

# 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. 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. It is a super opportunity for beginners.

**CHECK IN:** Packets may be picked up at the expo or in the main registration area until 8am on race morning by a parent. After that time, all registration packets will be moved to the kids transition area.

**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 are no changing rooms!). 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. There will be snacks and water at the finish festival.

**WHAT TIME DOES IT START/ARE THERE WAVES?** The children will be separated into groups of about 25 kids based on their age on 12/31/18 as per USATri rules. Waves are as follows: 9-10 years, 7-8 years, 5-6 years. Waves will start oldest to youngest with the first group starting at 10:45am and approximately 10-15 minutes between waves. Timing of the wave starts is intended to help keep the children safe by easing congestion on the course and is at the discretion of the kids race coordinator.

**IS IT TIMED/ARE THEIR AWARDS?** Children will receive a timing chip but this is just for their personal interest only – there are no awards at this level – your child does not need to wear the timing chip to participate (but they will need to turn it back in to the race so please bring it with you)

### **WHAT'S THE COURSE/DISTANCE?**

The main course is ½ mile run, 1.5 mile bike, 50m swim.

There is a shorter distance wave for children 5 and 6 years old - ½ mile run, ¾ mile bike, 25m swim.

**TRANSITION:** The kids transition area, which is located near the 5k finish line (look for the green KIDS ZONE flags), will open at 7:00am so bikes/gear may be dropped off beginning then. Please ensure bikes are properly marked with race stickers from the packet. You will need your child's bib to enter transition and to remove bikes at the end of the event.

All children should be set up in the kids transition and ready for a pre-race talk from the Race Director at 10:25am. To avoid overcrowding, only one adult per child is allowed in the transition area at any time. There will be volunteers to help with set up.

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

**THE BIKE COURSE:** From transition, young athletes 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 median. Parents may watch from the sidewalk as their children circle past them for three fabulous photo ops. Adults are asked to stay off the course for the safety of the children. **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.

5-6 year olds will complete 1 loop.

**THE SWIM COURSE:** From the transition area, athletes will run a short distance on the grass to the Rose Bowl Aquatic Center (shoes may be worn until they hit the deck). They will swim out and back (25m 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

**CAN PARENTS BE ON THE COURSE WITH THE KIDS?** Parents are welcome to come and support their young triathletes from the sidelines but may NOT be on 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. There will be volunteers and signage, as well as lead runners and lifeguards guiding the children and helping them if they need it.

Parents of 5-6 year olds may run alongside very young triathlete in wave 3 only, 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.

**WHAT WILL MY CHILD GET FOR PARTICIPATING?** Registration includes a race bib, tshirt, finishers medal, and some fun race goodies. Oh and of course, once they’re at the finish line they can call themselves a TRIATHLETE!!

#### **SCHEDULE AT A GLANCE:**

7am	Kids Transition Area opens
8am	Kids packets move to transition area for pick up
10:25am	Race Coordinator talk at the start line for ALL athletes and parents. Transition closes.
10:45am	Wave 1 (9-10 year olds)
11:00am	Wave 2 (7-8 year olds)
11:15am	Wave 3 (5-6 year olds)