

2016 INFORMATION FOR YOUTH TRIATHLON

Please review the general information on the adult Race Information sheet.

There will be a prerace meeting for all kids at 0945 at the transition area. The course routes and other procedures will be explained at this time.

SWIM: The swim is 100 yards. There will be volunteers on hand to provide assistance if needed. See below for information on life jackets, parents swimming with their kids, etc.

BIKE AND RUN COURSES: The youth bike course will use the same path as the run course. Kids will bike out 1.55 miles and turn around, 3.1 miles total. The course will be marked and there will be volunteers along the course. The kids must walk their bikes out of the transition area. They will be directed to a bike mount/dismount line. Kids need to make sure they stay to the right on the path. There are a few blind turns and sharp turns, so they must bike at an appropriate speed for this course. Be aware that there will be adult runners on the course. If a youth wants to pass a cyclist or runner, they need to make sure it is safe to do so, and they should call out "On your left" or something similar to the person they are overtaking to alert them. There are a few vehicle crossings into parking areas and the Cascade campground that intersect the bike path. There will be a volunteer at two of these crossings. Kids need to look both ways when they come to these crossings. If a parent bikes with their child, they **MUST** ride single file.

PARENTS AND SPECTATORS MUST STAY OUT OF THE TRANSITION AREAS. This is a very congested area and for safety reasons only triathletes are allowed in the transition areas.

AGES 7-11: The youth triathlon is a recreational, non-competitive event for kids 7-11 years old. Everyone will get a finisher's medal, but we are not handing out first place awards for this age group. This is meant to be a fun event, and to give kids a chance to try something new. Life jackets will be allowed. Parents are welcome to swim, bike and/or run with their kids. If you elect to do so, please start at the back of the swimmers. We also ask that parents stay out of the transition area. If you are biking or running with your child, meet them outside the kids' transition area. **AND PLEASE DO NOT CROSS THE FINISH LINE WITH YOUR CHILD. DOING SO WILL CAUSE MAJOR DIFFICULTIES FOR THE TIMERS.**

AGES 12-14: Kids in this age group can compete for a first place award. Since this is a competitive event for this age group, no outside help is allowed. This means no life jackets or swim aids, no help in transition, etc. Parents cannot accompany kids who are competing for awards.

Have fun!