

2017 HEALTHY KIDS TRIATHLON

“Race Day” Instructions – Racers with Body/Helmet Markings

- 1. Park in the North Parking Lot --- bring ALL of your race day gear with you.**
Leave in Transition:
 - Bike, Bike helmet, T-shirt w/Race Bib, Shoes/Socks, small towel**Wear/Take to Outdoor Pool:**
 - Swim Suit, Goggles, Swim Cap and Race Wristband (age group color) and Fun Fest Wristband
- 2. Check-in – Enter the Lower Level Entrance (in front of the Family Aquatic Center.) Pass the desk on the Right SIDE and check-in at the Race Day Check-in Table.**
- 3. Pick up Chip Timer – After you have checked in, you will be given a chip timer that matches your race number.**
- 4. Proceed to the Swim Area – Go through the building towards Atrium Sports Medicine, pass the Lower Level Mini Gym and EXIT the building through the double glass doors on the South side of the building. Go up the steps towards the Playground. ENTER the outdoor pool through the gate on the West side of the pool (near the Playground).**
- 5. Entering the Swim Area – participants will go across the pool deck toward the Baby Pool. If the participant is requesting a parent in the water with them and that parent has been appropriately marked they can also go across the pool deck. Spectators will observe and cheer from the West side of the pool.**
- 6. SPECTATORS: After the swim is complete, the spectators may exit the pool area through the race ENTER gate (near the playground). Spectators can watch the participants return to the finish line which is in the grass outside the Outdoor Pool area near the Baseball Fields!**
- 7. Bike Pick-up – All bikes must be picked up from the transition area within 30 minutes after the last racer enters the run route. Parents, return to the Transition Area, please travel around the West end of the building past the Outdoor Restroom Pavilion and through the gate to the Lower Level Parking Lot.**

Good Luck and have a safe and fun race!