



What to expect on Race Day

- When you arrive at the race venue, you will be directed to park. Gather all your items and follow the signage to Check-in.
- Drop off bikes and setup Transition Area. Volunteer Coaches will be available to help you set up your child's block.
- Enter the gymnasium and assist your children with check-in. Your child will receive a color-coded age-group wristband. For 2021 race, children will need to wear their personal masks into the building. We will be giving them a disposable mask at check in to wear pre-race and while transitioning to the race start.
- Have your child line up in their appropriate color-coded age-group for race number marking.
- Parents/Guardians and Participants will be given a race briefing.
- After the pre-race briefing, we advise you to proceed upstairs to the Pool's observation area to get a good seat!
- Racers will remain with their age-group and group volunteer and be provided with a pre-race warm-up and then led to the pool deck by our volunteers.
- On the pool deck, participants will be given a short briefing about the rules for the Swim portion of the race by the Volunteer Coaches.
- Right before their start time, one at a time, they will be directed to safely enter the pool and hold on to the side before their start time begins.
- Once your child completes their Swim distance, they will exit the pool under Volunteer Coach direction and enter the Transition Area to put on their running shoes, race bibs and bike helmet before safely walking/running their bikes to the Mount/Dismount Area. Don't worry as there will be Volunteer Coaches in the Transition Area to assist!
- ****Now you're on**** – As your child transitions, head directly out the front doors of the center to the "bike lap counting area" to assist your child in keeping track of their bike laps!
- Upon completing their Bike distance, your child will be guided by our Volunteer Coaches to safely dismount and walk/run their bikes back to their Transition Area block.
- At their block, your child will place their bikes and remove their helmets. Volunteer Coaches will direct them to the entry of the trail to start the Run portion of the race.
- Complete running distance is pre-determined and participants will be directed accordingly. The race will end for every participant at the finish line.
- We ask family and friends to encourage and cheer along *all* participants, especially as they cross the finish line and receive their medals.
- After the race ends, stick around! Race results and refreshments will be available at the Pavilion.