

Race Rules and Instructions

North Park

Before the Race

1. Sign in at the ATHLETE REGISTRATION table according to your age and receive your packet.
2. Get your BODY MARKED with your age, heat letter and race number.
3. Parent/guardian must place your TIMING CHIP on your ankle. **Please make sure that your “chip” is secure. You will be responsible for a lost or stolen timing chip.** Stay a safe distance from all timing pads to ensure that you do not set off your chip prior to race start.
4. Inspect your bike, check your tires, make sure your helmet fits properly.
5. Set up your bike and run gear at your assigned TRANSITION SPOT. Water will be available on the run course and at the finish. You may want to have a water bottle at the transition area. **Water bottles will NOT be permitted on the course except for the YOUTH RACE.**

We will sing the Star Spangled Banner by the pool side at 7:45 am sharp!

Swim

- Prior to the swim start, please check that your chip is securely fastened.
- Your heat and lane assignments are written on a label attached to your race bag. The first heat will begin at 8:00 am. There will be approximately 20 swimmers per heat and we will assign spots poolside. There will be lifeguards in the pool to assist swimmers in need.
- Athletes will start in the water. Wait for the whistle.
 - 7, 8, 9 year olds swim one width (50 meters).
 - 10, 11, 12 year olds swim two widths (100 meters).
 - 13-15 year olds will swim four laps (eight widths/400 meters). Swimmers starting on the near side of the pool will run around the designated cone before running to transition.
- Lifeguards and volunteers will assist you out of the pool if you are unable to climb out on your own. There is a ledge to climb onto while exiting the pool. Do not cross lanes to exit the pool.
- Run through the CHUTE to the TRANSITION AREA. Be sure to cross the electronic mat!

Bike

- HELMETS MUST BE WORN- no exceptions.
- You must WALK your bike out of the transition area and mount outside of the transition area.
- Stay to the RIGHT SIDE of the road when riding. Be safe and pass politely on the left.
 - 7, 8, 9 year olds will leave the transition area toward the ball fields, bike ONE SMALL CIRCUIT (1 mile) and return directly back to the transition.
 - 10, 11, 12 year olds will leave the transition toward the ball fields, bike ONE LONG CIRCUIT (1.4 mile). When approaching the pool, athletes will veer to the RIGHT. Making a U-TURN behind the pool, they will return back to the transition area.
 - 13-15 year olds will leave the transition area towards the ball field, bike THREE LARGE CIRCUITS and return to the transition. Youth racers must cross over the bike timing mat 2 times. Athletes that do not complete 3 CIRCUITS will be disqualified. Drafting is permitted in the youth race.
- Return to the transition area; dismount your bike when instructed by volunteers and walk back to your transition spot.

Run

- All runners will leave the transition area, run a short distance in the parking lot (in the same direction as the bike course), run across a short grassy area, and make a right onto the trail. Runners must stay TO THE LEFT when running on the trail.
 - 7, 8, 9 year olds will turn around at the water station at the ¼ MILE mark and return to the FINISH LINE.
 - 10, 11, 12 year olds will turn around at the water station at the ½ MILE mark and return to the FINISH LINE.
 - 13-15 year olds will run past the water station at the ½ mile mark and turn around at the water station at the ONE MILE mark and return to the FINISH LINE.
- Volunteers will be in eyesight of children at all times and will direct them to turn around at the appropriate time. .
- It is okay to walk as long as you...**Have FUN and FINISH!**

Spectator Rules

The race is broken down into three age categories.

1. 7, 8, 9 year olds
2. 10, 11, 12 year olds
3. Youth Race: 13-15 year olds

There will be a 20-40 minute pause in the race and an awards ceremony after each category. The next race will begin *before* the conclusion of the awards ceremony. Families will be allowed to clear out the transition spot and leave the park, but only after the last athlete of each category has completed the race. (ie. 7 year olds must wait for the last 10 year old to finish prior to leaving, but they do not need to wait for the entire event to end.) The end of each race will depend entirely on how many athletes register for the event and cannot be determined or estimated in advance as we allow for race day registration.

We have changed the race course for 2011 to allow for this to be possible.

Please remember:

- **PARENTS and spectators must remain OUTSIDE of the race course at all times during the race.**
- **Please use the designated race crossing areas.** Use caution when crossing the race course as there will be other children in front of and behind your child that you may not see.
- Parents are not allowed to help any athlete at any point during the race. Please notify a volunteer if you think your child needs additional assistance.
- Please be respectful of other children during the race, *especially* after your child has completed the event!!
- No dogs are permitted in the park during the race.
- Police and volunteers are here to keep all of the children safe and to ensure the event runs smoothly. Please thank them for their time!

THANK YOU for allowing your child to participate in this great event! We will have around 500 athletes crossing the finish line on race day. It is the job of the race director, volunteers, police and **PARENTS LIKE YOU** to ensure that each child has a safe and fair chance to do their best!