

Pasadena Triathlon – Kids Fun Tri

PLEASE READ!!!

Dear Parents/Guardians,

Thanks for your interest in our Kids Fun Tri as part of the Pasadena Triathlon. This event is geared to children ages 5-10 years old and is non-competitive. Below are the answers to some FAQs to help you prepare your child (and yourself) for this event.

WHO CAN PARTICIPATE? This event is for children 5 to 10 years old who are comfortable with basic running, bicycling, and swimming skills. The children will be put into age groups and will start their events with similar aged kids (oldest age group first, youngest last). There is a cap on the number of participants. This is a super event for beginners.

WHAT TIME DOES IT START? The first group will start at 10:45am. Additional waves will go every 5-10 minutes. All children should be set up in the kids transition and ready for a pre-race talk from the Race Director at 10:20am.

CHECK IN & TRANSITION AREA: The transition area will also include a check in area where you and your child will pick up their race packet including bibs and bike stickers. Children should check in and set up their transition by 10:15am. Only one parent per child in the transition area at any time. You will receive a wristband at check in. There will be volunteers to help you with set up.

HOW FAR WILL THEY GO? The main course is ½ mile run, 1.5 mile bike, 50yd swim.

There will also be a shorter distance wave for children 5 and 6 who aren't ready for the full distance. Their course is ½ mile run, ¾ mile bike, 25m swim. They will be the last wave. Older children who don't feel ready for the longer distance may also participate in this wave.

Please note that there is a short run on mostly grass between the transition area and the pool (about one tenth of a mile) – children should plan to run in their shoes and leave them on deck. (please note that the transition is in a new area from last year so the distance to the pool is shorter!)

CAN PARENTS BE IN TRANSITION AND ON THE COURSE WITH THE KIDS? Parents are welcome to come and support their young triathletes. **Only one parent per child allowed in transition.** Those not in transition can support and take photos from the sidewalk along the course.

We have created a course that will keep the kids “close to home” so there are plenty of opportunities for photos and to help out your child if they need it (read below about the course). There will be volunteers and signage, as well as lead runners and lifeguards along the course guiding the children and helping them if they need it. *During the bike please stay off the course and median – you may cheer from the sidewalk – this is for the safety of the children!!*

Parents of 5-6 year olds – you may run alongside your very young triathlete, but please limit this to one adult per child. *(please run/walk only, no adults on bikes please).* You may also be on deck when your child is in the pool.

THE RUN COURSE: Kids will run out and back along a closed road, the course is about ½ mile on road and a little dirt trail.

THE BIKE COURSE: From transition, kids will head onto a coned lane to Seco that will be closed off to traffic. The main course is 1.5 miles and includes THREE loops around the medians. Parents may hang out on the sidewalk and watch as their athletes circle past them for three fabulous photo ops. Adults are asked to stay off the course for the safety of the children. **HELMETS ARE MANDATORY. NO CHILD WILL BE ALLOWED TO PARTICIPATE WITHOUT A HELMET.**

After the third loop, cyclists will head back to transition to prepare for the pool swim.

THE SWIM COURSE: From the transition area, athletes will run a short distance on the grass to the Rose Bowl Aquatic Center (they should plan to wear shoes until they hit the deck. They will swim out and back (25yds each way). When they exit the pool they are finished and will receive a medal!

Younger children will swim across the pool one time, 25m. Yes, floaties are ok for this group only.

Swim caps are not necessary, but those with long hair should tie it back

WHAT SHOULD MY CHILD WEAR/BRING? Less is more in triathlon! The less stuff to change in and out of the better. It is recommended that children wear a bathing suit under their run/bike shorts and shirt (there's no changing room!). They will likely wear the same sneakers for the run, bike, and the transition to the pool. They **MUST** have a helmet for the bike ride. No exceptions! You'll also want a towel and a change of clothes for post-tri. We will have a water table in the transition area available at all times. We will also have juice, muffins, and fruit provided by Souplantation after their event. You might want to bring snacks for your child if they are in a later wave.

WHAT WILL MY CHILD GET FOR PARTICIPATING? Registration includes a race bib, tshirt, finishers medal, finisher's certificate, and snacks from Souplantation post-race. Oh and of course, once they're at the finish line they can call themselves a TRIATHLETE!!