

# Welcome to the HUMBOLDT TRI-KIDS TRIATHLON

## PRE-RACE CHECKLIST:

- Swim setup will be right before your heat. Make sure you have shoes and a towel ready to place at the first transition area.
- Check the map, note the route between the pool and bike transition area.
- Verify your bike route, are you doing the short course or the long course?
- Relay Teams: look for the separate bike transition area just for teams.
- Setup your bike at the bike transition area. Make sure you have:
  - Water Bottle
  - Helmet
- Make sure your race number is on the **front** of your shirt. We need to see it as you finish.
- Do not** tear off the bottom strip from your race number, we will need it at the finish line.
- Make sure your race number and heat are written on **both** arms and legs.

## RACE DAY SCHEDULE:

7:00 – 8:15 AM: Race Check-in (takes at least 15 minutes)

8:00 AM: Pool Warm-ups

8:30 AM: Race Announcements. Meet near the bike transition area.

8:45 AM: ½ Mile Fun-Run for Youths Ages 6 and under. Start near registration.

9:15 AM: 1<sup>st</sup> Heat Starts

## SWIM:

- Swimmers start in heats. After the swim, head over to the first transition area to dry off, put your shoes on and run to the bike transition area.
- Parents: you can pick up items left in the first transition area during the break between the junior and senior heats or after the last senior participant has passed through.
- Photo Op: There is a great viewing/photo area as your competitor comes out of the spa area and as they enter the bike transition area.

## BIKE:

- After you leave the Arcata High parking area, take it nice and slow down the hill!
- Photo Op: watch your competitor leave the bike transition area then follow the course to the top of “the hill” for photos.

## RUN:

- Now is the time to give it everything you got! Run run run!
- Photo Op: At the bike transition area then head over to the finish line!

## POST-RACE:

- Join us after your race for refreshments and awards.
- Check out <http://trikids.com> next week for race photos!