



**MONDAY, AUGUST 3, 2009  
KINGSTON MILITARY COMMUNITY SPORTS CENTRE**

### **RACE INFORMATION**

The Race Committee welcomes you to the 9<sup>th</sup> Annual Kingston Kids' Triathlon. This race was inspired originally by the Olympic courage and glory of Kingstonians Sharon Donnelly and Simon Whitfield at Sydney, Australia in 2000. This race provides an exciting and fun event for the participants and their families. It also proudly donates race proceeds to Kingston children charities.

Thanks for attending, competing, and supporting our race.

We are very pleased to partner with Empire Life again this year. Empire Life has supported this race strongly from its first year, and this year, Empire Life continues to play a major role on the organizing committee. Empire Life is a national Company with its Head Office in Kingston which is respected for its many significant contributions to our local community.

We are also very proud of the supporters of our race and the race volunteers who donate generously their time, energy, enthusiasm, and creative thoughts for the benefit of the athletes and their families.

### **Special Instructions**

**HAVE FUN! BE PROUD!**

We recognize the challenge that each athlete faces in coming to the start line. You are all heroes.

Our goal for the day is for all to have fun and be safe. This race is sanctioned by the Ontario Associations of Athletes. OAT rules govern this race. An OAT official will be on site for our race.

## **Race Kit Pick-up**

You can pick up your race kit on two days.

Saturday, August 1, 2009 at the Kingston Military Community Sports Centre in Kingston between noon and 3:00 p.m.

Monday, August 3, 2009 from 7:00 a.m. until 8:15 a.m. at the race site registration tent. There will be no race kit pick up on Sunday, August 2, 2009.

### **Steps for Race Kit Pick-up**

1. Find your name and race bib number on the posted alphabetical list for each group. Write your bib number on the Legal Release sheet.
2. Verify that your age (as of December 31, 2009) and gender are correct.
3. Exchange your Legal Release signed by the athlete and the legal guardian for your race kit.

**THE ATHLETE AND ONE OF HIS OR HER LEGAL GUARDIANS MUST ATTEND TO PICK UP THE RACE KIT. THE LEGAL RELEASE MUST BE SIGNED BY THE LEGAL GUARDIAN BEFORE A RACE KIT WILL BE PROVIDED TO THE ATHLETE.**

### **Bike Check**

To ensure we can start on time on race day, please take advantage of the pre-race bike check that will be available along with the race kit pick-up on Saturday August 1<sup>st</sup> at the Kingston Military Community Sports Centre. Participants who take advantage of the early bike check will have their name entered into a special prize draw that will take place after the race on Monday.

## Race Day

Arrive early enough to allow yourself time to park, bike check, set up transition, obtain your timing chip, and body mark.

Parking will be toward the back of the facility behind the arena. We expect that there will be no vehicular traffic permitted on the race course. The paved parking areas immediately adjacent to the Sports Centre will be part of our race course and therefore not available for parking.

Prior to entering into the transition zone please be sure that you have your timing chip from SPORTSTAT and that you are body marked. We will verify that all competitors have had their bike and helmet checked. However, each competitor and his legal guardian are solely and strictly responsible for the condition of the athlete's bicycle. We are not in any way warranting or guaranteeing or certifying that the athlete's bike is fit to race. That is the responsibility of the athlete and the legal guardians, alone.

The pre-race meeting will be held at 8:30 a.m. You should be ready to compete by this time.

We will conduct the race in the order of age groups starting with the sub-midgets, then 6 to 7 year olds, then 8 to 9 year olds, then 10 to 11 year olds. We will not start the next age group until the preceding age group has entirely completed the race. We expect that the sub-midgets will start at 9:00 a.m. The 6 to 7 year olds will start at 9:15 a.m. and so on.

We expect that the awards will start around 12:00 noon, outside if the weather permits and in the Field House of the Sports Centre if the weather is inclement.

This race would not take place without the help of our many volunteers who donate their time to help. Please respect them and their efforts. Unsportsmanlike conduct by anyone will not be tolerated and could result in disqualification. We are confident that no such situation shall arise.

**PLEASE NOTE** that we are very fortunate to be permitted to make use of the facilities of the Kingston Military Community Sports Centre. Many people worked hard to ensure that his site is appropriate for our race. Please respect these premises, and do not climb on or damage the aircraft or other memorials on the site.

There are garbage pails located on site for waste (please clean up all of your own personal waste). There are porta potties available on the grounds so please refrain from using the washroom facilities inside the Sports Centre.

**NOTE** – there will not be a food concession on site. There will be drinks and food available for the athletes and some refreshments for volunteers. You must plan on bringing your own refreshments and food for spectators and family members.

The facility is in a location that does not provide much protection from either the sun or rain so please plan accordingly, depending on the weather.

### **The Swim**

All swims will take place in the 8-lane 25 metre pool in the Sports Centre. The sub-midgets will swim 1 width. The remaining age groups will swim 1 length, 2 lengths, and 4 lengths respectively.

Each age group will be marshaled in advance of the heat and pool lane assignments given to each athlete.

**NO SHOES** are permitted on the pool deck. Athletes must leave their shoes outside the entrance / exit door to the pool near the mats or in transition.

### **Bike Course**

We expect that the bike course will be closed to vehicular traffic this year. We are very grateful to all who have accommodated this safety feature.

The 6 to 7 year olds will complete 1 loop of the bike course  
The 8 to 9 year olds will complete 2 loops of the bike course  
The 10 to 11 year olds will complete 3 loops of the bike course.

The turn around location for the next loop for the 2 older age groups will be back near the transition zone in the paved parking lot closest to the Sports Centre. Each athlete must be marked or receive a wrist band to signify that he or she has completed the necessary loops.

There will be no water bottles or water stations on the bike course. Volunteers will direct the athletes along the course.

**Shoe laces** are to be either double knotted or short enough that they will not become entangled in the pedals, crank, chain, or other moving parts on the bicycle.

### **Run Course**

The run course is out and back for each race course. There will be ample water stations available along the run course.

A shirt must be worn on the bike and the run sections of the race.

### **Finish Line**

YOU MADE IT!

Your efforts will be rewarded by a medal presented to you.

GREAT JOB! WELL DONE!

### **Transition Zone**

For safety and security reasons, except during the cycling portion of the race, bikes must remain in the T-Zone until the conclusion of the final race.

### **Awards**

The awards ceremony will take place as soon as we have the results. There will be draw prizes for competitors and for volunteers.

Should you have any questions please ask one of our volunteers who will make sure you get an answer to your question.

HAVE A GREAT DAY!