

2019 TRIKIDS Race Guide

Thank you for registering for the Wasa TriKids Event! This **RACE GUIDE** outlines **important information needed prior to and for race day** for parents and athletes. Such as: race-bag pickup, POD Groups, parking, race schedule, course maps, volunteering and **athlete safety**. Please read carefully.

Parents: we appreciate all you have done to support your child(ren) to take on the challenge of the sport of triathlon. In order to **ensure a safe transition zone**, just prior to the races starting, at 9:25 an announcement will be made "all persons are to leave the transition zone". ONLY Volunteers and race staff are to be in transition when children are racing. We appreciate your understanding and cooperation in helping to ensure a safe transition zone and race course for all our athletes.

- We encourage you to volunteer to be up close to the action and support the racers!
- There are great view areas outside of transition that allow for great photos and cheering.
- Volunteers will assist young racers locate their bike and tie shoes if need. Triathlon is a great opportunity for young athletes to show how amazing they are with very little help.
- We ask that no one enters transition to take finish line photos. After all the races are completed you are free to take athlete photos with their medals at the finish line.
- **Prior to race day**, please discuss with your child about POD group & color, how to set up gear, the race course route and turn-around points, etc.

VOLUNTEER HELP!!! We are still in need of volunteers and need your support!

The Wasa TriKids is as great as its volunteers. If you or any family/friends can volunteer, please sign-up up online at <https://www.volunteersignup.org/D74YF> or contact Barb babfode@shaw.ca. Volunteers receive free BBQ lunch, volunteer shirt and entered to win draw prizes!

TriKids Schedule:

- **8:30-9:15 am** Athlete Check-in and Late Registration
- **9:25 am** Transition Area is cleared & TriKids have their transition spot ready.
- **9:25 am** TriKids report to their color-coded POD group on the grass area.
- **9:30 am** Pre-Race meeting outside of transition on the grass, lake side.
- **9:30 am - race start** Athletes stay with their POD group and leaders & **wear warm clothes over swim gear.**
- **10:00 AM Races START!**

<u>Born</u>	<u>POD</u>	<u>START</u>	<u>SWIM</u>	<u>BIKE</u>	<u>RUN</u>
2014-2015	Purple	10:00am	50m	1.5km	500m
2012-2013	Yellow	10:20am	50m	1.5km	500m
2008-2009	Orange	10:45am	150m	5km	2km
2010-2011	Blue	10:50am	100m	5km	1km
2004-2005	White	11:05am	300m	10km	3km
2006-2007	Green	11:10am	200m	10km	3km

Athlete Check-in and Late Registration:

- **NEW** as of last 2 years->Setting up in transition zone, **TriKids in ALL POD GROUPS must set up in transition in their assigned POD COLOR AREA.** Rack your bike and organize your gear *after* you check-in.
- Check-in from 8:30-9:15 am. **Bring your completed Waiver Form with you.**
- Each racer will receive a swim cap, and a race bib to be worn for the bike/run segments.
- Racers will be guided to the "Body Marking" to have their race # marked on arms and legs.
- Athletes then are to immediately proceed to the Timing Chip pick-up table.
- The timing chip will be velcro'ed to the racer's ankle and will stay on them until after crossing the finish line. Volunteers will assist with removing the timing chip.

Transition Area and Race Information & Rules:

- ALL TriKids will stay with their POD leader from 9:30 am until their race start. The POD leader is a guide for a specific age-group and will go over the race course on site, provide tips, give a race talk, lead a warm-up and address any concerns that athletes may have.
- TriKids race bibs are colored according to their POD group. The race bib must be pinned to their shirt - or secured around their waist with a race belt. The race bib must be worn during bike & run portions of race and be visible from the front.
- At 9:25am transition is closed - TriKids and parents will not be able to wander into transition.
- The following should be set up with the athlete's bike in their **POD colored** transition area:
 - ~ Cycling helmet – mandatory
 - ~ Race number – on front of shirt or race belt
 - ~ Towel or small mat - to keep feet clean
 - ~ Hat & Sunglasses - optional for run
 - ~ Running shoes & (socks optional)
 - ~ Water bottle - water or sports drink
 - ~ Shorts - optional, to pull over swim suit

Note → *Trikids need their goggles & swim caps (and wetsuit if wearing one, we recommend wearing one) with them for the POD meeting at 9:30 am & keep a warm layer over swimsuit.*

- Swimmers may stop and stand during the swim to rest, **but they must NOT move forward while touching the bottom!** ALL racers are expected to **SWIM, NOT RUN.**
- **NOTE:** For younger POD groups water depth will be between armpit and chest deep.
- No lifejackets, swim aids or floatation devices allowed, wetsuits are allowed and recommended. Swimmers age 4-5 are permitted to wear an approved personal floatation device. For age 6 & up, pre-approval from the race director is required for those with a special request. At Check-in, please ask for a RED swim cap if you have a serious concern with a racer during the swim.
- All **PURPLE** POD Trikids will do 5 laps of cycling in the transition area. They are to mount & dismount their bikes in the biking lane near their racking spot.
- **All other Trikids** push their bike to the mount line, and at the end of the ride, push their bike back from the dismount line to their racking spot. Bikes must be racked before removing helmet. All racers will ride outside of the transition area, with the exception of **Yellow POD racers with training wheels** who'll ride 5 laps in transition, for safety reasons.
- Athletes are NOT allowed to wear IPOD's, MP3 players, etc...at any time during their race.
- Bike equipment: for ages 14 and up, draft-legal aero bars and all clip-less pedal systems are permitted. Cage pedals are not permitted at any age. Platform pedals are permitted.
- If any TriKid is unable to complete their event, please report to the race director or staff.

ATHLETE TIPS: WE DO NOT WANT KIDS COLD WHILE IN POD GROUPS WAITING TO RACE!

- ❖ **Bring warm clothing to wear over your swim clothes to wear until your POD is about to start the swim** – there'll be bins available on beach to drop clothing into, parents or racers can claim clothing after the race.
- ❖ Have water to sip on and healthy snacks with you in the morning prior to the event.
- ❖ Bike tires should be pumped and checked, as well as ensuring your bike is in safe condition and set up properly for the racer's body size. Check seat height and lubricate the chain.
- ❖ Set up bike in the racks in an easy gear to allow for a smooth departure.
- ❖ ALL TRIKIDS should be able to race the distances outlined for their POD group – practice!
- ❖ Practice swimming in a lake too to prepare for lake conditions. Wetsuits are recommended.
- ❖ Encourage your child to use the washroom before the race meeting!
- ❖ **HAVE FUN by CHEERING FOR OTHERS TOO!**

POST-RACE LUNCH:

All TriKids are welcome to enjoy the post-race food! At the finish line there will be food consisting of fresh fruit, snacks, water & Gatorade available immediately after each race. Trikids also get to enjoy a catered lunch available at 12 noon. Extra tickets for family and friends can be reserved or purchased by e-mailing charlie@rmevents.com and a limited number of tickets will also be available for purchase at the Volunteer Table.

BIKE WRENCHERS:

Gerick Sports will be available race day in transition for those who may need an emergency/minor fix with their bike. They will not be providing tune-ups or major service work....please ensure you have bikes serviced prior to race day!

PARKING:

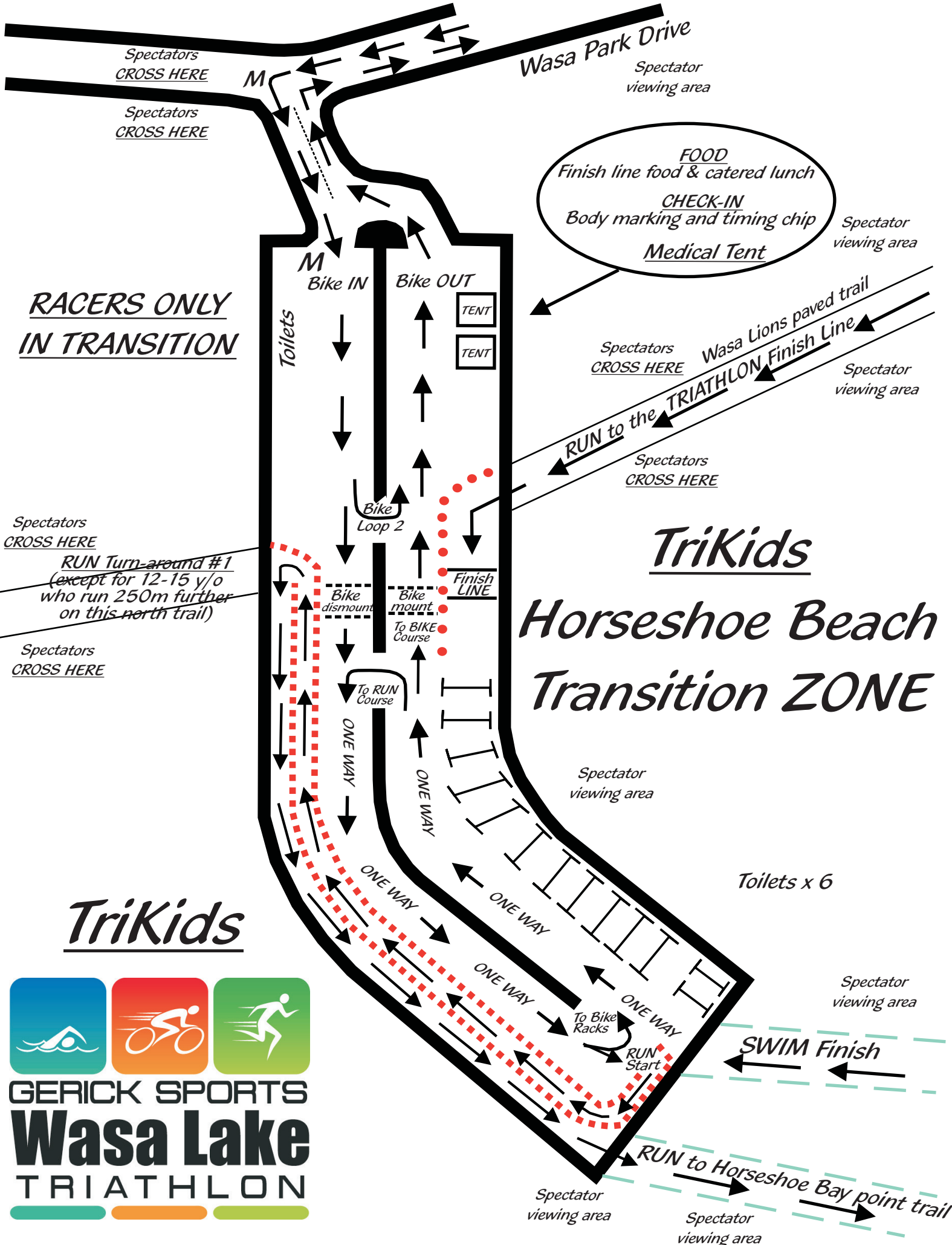
Parents and spectators are to park in the Wasa Lake parking lots. Please do not park on any of the roads or driveways. Grey Change and Main Beach parking lots are north of transition, south of transition is Campers Beach parking lot, the paved trail is easy access to transition. **See the parking map.**

BC Parks: provide us with this opportunity to recreate and celebrate in a very beautiful area of BC. In order for us to host this event at Wasa, we need a Special Park Use Permit. No permit, no race. Thank you all for respecting the following guidelines:

- **Please leave your dog at home,** or keep it away from the race, beaches and Day-Use. Fines will be in effect.
- Late campground check-out: you **MUST** notify staff if you plan on vacating your site past your check-out time. Do this when you check-in.
- Noise: thanks for respecting the quiet hours in the Park.
- Park your vehicle only in designated areas.
- No littering please: treat the Community of Wasa and the Provincial Park like you treat your own property. It's a privilege to race at such a beautiful venue!

HAVE A WONDERFUL RACE DAY! - A positive fun experience is our goal for all TriKids.

THANK YOU FOR BEING A PART OF OUR EVENT...THANK YOU TO EVERYONE WHO VOLUNTEERS AND SUPPORTS THIS EVENT FOR OUR AMAZING TRIKIDS!



RACERS ONLY
IN TRANSITION

TriKids

Horseshoe Beach
Transition ZONE

TriKids



Spectators
CROSS HERE

Spectators
CROSS HERE

Wasa Park Drive

Spectator
viewing area

FOOD
Finish line food & catered lunch

CHECK-IN
Body marking and timing chip

Medical Tent

Spectator
viewing area

Spectators
CROSS HERE

Wasa Lions paved trail

TRIATHLON Finish Line

Spectator
viewing area

RUN to the

Spectators
CROSS HERE

Spectators
CROSS HERE

RUN Turn-around #1
(except for 12-15 y/o
who run 250m further
on this north trail)

Spectators
CROSS HERE

Spectator
viewing area

Toilets x 6

Spectator
viewing area

SWIM Finish

Spectator
viewing area

Spectator
viewing area

RUN to Horseshoe Bay point trail

Trikids Races

- Purple @ 10:00am**
Born 2014-2015
Swim 50 m
Bike 1.5 Km
(5 laps in transition)
Run 500m
- Yellow @ 10:20am**
Born 2012-2013
Swim 50 m
Bike 1.5 Km
(out 750m & back on Wolf Creek)
Run 500m

5 Km bike course
Turn-around
M with radio
Cattle guard covered with secured plywood

Wolf Creek RD
Transition Area
Start/Finish

Parking HERE Please

Provincial Park
Campground

White @ 11:05am
Born 2004-2005

Green @ 11:10am
Born 2006-2007

Orange @ 10:45am
Born 2008-2009

Blue @ 10:50am
Born 2010-2011

Swim 150 m
Bike 5 Km
Run 2Km

Swim 100 m
Bike 5 Km
Run 1 km

Swim 300 m
Bike 10 Km (2 x 5km)
Run 3 Km

Swim 200 m
Bike 10Km (2 x 5km)
Run 3 Km

500m run course TURN (does not incl. Horseshoe point)
1 Km run course TURN (incl. Horseshoe point)
2 Km run course TURN
3 Km run course TURN

Wasa Lake

Swim Parallel to shore

First out-and-back for 3km runners ONLY

Community Hall

Wasa Lake Park Drive

Poplar

Pine

Highway 93/95

Dogwood

WasaPark Drive

Cranbrook

Parking HERE Please

P

To Invermere

GERICK SPORTS
Wasa Lake TRIATHLON





Legend

Run course

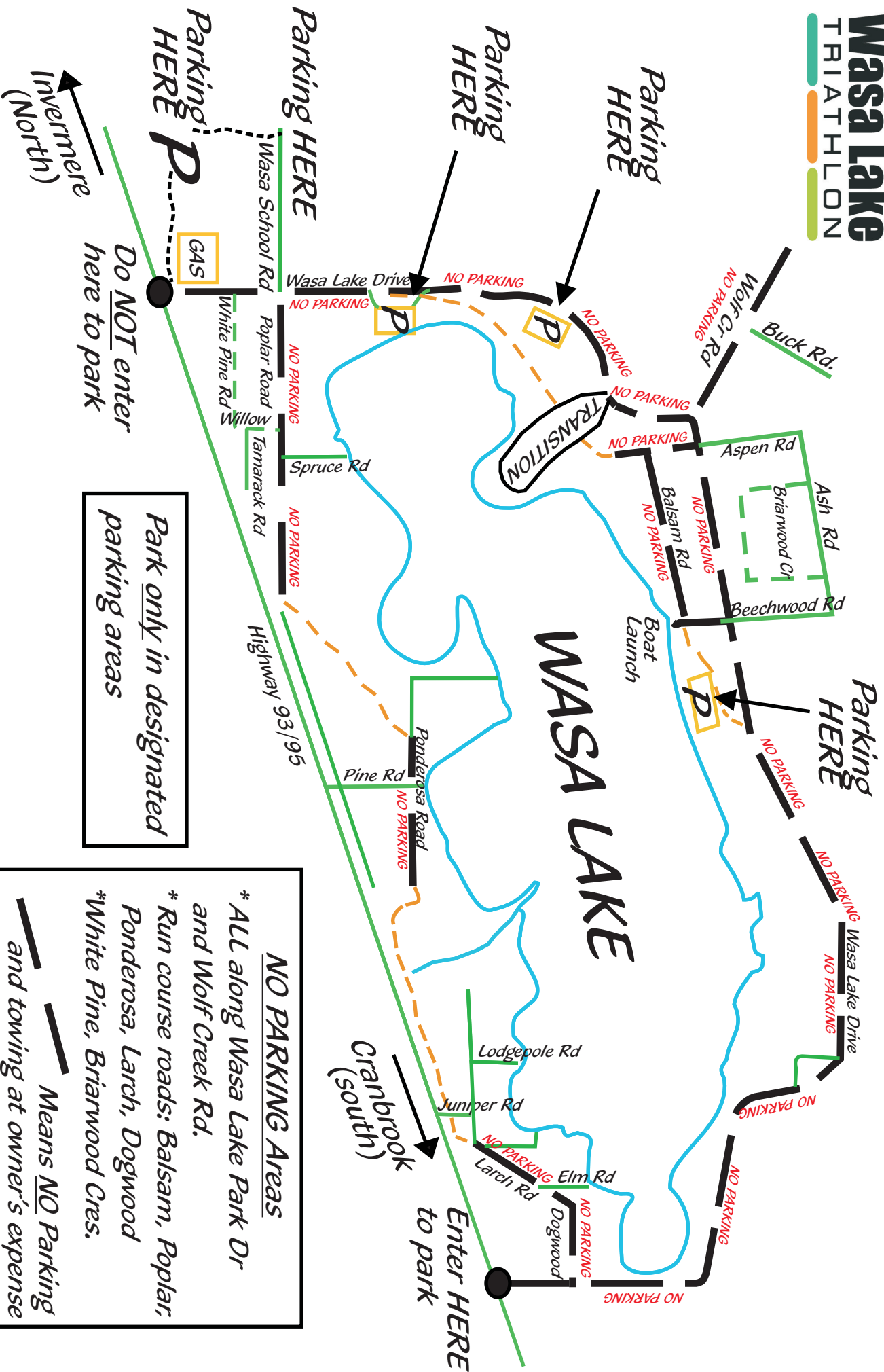
Bike course

M Marshal



GERICK SPORTS
Wasa Lake
TRIATHLON

Parking @ Wasa Triathlon



Park only in designated parking areas

NO PARKING Areas
 * ALL along Wasa Lake Park Dr and Wolf Creek Rd.
 * Run course roads: Balsam, Poplar, Ponderosa, Larch, Dogwood
 * White Pine, Briarwood Cres.
 ————— Means NO Parking and towing at owner's expense

Wasa Triathlon WAIVER

I, the applicant, on behalf of myself, members of my family, my heirs, executors, administrators and assigns, hereby forever release, discharge and hold harmless Triathlon BC (Triathlon BC) representatives and agents for any injury, loss or damage to my person or property howsoever caused, arising out of or in connection with my taking part in Triathlon BC organized events and activities and notwithstanding that the same may have been contributed to or occasioned by the negligence of the Triathlon BC representatives or agents. I acknowledge that I am responsible for the roadworthiness and correct operation of my bicycle. I realize that I may be subject to unannounced drug testing as provided for by Triathlon Canada's agreement with the Canadian Centre for Ethics in Sport. I realize that, due to the endurance nature of the sport of triathlon, participation may result in personal injury to myself. I agree not to sue, and to hold harmless any and all persons, sponsors, volunteers, participants, or RM Events Management for any and all claims or liabilities that I have waived, released or discharged herein. I fully acknowledge my acceptance of the above.

In witness thereof, I have hereunder set my hand this date: _____, _____

Printed Name

Signature

Signature of Parent/Guardian if Under 19 years of age

Witness Name

Witness Signature