

PACIFIC CREST KIDS EVENTS

Instructions for Parents

We've got to start them young! Our Kids Splash, Pedal & Dash and our ½ mile and 1 mile Kids Dash events accomplish two things. First, we introduce our kiddos to running, multi-sport and a fun, active lifestyle and secondly, we teach our kids how to give back because 100% of the proceeds from their participation in these events supports Care for Kids, and serves approximately 2,000 kids under the age of 18 in the area between Bend and La Pine, Oregon. Funds raised support many children's activities including: Healthy Beginnings free health screenings; New Generations low-income day care; enhanced science and math programs and field trips for the local K-8 public school; grants to offset "pay-to-play" activities fees for low-income kids to participate in school athletics; grants to local 4-H clubs, Boy Scouts, Lego Robotics competition, building bus stop shelters and providing scholarships for parenting classes. If you haven't done so yet, register your Kids for these events and provide them incredible Pacific Crest racing memories too!

KIDS SPLASH PEDAL-N-DASH – ages 12 & under

- **Splash Pedal-n-Dash starts at the SHARC**, within walking distance of the Athletes Village along Beaver Drive starting at 4pm on Friday.
- **It is a fun, short race** with kids starting by maneuvering through an inflatable obstacle course. Then they're directed to the parking lot transition area to get their bikes and ride to the Community Church parking lot. They will enter the transition area at the church, drop their bikes, and are directed out to the run path along Abbot Drive to the finish line.
- **Splash Pedal-n-Dash finishes at the Athletes Village** through the same Finish line that all the athletes will cross to the roar of the crowds making the kids feel super special as they receive their finisher's medal!
- **The Splash Pedal-n-Dash is a timed but non-competitive, fun event!**
- **Packet Pickup** – Pickup your Child's packet and/or register for the Kids races on Friday between 10am-3pm in the Village at the PPU/Registration tent. Try not to leave this until the last minute because there's a lot to get organized and you want this to be fun and stress-free for your child. We try to make this feel like a real event with body marking and bike & helmet stickers.
- **Bikes may be dropped off at the SHARC back parking lot from 1:30pm to 3:45pm but you may not park your car there.**
- 5 different age divisions –
 - **Group 1:** Age 11 & 12 (no parents)
 - **Group 2:** Age 9 & 10 (no parents)
 - **Group 3:** Age 7 & 8 (no parents)
 - **Group 4:** Age 5 & 6: (no parents / exceptions made for children not ready to venture out on their own – just speak to a Race official)
 - **Group 5:** Age 4 & Under (with parents) – Parents walk beside pools and stay with kids on course.
- The Splash, Pedal & Dash schedule is below.
 - Friday at 1:30pm Transition area at SHARC opens for bike check-in. Volunteers will help direct you where to place your child's bike on the parking line behind their age cone. Handlebars should be facing north for ages 9 to 12, and south for

ages 4 to 8. **Please hold onto your child's bike helmet, as they will need to wear it at the start of the Splash.**

- 3:45pm Transition area closes. All bikes must be staged in the transition area at this time. All kids and parents should be in the spectator area in the SHARC Amphitheater. **Please do not climb over, under or through the fencing/flagging.** Bikes not placed in transition area by this time are not allowed and must be held by the parent until their child completes the splash. The parent is then allowed to hold the bike for the child at end of the pools. The child must walk it back into transition and to the appropriate exit out of the parking lot.
- All Kids start in a time-trial format, two at a time through the slide/wading pools. **Kids must have their SHOES, BIB AND BIKE HELMET ON TO START.**
- Before the race, please don't allow your child to get close to the timing mats by the pools, as their time will be activated.
- If you want two of your children to go together, but they are in different groups, please choose the younger group to start.
- Parents are allowed to watch and take pictures from behind the fencing during the splash and as they begin the bike leg of the race. Parents may meet up with their child on the run course, or take the Beaver Drive path to village to meet at the Finish Line. Always use gates to cross the course, and don't cross over, through or under any fencing. This allows for the safest environment for all.
- It is best to divide and conquer this race if possible. For example, one parent is at the start with their child while another parent/family/friend is at the finish line to capture photos and congratulate your athlete! It's very difficult to start with your child and make it to the finish line by the time they finish – especially with the older, faster kids!
- **Safety Tip:** Write your child's name & your cell phone number on back of children's bib.
- **Maps will be provided at the Packet Pickup/Registration** tent in Athletes Village or you can download them from our website. Our Kids races are well-monitored and take place on the wide, paved bike paths.
- Bikes may be picked up from the Community Church parking lot transition area after the event is completed.

KIDS DASH - ½ Mile & 1 mile distance - Sunday at 8am

- **Kids Dash events start and finish at the Athletes Village** through the same Finish line arch that all the athletes will cross to the roar of the crowds making the kids feel super special as they receive their finisher's medal! Meet at the arch about 20-30 minutes prior to the start of the races to get organized and for race instructions.
- **The Kids Dash events are non-competitive & fun! If your child requires more of a challenge, feel free to sign them up for the 5k!**
- **Packet Pickup** – Pickup your Child's packet and/or register for the Kids Dash runs on Friday, Saturday or Sunday (at least 30 minutes prior to the start of the race) in the Village at the designated time listed on the Master Schedule. Try not to leave this until the last minute because there's a lot to get organized and you want this to be fun and stress-free for your child.
- Maps will be provided at the Packet Pickup/Registration tent or you can download from our website. Our Kids races are well-monitored and take place on the wide, paved bike paths.