

Hello Parents,

We hope your little athletes are getting excited for their upcoming Kids Triathlon. I know we are! It is always so wonderful to see children being exposed to exercise and sport at such an early age! We wanted to take a moment to let you know about a few details before race day. We have designated different start times for the various age groups to maximize safety for all the kids. **But please know that even if your kids aren't starting until later, we want you at the park before 5pm to assure we minimize park traffic while kids are racing.**

It's looking like it's going to be warm, so please start hydrating your kids now and make sure they're not in the sun too much before their race.

Friday August 16th:

Kids 6 and under: 5:00pm
Kids 7-10 years: 5:20pm (approx.)
Kids 11-15 years: 5:40pm (approx.)

We will not start the next wave until all cyclists from that age group have finished and started their run. The attached map will provide you a general overview of each swim, bike, and run course. You can also view the courses by visiting the online maps below.

Swim Distance:

6 and under - 25 yard swim (.01 miles)
www.usatf.org/routes/view.asp?rID=565431

7-10 years – 100 yard swim (.05 miles)
www.usatf.org/routes/view.asp?rID=565432

11-15 years – 200 yard swim (.11 miles)
www.usatf.org/routes/view.asp?rID=565433

Bike Distance:

6 and under – ½ mile Bike
<https://www.mapmyrun.com/routes/view/2187354670>

7- 10 years – 2 mile Bike
www.usatf.org/routes/view.asp?rID=565435

11-15 years – 3 mile Bike
www.usatf.org/routes/view.asp?rID=565438

Run Distance:

6 and under .25 miles

www.usatf.org/routes/view.asp?rID=565430

7-10 years - .45 miles

www.usatf.org/routes/view.asp?rID=565429

11-15 years - .55 miles

www.usatf.org/routes/view.asp?rID=565428

Packet Pick-up: Goody bags & Bib Numbers for the Kids Tri can be picked up at the following times:

Thursday, August 15th from 10am-7pm at Foot Traffic Vancouver
Foot Traffic Vancouver, 305 SE Chkalov Drive, Vancouver, WA 98684

Friday, August 16th from 2pm-4:30pm at the race venue
Frenchmans Bar 9612 NW Lower River Road, Vancouver, WA 98660

Guidelines and requirements for athletes:

Set up – Be there early to help your kids set up their transition area. You will set up their equipment in the adult transition area in their designated age group spots. It's a Friday night so be sure to leave enough time to account for traffic. It can add a lot of pressure on kids if they are feeling late and rushed.

What to bring – Swim suit or gear they can swim, bike and run in. Goggles and swim caps are optional. Bring their bike and helmet. Bring their running shoes and socks. Pin their Bib # to their shirt, Bike Sticker on their Bike frame and their helmet sticker on the front of their helmet. **Please write your child's name, age group and your cell phone on their bib so we can easily identify them.**

Age-Limits - The upper age limit is 15 years old at the time of the event. There is no set lower age limit but parents/guardians should assess the child's abilities to complete the prescribed course. The Kids Mini Triathlon is designed to be a positive experience and no child should be entered that is not going to benefit from the experience. Being asked to perform beyond one's abilities may not be a positive experience so help them train so they are properly prepared. Give your kids the permission to take breaks or walk if needed. Try not to put too much pressure on them! Make it fun!

Swim Aids: Swim aids such as floatties or flotation vests will be allowed. Fins are not allowed for safety reasons.

Swim Assistance from parent/guardian: Swim assistance is **MANDATORY** during the swim course. **At least one parent/guardian must walk along the shore or beside their child for safety reasons.** Kids can easily touch the bottom, however, this is a river with a current, so **each child must have one adult overseeing them the entire time they are in the water.** In addition, adult volunteers will be in the water for safety. We have never lost a child during the swim and want to maintain our 100% success rate!

Adult Course Assistance: Younger children (6 and under) should be escorted throughout the entire event by a parent/guardian to assure they stay on course and are encouraged. Parents can assist children in the older age groups depending on the child's needs and comfort level. When assisting kids, try to let them do everything by themselves as much as possible (but assistance is allowed to assure a positive experience). It's also helpful to have the parent there to keep younger children on the right side of the trail during the bike portion. **If they will be completing the bike on their own, be sure you discuss with them the importance of staying to the right of the trail and not making any abrupt changes in direction to avoid any bike crashes.**

Training Wheels - Training wheels will be allowed & **Helmets are mandatory!**

Awards. All Kids Tri participants receive a finisher's medal but we will not be timing the race so no overall awards will be given.

We will have a brief meeting for each age group at the stage prior to the start of each Age Group race to assure that athletes and parents know exactly what they need to do!

Thank you so much for being the type of parents that expose your kids to these types of active experiences, helping them to adopt a healthy lifestyle and teaching them that exercise can be fun! Email us at info@whyracingevents.com if you have any further questions.

Yours in health and fitness,

Sherri McMillan and the entire Event Crew
Why Racing Events & Northwest Personal Training