

Hello Parents,

We hope your little athletes are getting excited for their upcoming Kids Triathlon. I know we are! It is always so wonderful to see children being exposed to exercise and sport at such an early age! We wanted to take a moment to let you know about a few details before race day. We have designated different start times for the various age groups to maximize safety for all the kids. **But please know that even if your kids aren't starting until later, we want you at the park before 6pm to assure we minimize park traffic while kids are racing.**

**It's looking like it's going to be warm, so please start hydrating your kids now and make sure they're not in the sun too much before their race.**

**Friday August 18<sup>th</sup>:**

Kids 6 and under: 6:00pm  
Kids 7-10 years: 6:30pm (approx.)  
Kids 11-15 years: 7:00pm (approx.)

The attached map will provide you a general overview of each swim, bike, and run course. You can also view the courses by visiting the online maps below.

**Swim Distance:**

6 and under - 25 yard swim (.01 miles)  
[www.usatf.org/routes/view.asp?rID=565431](http://www.usatf.org/routes/view.asp?rID=565431)

7-10 years – 100 yard swim (.05 miles)  
[www.usatf.org/routes/view.asp?rID=565432](http://www.usatf.org/routes/view.asp?rID=565432)

11-15 years – 200 yard swim (.11 miles)  
[www.usatf.org/routes/view.asp?rID=565433](http://www.usatf.org/routes/view.asp?rID=565433)

**Bike Distance:**

6 and under – 1 mile Bike (for the older kids in this group...but for the little toddlers, feel free to reduce this to 1, 2 or 3 laps versus 4 laps so they have fun!)  
<http://www.usatf.org/routes/view.asp?rID=565434>

7- 10 years – 2 mile Bike  
[www.usatf.org/routes/view.asp?rID=565435](http://www.usatf.org/routes/view.asp?rID=565435)

11-15 years – 3 mile Bike  
[www.usatf.org/routes/view.asp?rID=565438](http://www.usatf.org/routes/view.asp?rID=565438)

**Run Distance:**

6 and under .25 miles  
[www.usatf.org/routes/view.asp?rID=565430](http://www.usatf.org/routes/view.asp?rID=565430)

7-10 years - .45 miles  
[www.usatf.org/routes/view.asp?rID=565429](http://www.usatf.org/routes/view.asp?rID=565429)

11-15 years - .55 miles  
[www.usatf.org/routes/view.asp?rID=565428](http://www.usatf.org/routes/view.asp?rID=565428)

**Registration Kit Pick-up:** Goody bags & Bib Numbers for the Kids Tri can be picked up at the following times:

**Thursday, August 17th from 4pm-7pm at Fleet Feet Sports Portland**  
**Location, 2258 NW Raleigh Street, Portland, OR, 503-525-2122**

**Friday, August 18th from 10am-2pm at Fleet Feet Sports Vancouver, 16020**  
**SE Mill Plain Blvd. #113, Vancouver, WA 98684, 360-885-4556**

**Friday, August 18th from 4pm-5:30pm - At the race venue (focusing on Kids**  
**events) Frenchmans Bar 9612 NW Lower River Road, Vancouver, WA 98660**

**Guidelines and requirements for athletes:**

**Set up** – Be there early to help your kids set up their transition area. You will set up their equipment in the adult transition area in their designated age group spots. It's a Friday night so be sure to leave enough time to account for traffic. It can add a lot of pressure on kids if they are feeling late and rushed.

**What to bring** – Swim suit or gear they can swim, bike and run in. Goggles and swim caps are optional. Bring their bike and helmet. Bring their running shoes and socks. Pin their Bib # to their shirt, Bike Sticker on their Bike frame and their helmet sticker on the front of their helmet. Since the 11-15 years olds will be timed, they will need to wear the timing trip around their ankle. **Please write your child's name, age group and your cell phone on their bib so we can easily identify them.**

**Age-Limits** - The upper age limit is 15 years old at the time of the event. There is no set lower age limit but parents/guardians should assess the child's abilities to complete the prescribed course. The Kids Mini Triathlon is designed to be a positive experience and no child should be entered that is not going to benefit from the experience. Being asked to perform beyond one's abilities may not be a positive experience so help them train so they are properly prepared. Give your kids the permission to take breaks or walk if needed. Try not to put too much pressure on them! Make it fun!

**Swim Aids:** Swim aids such as floatties or flotation vests will be allowed. Fins are not allowed for safety reasons.

**Swim Assistance from parent/guardian:** Swim assistance is **MANDATORY** during the swim course. **At least one parent/guardian must walk along the shore or beside their child for safety reasons.** Kids can easily touch the bottom, however, this is a river with a current, so **each child must have one adult overseeing them the entire time they are in the water.** In addition, adult volunteers will be in the water for safety. We have never lost a child during the swim and want to maintain our 100% success rate!

**Adult Course Assistance:** Younger children (6 and under) should be assisted throughout the entire event by a parent/guardian to ensure they stay on course and are encouraged. Parents can assist older children in the 7-10 age group depending on the child's need. Parents cannot assist the older children in the 11-15 age group since this category will be timed. When assisting kids, try to let them do everything by themselves as much as possible (but assistance is allowed to ensure a positive experience). It's also helpful to have the parent there to keep younger children on the right side of the trail during the bike portion. **If they will be completing the bike on their own, be sure you discuss with them the importance of staying to the right of the trail and not making any abrupt changes in direction to avoid any bike crashes.**

**Training Wheels** - Training wheels will be allowed & **Helmets are mandatory!**

**Awards.** All Kids Tri participants receive a finisher's medal. The 10 and under age groups will not be timed and no placement awards will be given to this group. The 11-15 year old Age Category will be timed and awards will be given to the Top 3 Boys and Girls in this group.

**We will have a brief meeting for each age group at the stage prior to the start of each Age Group race to assure that athletes and parents know exactly what they need to do!**

Thank you so much for being the type of parents that expose your kids to these types of active experiences, helping them to adopt a healthy lifestyle and learning to love to move their bodies and teaching them the importance of giving back! 100% of the proceeds of the Kids Triathlon is going to Children's Center to help kids that are going through some really tough stuff so thank you for enrolling your kids! Email us at [info@whyracingevents.com](mailto:info@whyracingevents.com) if you have any further questions.

Yours in health and fitness,

Sherri McMillan and the entire Event Crew  
Why Racing Events & Northwest Personal Training