

## Letter to Parents and Racers

We are so excited about the race and hope that you all are too! Here is some information to help you and your children prepare for race day.

**Sunday June 24<sup>th</sup>, 2018 at 103 Valhi Blvd The Bayouland YMCA**

**Packet pick up at Academy Sports and Outdoors on Friday June 22<sup>nd</sup> 6:30pm-8:30pm and Saturday, June 23<sup>rd</sup> 3:00pm-6:00pm.**

1777 Martin Luther King Blvd  
Houma, La 70360 (985) 858-2500



**\* You can also pick up your packet Race morning on site from 6:15am-7:00am.**

Your packet contains the race number, sticker to be worn on the front of the bike helmet, and T-shirt. The sticker on the helmet and the colored race number coordinate with the colored turn around signs on the bike and run course. Because the courses are out and back, athletes will make the turn around in the street in orange netted “chutes” that volunteers will be directing them into to the left towards the center line in the road. There will be 14 ft. vertical flags which also coordinate to athlete designated age group colors. When your child sees the flag that is the same color as their bib and helmet sticker, this is where they will turn around. Please talk to your child about looking for their colored sign so they can expect when to turn appropriately, as they will be disqualified for cutting the race course too short for turning too soon. The timing chip will show if an athlete has turned too soon. The vertical flags should eliminate turning too soon this year, so please prepare your child for what to look for on the course. Please also talk to them about looking for the volunteers and letting them direct properly so all of the kids remain safe. All turn around have volunteers and chutes, so no athlete should turn around unless volunteers are there. The run course will have colored traffic cones coordinating to the designated age group colors. Colors are as follows:

White	3-4 Year Olds
Green	5-6 Year Olds
Pink	7-8 Year Olds
Blue	9-11 Year Olds
Orange	12-14 Year Olds
Yellow	Medical

## Race Day Schedule

**Parking:** You may park in the field to the left of the YMCA (closest to Civic Center Blvd). Please do not park in the parking lot of the YMCA as this is the 3-4 yr old bike course.

**6:15** Packet pick up and Body Marking. The transition area will be open at this time and will be located to the right of the YMCA. Each age division will have a section in the transition area that will be marked with signs and volunteers on hand to direct you to the proper location. Please keep the transition area neat and your things as close to your bike as possible. A full water bottle here is advisable so the children can hydrate after the swim and bike. You can find tips on transition area set up on the website as well. Parents are allowed in transition area to assist set up, but once the transition area closes for the race starts, only volunteers and athletes will be allowed. Pick up Your Timing Chip and place on the left ankle with the chip facing out. **Remember that your child's age for this race and according to USAT is the age they will be on 12/31/2018 and not necessarily their age on race day. That is the age you should tell the person body marking so that there is no confusion on where to go in transition.**

**7:10** Transition area closes and meet at the pool for line up and briefing.

**7:30** First swimmer in the water

**Note:** We will start the 3-4 year olds first and will not start the next age group until all of the 3-4 year olds have cleared transition and are on the bike course. This is for their safety so that older kids do not run over them in the transition area. One parent for each of these children will be allowed to assist their transition. Floaties are allowed for this age group. They are also allowed training wheels and parents can run beside them on the bike course to assure their confidence and safety. At the end of the bike route is bike drop off, where they will leave their bikes on the grass and run out and back in the grass to the parking lot for the Finish Line. Volunteers will be at the area of bike drop off to assist this process.

We will start the oldest age group (12-14) next as they will have faster bikes and we want to ensure safety on the course for younger children. There will be a 5 minute break in between age divisions to allow more time for older kids to clear turn around before the younger children are on the bike course. The next division is the 9-11 year old group, then 7-8 and lastly 5-6 year olds. 5-6 year olds will be allowed training wheels.

**No biker will be allowed on the bike course without a helmet. Absolutely NO exceptions! The chin strap must be fastened.** Please make sure the sticker in the packet is affixed to the front of the helmet to assist volunteers in properly turning them around. Talk to your child about which color to look for at the turn and which turn will be theirs. For example, the 5-6 year olds will look for the first turn section, the 7-8 year olds will look for the second, 9-11 will look for the third, and the 12-14 year olds go to the last.

On the run course, the 5-6 and 7-8 year olds have the same turn around and will see both a green and pink cone. 9-11 year olds should look for the second turn at blue and 12-14 go to the orange cone.

**Race numbers must be visible in the front on the run course.** This is important for their proper turn, as volunteers are spotting the colored bib number. This is how volunteers know who needs to turn in the appropriate age division.

**Water stations:** Water will be available on the run course only at the “Run Out”, before the 5-8 year old turn and before the 9-11 year old turn. Water tables will be set in the middle of the road and therefore will be available going out and coming back in. I would suggest just a few sips and dump the rest on the head, as they will be uncomfortable running with a belly full of water.

*Please keep in mind that even though it is a competitive sport, this is the first triathlon for most of the athletes and everyone should be encouraged and cheered on.*

**Race Etiquette:** For the safety of all athletes, please talk to your child about riding the bike as far to the right as possible and to focus on the course. If they are all over the road, the rider behind can't be sure where to go when passing and it will cause a crash. When passing a rider, call out “On Your Left” as you pass to the left. After passing a rider look to be sure you have cleared their bike completely and then make your way over to the right. If you are being passed, USAT rules state that you must let the rider pass. DO NOT attempt to race that rider to avoid being passed. After their pass has been made you may attempt to pass that rider. When you are being chuted for a turn around, be sure to look over your left shoulder to ensure you are not cutting off another rider and follow the volunteer's instruction into the chute. Please maintain sportsmanlike conduct at all times.

Awards and door prizes will be given out after the last racer finishes. The children will receive a Smoothie King Angel Food smoothie or may get a chocolate milk, courtesy of McDonald's, after crossing the finish line and receiving their medal.

**Academy Sports and Outdoors will have a tent with spare accessories, tubes, helmets and to assist with any needs. BG Bicycles will also be available for any needs.**

**Parents:** Please keep in mind that even though it is a competitive sport, this is the first triathlon for most of the athletes and everyone should be encouraged and cheered on. These kids will be very proud of finishing, no matter what their time or placement, so please keep it a positive atmosphere for all.

Please understand that our focus is on the safety of all of the children. Putting on a race like this is complicated and we are doing our best to ensure a safe and fun race. We want this to be a positive experience for all of our young athletes, so please be encouraging to everyone racing. Any comments or issues can be discussed with the race directors after the finish of the race. We will have a doctor on site for any medical issues that may arise.

**The bathrooms by the pool will be open for use and we will have 2 port-o-pottys on site as well.**