

VICTORY AT VETS



TRIATHLON

VETERANS MEMORIAL PARK

Sunday, July 16, 2023

Race Day Timeline

8:00am Transition Area Opens

- Drop off bikes, setup transition block and proceed to Gym

8:15am Gymnasium

- Check-in
- Proceed to appropriate age-group area (Look for color-coded signs)
- Line up as instructed
- Have race number identification applied

8:30am AT THE LATEST!

- Participants must be checked in, numbered, and lined up in their age-group areas

8:35am-8:45am

- Parent & Participant RACE BRIEFING and Group Warm-Up
- Volunteers move participants to pool area

8:45am - ages 11-12 - move to pool for pool briefing and **race start at 9am**

8:50am - ages 9-10 - move to pool for pool briefing and **race start at 9:05am**

8:55am - ages 6-8 - move to pool for pool briefing and **race start at 9:10am**

Parents/family/friends -

Please review all information thoroughly and come prepared to support your athlete!

PRINCE WILLIAM

—Parks, Recreation & Tourism

What to expect on Race Day

- When you arrive at the race venue, you will be directed to park outside the race area. **BE PREPARED TO WALK FROM WHERE YOU PARK.** Gather all your items and follow the signage to Check-in.
- Drop off bikes and setup Transition Area. Volunteers Coaches will be available to help you set up your child's block.
- Enter the gymnasium and assist your children with check-in. Make sure to bring the color-coded age-group race bib from your Race Packet.
- After checking in, 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 outside to the designated observation area(s).
- Racers will remain with their age-group line with a group volunteer to be provided with a pre-race warm-up and then led to the pool deck by our volunteers.
- After the pre-race warm-up, participants will be led to the pool deck to prep for race start.
- On the pool deck, participants will be given an additional short briefing about the rules for the Swim portion by the Volunteer Coaches.
- Right before their start time, one at a time, participants 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 – cheer as enthusiastically and positively as possible to motivate your child and the other athletes in the race.** Remember, this is the first race for a lot of the participants and they could all use a little encouragement!
- Upon completing the Bike course, 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 Run portion of the race.
- Run course distances are pre-determined and participants will be directed by Course Volunteers accordingly. The race will end for every participant at the finish line.
- Again, we ask everyone to encourage and cheer along **ALL** participants, especially as they cross the finish line – remember, **positivity and enthusiasm!**
- After the race ends, stick around! Take pictures, get some refreshments and enjoy the post-race atmosphere.
- Race results will be announced shortly after the final competitor completes the full race.

Safety Guidelines

We believe in "Safety First" as a principle for all our programs – Safety is our number one priority. Please review all information thoroughly.

Volunteers

- Our Volunteers are there to help assist with our "Safety First" principle. Volunteers will be stationed along the racecourse and around the event site. Please respect their guidance and don't hesitate to ask for their assistance.

Signage

- Informational and directional signage is strategically placed along each leg of the entire course.
- **Please be attentive and adhere to all posted information** – for your safety and the safety of the participants.

First Aid

- There will be First Aid kits placed along the trails along with trained Lifeguards onsite to administer First Aid. In the event of a medical emergency, inform any Volunteer who will assist in obtaining immediate assistance.

Swim

- Participants must respect the rules of the pool facility and listen to the Lifeguards and Volunteer Coaches on deck to ensure their safety during the Swim portion of the race.
- Participants must walk on the pool deck at all times and will be directed by the Volunteer Coaches. All age categories finish/exit in the same place for safety and simplicity.

Transition(s)

- Participants must exit the pool area safely as they make their way to the Transition area.
- Parents/Family/Friends of the participants will not be allowed in the Transition area during the race. Volunteer Coaches will be present to assist them however needed (i.e., tying shoelaces, buckling helmets, etc.).
- Participants must have their bib numbers attached in front for visibility.
- Participants must wear a helmet with a fully buckled chin strap and use a bike that is in good working order with brakes for the Bike portion of the race. Kids are allowed to use bikes (even with training wheels) as long as the equipment is in good working order with brakes. If you are unsure about the condition of your child's bike, we recommend having it inspected by a professional bike shop.
- Participants must wear closed-toe running shoes during the Bike and Run portions of the race – no other footwear is permitted.

Safety Guidelines continued

Bike

- Volunteers are placed along the Bike course for participant safety and assistance.
- Participants must safely walk/run their bikes from the Transition area to the Mount/Dismount Area where they will be directed by Volunteer Coaches (and signs) about where and when to get on and off their bikes.
- Once participants have completed the Bike portion of the race, Volunteer Coaches will help them as needed to safely dismount their bikes and return to the Transition area.
- Participants must wear their helmets fully buckled at all times for the Bike portion until they have placed their bikes back in their "block" in the Transition Area.

Run

- Volunteers are placed along the Run course for safety and participant assistance.
- There will be relief stations at the Transition area and course turnaround(s) where participants can obtain water.

Spectators

- For everyone's safety - spectators must stay off the racecourse! Please remain within the designated spectator and always follow all Volunteer instructions.
- If a spectator needs to cross the racecourse for any reason, a Volunteer must be informed and they will ensure a safe crossing for the spectator without disruption to the race.
- Please respect the guidance of the Volunteers and please don't hesitate to ask for their assistance as needed.
- In the event of a medical emergency, inform a Volunteer who will be obtaining immediate medical assistance.

Race Day Checklists

Get ready for Race Day! Making a list can help you keep track of the items you'll need and want to bring with you on Race Day. Use our checklists below as a guideline to prepare for the fun.

To Bring – For the Race

- Race bib
- Swimsuit or tri suit (arrive wearing suit)
- Goggles (if needed)
- Small towel for drying off in Transition
- Bike
- Bike helmet
- Closed-toe running shoes
- Socks (if wearing)
- Shorts
- Shirt (short-sleeve, or long-sleeve if it is chilly) with bib number attached to the front (bib number provided in Race Day packet)
- Water bottle

To Bring – Other (suggested)

- Sunscreen
- Hat / visor
- Sunglasses
- Camera
- Large towel
- Post-race change of clothes
- Plastic bag to hold wet items
- Easy-to-carry bag to hold everything (i.e., backpack, gym bag, large tote)

Transition Checklist

- Bike
- Bike helmet
- Closed-toe running shoes
- Shirt with bib number attached to the front
- Shorts
- Small towel for drying off
- Water bottle

Frequently Asked Questions

About Triathlons

- What is a Triathlon?
 - A Triathlon is an exciting, fast-paced, timed, three-sport race which takes place in the following order: Swim, Bike, Run. It's an awesome way to get fit and have fun!
- How long are the race course distances?

Age	Swim	Bike	Run
6-8	50 yds (2 laps in pool)	1 mile	0.33 miles
9-10	100 yds (4 laps in pool)	1.5 miles	0.61 miles
11-12	150 yds (6 laps in pool)	3 miles (2 laps)	1 mile
- Are the races timed?
 - Yes, there will be a timing system in place on race-day. Timing results will be available shortly after the final participant completes the race. Results will also be posted online at a later date/time.

Apparel and Equipment

- What clothing should my child wear?
 - Participants start the race in their swimsuits. Participants whose swimsuits don't provide full torso coverage should have a shirt ready to put on in Transition with the bib number from their Race Day packets pinned on the front. Some children may wish to also put on shorts over their swimsuits in transition.
- What type of shoes should my child wear?
 - Closed-toe running shoes are the only footwear permitted.
- What kind of equipment does my child need to participate?
 - The only equipment needed is a bike and helmet for the Bike portion of the race.
 - Other recommended items can be found on the "Race Day Checklist"
 - Helmets must have a fully buckled chin strap.
- What type of bike can my child use?
 - Participants are allowed to use "Big Wheels," tricycles, or bikes with training wheels, as long as the bike is in good working order with brakes. If you are unsure about the condition or safety of your child's bike, we recommend having it inspected by a professional bike shop.
- When does my child need to start wearing his/her bike helmet?
 - Bike helmets must be put on with chin straps fully buckled in the Transition Area and worn at all times while in contact with the bikes. Helmets must be worn until the moment the child dismounts and places their bike, just prior to beginning the Run portion of the race.

Frequently Asked Questions continued

About Swim

- Do I need to get in the water with my child?
 - No, Parents/Guardians are not allowed on the pool deck or in the water. Volunteer Coaches and Lifeguards diligently monitor all participants and provide assistance as needed.
- Can my child use his/her own flotation device for the swim portion of the race?
 - No, participants must be able to swim 25 yards without assistance. Again, participants are closely monitored by lifeguards and volunteer staff at all times.

Transition & Bike Drop

- What is the Transition Area?
 - The Transition area is located outside and near the exit from the pool where participants go immediately upon completing their swim. It is a secured area in which participants set up their equipment and personal items needed for the Bike and Run portions of the race prior to the start of the race.
 - There is a designated time by which equipment and personal items must be set up in the Transition Area on Race Day – the designated time is listed on the “Race Day Timeline.”
- Who is allowed in the Transition Area?
 - Pre-race, all participants and parents/guardians are allowed in the Transition area during the designated set up time. During the race, only participants and Volunteer Coaches are allowed in Transition Area. Volunteer Coaches will assist participants as needed during the race (i.e. tying shoe laces, buckling bike helmet chin straps, etc.).
- What items should be set up in the Transition Area?
 - Everything needed for the Bike and Run portions of the Race should be set up in the Transition area: bike, helmet, running shoes, shirt with bib number attached (as needed, unless torso fully covered by swimwear and bib already attached)
 - Additional recommended items can be found on the “Transition Checklist”
- What is the Mount/Dismount area?
 - The Mount/Dismount area is where participants are directed by signs and Volunteer Coaches to mount/dismount their bikes to begin/end the Run portion of the race. Volunteer Coaches assist participants as needed.

Course Map

