

RACE REMINDERS CHECKLIST

North Park

******Please bring this with you on Race Day******

Before Race Day

- Review all **Race Rules**
- Attend “race and rules overview” meeting **Friday August 6th at 6:30 pm.**
- Inspect your bike (Check your tires, check your brakes, and make sure your helmet fits properly). **Top Gear Bike Shop** will be present at the race and will be available for a bike safety check prior to the race!
- Pack sunscreen and a pre-race snack if you need one. Refreshments will be available **AFTER** you have completed the race.

Race Day

- Check in at the **Registration Table** and receive your race packet and t-shirt.
 - Get your body marked with your race number and heat letter.
 - Set up your bike and run gear in the transition area
 - You may want to have a water bottle at your transition area, but it will not be permitted on the course (volunteers hand out water on run course and at finish line)
 - Place your timing chip on your ankle (parents or an adult should help)
 - Make sure your chip is secure. You will be responsible for lost or stolen timing chips!
 - Stay a safe distance from timing pads to avoid setting off your chip prior to start
 - Proceed to the pool area. Make sure to arrive at the pool at least 15 minutes before your heat is to start.
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North Park Information

Location: South Ridge Road at Hemlock Drive
Township of McCandless
Allison Park, PA 15101

Please remember:

- **Parents must remain outside of the transition area and off of the entire race course during the race.**
- If you wish to cross the race course, please find a volunteer at one of the designated areas to ensure that you are not interrupting another child's progress.
- **Parents are not allowed to help any athlete at any point during the race.**
- Please direct all questions to one of our volunteers who will be wearing brightly colored Kids Triathlon T-shirts.
- No unsafe or unsportsmanlike conduct will be permitted at any point in the race.

** Course patrol volunteers reserve the right to disqualify any participant failing to follow these rules **

NEW IN 2010!!

Lend a Hand with Habitat

- Athletes (and siblings) are encouraged to visit the "lend a hand" station on race day. Add your painted hand print to a 2"x4" that will be used to construct an actual Habitat for Humanity home in Pittsburgh!

Tie Dye your Race Shirt

- Create a truly unique Kids Triathlon T-shirt by tie dyeing it during race day! Visit the tie dye stand, choose the pattern and the colors and our volunteers will tie dye your race shirt for you.

Take home a Habitat Playhouse

- Students from the University of Pittsburgh's Habitat Chapter will be on site during the race building a playhouse. Watch them put together a back yard playhouse that we will raffle off at the end of the race day. Tickets will be sold at the VIP tent for \$5 each or 5 tickets for \$20.

Join our Facebook page!

- Find us on Facebook to add your pictures, share your thoughts with our Triathlon team and stay updated with the race all year.
 - <http://www.facebook.com/pages/Habitat-for-Humanity-Kids-Triathlon>