger kids' bikes tend to have kickstands and the racks may be too confusing for them, so they will just line their bikes up along their designated row.

I'm confused about the transition area – what are the rules?

- You have a spot in the transition area – this is your spot – all your stuff belongs there, not tossed all over the place. When you return with your bike it goes back on the rack (or parked) where it was in the beginning and your gear stays in your spot.

- Leave other kids' stuff alone. Before the race, if you have a problem with someone's stuff interfering with yours talk to a race volunteer.

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- There are specific ways to come in and go out of the transition area to keep from running into other racers. Our transition has an aisle down the middle, which you will use to move about in transition. Go out of your row into the middle aisle and then out the correct exit. Don't go crashing through everyone else's stuff! More details on the transition are in questions below.

What is the bike mount/dismount line?

After the "bike out" of the transition area there will be a MOUNT HERE line. You are not allowed to get on your bike until AFTER that line. In an adult race you would be disqualified (DQ'ed). It is a safety issue if you mount your bike too early. Your helmet MUST be buckled prior to crossing this line!!!

After you are done on the bike there will be a DISMOUNT HERE line. You must get off your bike BEFORE the dismount line. Look for both lines as you walk through the transition area layout.

I've never done a transition before. Can you walk me through one?

For the swim to bike transition – enter the transition area from the "swim in" entrance and find your spot. Drop your goggles and swim cap near the back of your stuff since you won't need those anymore. Then I like to towel off a little bit (quickly) because it's easier to put clothes on if you aren't so wet. Put on your shirt and/or shorts if you are wearing them. You should have your bib number on somehow (pinned to shirt/shorts or to your race belt if you use one). Put on your shoes and socks. If you wear sunglasses put those on. Then most importantly – put on your helmet and BUCKLE THE STRAP – you will not be allowed to mount your bike if the strap is not buckled. Now grab your bike and go! Head out to the "bike out" walking/jogging with your bike. Wait until you've crossed the mount line to get on your bike.

For the bike to run transition – dismount your bike before the dismount line. Jog/walk your bike to the "bike in" entrance and find your spot. Put your bike on the rack or put down the kickstand. Your bike needs to go back in YOUR spot. Next, remove your helmet and put it with your stuff. If you wear a hat running grab that and put it on. Exit the transition area through the "run out".

That's all there is to it.

What if I need help in the transition area?

Spectators (or parents) are not allowed in the transition area. If you need help (tying shoes, buckling helmet or anything else) we will have volunteers in the transition area to help you out. Just look for one and let them know what you need.

What is a "snake swim"?

For the swim, if you are doing more than 25 meters (Mini Sprint, Super Sprint, and Half Sprint racers), you will be swimming in more than one lane. Enter the pool at the start and swim down on the LEFT of the pool. When you get to the wall return in that same lane on the LEFT side (this will now be the other side of the lane). When you get to the wall this time go UNDER the lane line and

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swim down the LEFT side of the new lane you are in. Repeat this pattern until you reach the swim exit (end of the pool).

Can I do flip turns?

Yes. If you like to do flip turns you can still do them. At the end where you don't switch lanes just do a normal flip turn. On the end where you will need to switch to the next lane just push off at an angle that will allow you to go under the lane line. WATCH for other swimmers that may be ahead of you. Do NOT do a flip turn if it will cause you to run into another swimmer ahead of you.

Do I have to swim freestyle?

No. You can swim any stroke you like including backstroke and doggie paddle – whatever it takes to get you to the end of the swim! You can hang out at the end of the lane and catch your breath if you need. You will NOT be DQ'ed for an "illegal" stroke. There are NO stroke judges at a triathlon! If you need to, you may touch/hold onto the lane line or even stand up if it's shallow enough.

How do I pass?

If you need to pass you may. Please be careful, as there will be other swimmers coming up the lane you are in. If the swimmer in front is not holding you up too much and you are almost at the end of the lane it's best to wait until the end to pass. Lightly touch/tap the swimmer's feet in front of you so they know you are back there. Then when they get to the wall you can pass them at the wall – you still need to touch the wall though! If you are the swimmer whose feet are being tapped, please be polite to your fellow racers and pause for a moment at the wall to let them by. Likewise, if you are struggling to make it down the lane and a faster swimmer is trying to get by, please hug the lane line and make as much space as possible so they can get by. If you plan to pass in the middle of the lap, lightly touch/tap the swimmer's feet in front of you and then pass quickly down their RIGHT side. WATCH for swimmer's returning down the other side of the lane. Return to your side of the lane as quickly as possible after passing.

How does the swim start work?

You will line up in order of your race number. There may be gaps in the numbers, but that's ok. Swimmers will be put into the pool in 10-second intervals. At the end of the group of swimmers for a specific race (half sprint, mini-sprint, etc) there may be a break for a few minutes. This is to prevent too much cross over on the bike course.

Will I get lost on the bike course?

We sure hope not! There will be course marshals and signs at every turn on the course. If you don't see a sign or someone doesn't tell you to turn you do NOT turn. You may pass by streets without signs or people – do NOT turn. Also, if you are doing the Half Sprint race you will be doing TWO laps on the bike. PLEASE make sure to go out for your second lap. There will be signs indicating this, along with volunteers to help, but you need to know what lap you are on.

Will I bike on the road?

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Yes and no. Where there is a bike lane you will be in the bike lane. On the side roads that have very little traffic if there is no bike lane you will ride on the right hand side of the road. When you are in the bike lane stay to your right. For all races except the rookie tri there is one section on Wildewood Parkway where the bike lane ends. We will cone this section to make a bike lane. Please be extra careful passing in this area. Please pay attention and listen to the volunteers.

How do I pass on the bike?

Very carefully! You may pass on the bike if it is safe. Look behind you to ensure no cars are coming. If it is clear, let the person in front of you know you are going to pass. Call out “On Your Left”. You should always pass on your left unless impossible. If you are being passed, please stay as far right as you safely can to allow the other person room to pass. Once you complete the pass, get back to the right side as quickly as is safe.

What is drafting and is it allowed?

Drafting is riding very closely behind another rider on the bike so you can go faster with less effort. In our triathlon drafting is illegal. You must stay back approximately TWO (2) bicycle lengths from the rider in front of you. Just remember to give the rider in front of you some space.

What do I do when I finish?

After you cross the line stay in the order you finished. You will be in the finish chute and a volunteer will take the tear strip off your bib. Once they have your strip, go enjoy some post-race refreshments and cheer on the other racers finishing.

When will the awards be?

The awards ceremony will be shortly after the last finisher has crossed the line. We expect awards around 1015. While you are waiting, cheer on your fellow racers – everyone likes to be cheered across the finish line!

What if I win an award but I can't stay for the ceremony?

If you live locally you may contact the race director to pick up your award from him. If you are from out of town, please talk to him prior to leaving if you think you may have won an award to work something out.

Is there a rain date?

No. Triathlons are held rain or shine. In the event of thunderstorms we will postpone the race start until it is safe to swim. For just rain, things will go on schedule – you will be wet from swimming anyways! If the weather conditions are just too dangerous then we will cancel the event. We also reserve the right to adjust the event as necessary – eliminate the swim, shorten courses, etc to make the race safe for participants. In the event of high temperatures, we may shorten the run courses.

Are there any water stops?

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Yes. There is a water stop just outside of the transition area so you can get water going out on the bike and the run. There is also water at the mini-sprint turnaround point approximately 0.4 miles into the run for the mini-sprint, super sprint, and half sprint. The super sprint and half sprint will go by that water stop on their return as well. The rookie and tri-it-out will only have the water stop leaving the transition area. There will also be plenty of water at the finish line.

How will you know I did the right course?

We will be marking your hand (or arm) at the turnaround points on the bike and run. On the bike for the Tri-it-Out and Mini-Sprints, the turnaround is a slow U-turn and a volunteer will put a magic marker stripe on your hand or arm. Each turnaround will have a different color marker so we can be sure you reached the proper point. On the bike for the Super Sprint and Half Sprint, the turnaround is at Evergreen Elementary School. This turnaround can be taken at a higher speed, but it is important to be marked (once for Super and twice for Half Sprinters). The volunteer marking will be on the straightaway before you enter the turn for the turnaround. You should be slowing down a bit at this point. Please have your arm out so they can mark it as you go by if it is safe to do so. Slow down as needed. Once you are marked, carry on with your race. If you know you were missed – call it out to the volunteer and make sure you get a mark. If there is a dispute this is the proof we will use to show the proper turnaround was made. The same thing will be done on the run, so be doubly sure that the sign has your race name on it when you turn around.