



Colin's Hope Kids Triathlon  
Event Guide  
September 10, 2017



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## IMPORTANT USA TRIATHLON INFORMATION

1. The USAT (USA Triathlon) racing age policy states athletes must participate and compete in the age group division corresponding to the athlete's age on December 31 of the year of the event.

### AGE GROUP DIVISIONS

Rookies (ages 5-6)

Juniors (ages 7-10)

Seniors (ages 11-15)

Elite Wave (ages 9-15)\*

\* Elite wave will consist of all ages 9-15. Awards for top three finishers (ages 9-11 and 12-15)

2. As a USAT Sanctioned event, all participants are required to purchase a USAT Membership/Insurance License. The License (\$10) can be purchased online ([www.teamusa.org/usa-triathlon/membership-services/join-or-renew](http://www.teamusa.org/usa-triathlon/membership-services/join-or-renew)) or can be purchased at packet pick-up (via cash or check ONLY) before the event.

**NOTE: CREDIT CARDS ARE NOT ACCEPTED FOR LICENSES at Packet Pickup. Check or cash only.**

3. There is a mandatory packet pick-up on Saturday, September 9 from 1-5pm at Lake Pointe Swim Center



## OVERVIEW OF COLIN'S HOPE KIDS TRIATHLON

The Colin's Hope Triathlon is a non-competitive event for kids ages 5-15. However, this year we are introducing an Elite Wave\* for more experienced and competitive athletes. A triathlon is a swim, bike and run event. **NO EXPERIENCE IS NECESSARY.** Participants are divided into age group divisions based on their age, and waves based on gender. Each wave will completely finish the swim before the next wave enters the water. This will allow spectators to watch all of the three disciplines (swim, bike, run).

There will be NO team competition at the Colin's Hope Kids Triathlon. This event is designed to build confidence by allowing each participant to complete all three disciplines on their own. Each athlete will receive a T-shirt, goody bag and finishers medal. Age-group awards and prizes for top pledge raisers.

This is a fantastic opportunity for your child to participate in an enjoyable, low-key, life-experience through athletics. The objective is to encourage self-confidence, good health and community spirit through participation as we raise awareness for swim safety and drowning prevention. SAFETY, FUN, and a BEST DAY EVER for your young athletes are our top priorities!

\* The Elite Wave is designated for more experienced triathletes wishing to compete against other experienced triathletes. There are no age groups or age group awards, only overall awards. This wave will start after the Rookies and before the Junior and Senior events.

The event is limited to the first 400 registrants. Register early, last year's event sold out very, very quickly!



## EVENT INFORMATION

### DATE

Sunday, September 10, 2017

### TIME

7:00 am – Noon\*  
See schedule for specific details

### LOCATION

Lake Pointe Swim Center  
11700 Sonoma Drive  
Austin, TX 78738



### DISTANCES

| Age Group Division | Swim       | Bike      | Run        |
|--------------------|------------|-----------|------------|
| Rookies 5-6        | 25 Meters  | 0.5 Miles | 500 Meters |
| Juniors 7-10       | 100 Meters | 2.2 Miles | 0.6 Miles  |
| Seniors 11-15      | 200 Meters | 4.4 Miles | 1.2 Miles  |
| Elite Wave 9-15    | 200 Meters | 4.4 Miles | 1.2 Miles  |

*The USAT (USA Triathlon) racing age policy states athletes must participate and compete in the age group division corresponding to the athlete's age on December 31 of the year of the event.*

## FEES

Registration (\$50-\$75)

Rookies \$50

Juniors \$50

Seniors \$50

Elite Wave \$75

All participants will receive a swim cap, t-shirt, finishers medal and goody bag at packet pickup.

Elite Wave includes dedicated swim wave, closed course, and designated swim cap.

USAT License (\$10)

All participants are required to purchase a USAT Membership/ Insurance License. The USAT License can be purchased online ([www.teamusa.org/USA-Triathlon/Membership-Services/Join-or-Renew](http://www.teamusa.org/USA-Triathlon/Membership-Services/Join-or-Renew)) or at Packet Pickup (via Check or Cash) – Credit Cards are not accepted for Licenses at Packet Pickup. Bring receipt to Packet Pickup if purchased online.

## REGISTRATION

Online: [www.colinshope.org](http://www.colinshope.org)

The event is limited to the first 400 participants

## PACKET PICKUP (MANDATORY)

Date: Saturday, September 9, 2017

Time: 1 – 5pm

Location: Lake Pointe Swim Center  
11700 Sonoma Dr.  
Austin, TX 78738

## TIMING

This is a chip timed event. Chips will be provided and personal timing chips cannot be substituted.

Participants must wear their timing chip at all times during the event or they will not receive a time or qualify for awards. Results will be posted at the event and on the website post-race.

## MEDALS/AWARDS

All participants will receive a finishers medal. Age-group (by gender) awards will be awarded to the top three finishers (ages 5-6, 7-8, 9-10, 11-12, 13-15). Elite Wave top three finishers (ages 9-11 and 12-15).

## COURSE MAPS

Course maps are located in the last section of this document.

## EVENT DAY INFORMATION

### SCHEDULE

- 7:00 am Transition area open and body marking. Late packet pickup.
- 8:00 am Transitions closes for Rookies. MANDATORY Rookie and parent briefing in transition area.
- 8:15 am Rookie waves starts
- 8:30 am Transition closes for Junior, Senior, Elite. MANDATORY athlete briefing in transition area.
- 9:00 am Elite wave start

9:30 am Junior and Senior waves start

*Participants must start with their assigned wave start based on their pre-assigned race number. Times are subject to change based on the number of participants.*

### PARKING

Parking is available event day at Lake Pointe Elementary School. There will be parking volunteers to assist with parking. Please plan to arrive early since there is limited parking.

### BODY MARKING

Volunteers will be available to assist with body marking. Everyone is required to be body marked.

### TRANSITION AREA AND BIKE CHECK-IN

The transition area and bike check-in is ONLY ON EVENT DAY. The transition area will open to all age divisions at 7:00 am. One parent is allowed in transition PRIOR to the event. PARENTS ARE NOT ALLOWED IN TRANSITION DURING THE EVENT (exception: Rookies may have one parent assist if needed). There will be volunteers in the transition area to assist athletes. Note: Helmets must be buckled before leaving transition.

### FAMILY MEMBERS AND SPECTATORS

The sport of triathlon is an individual event. We ask that you respect all the athletes and volunteers by adhering to the rules and procedures put in place. The volunteers are provided for the benefit of the athletes and spectators. Without volunteers, this event would not happen. Please listen and respect their duties and responsibilities. Thank you for your understanding.

## COURSE INFORMATION

### SWIM

- Rookies: 1 length of pool (25 meters)
- Juniors: 4 lengths of pool (100 meters)
- Seniors: 8 lengths of pool (200 meters)
- Elite: 8 lengths of pool (200 meters)

### BIKE

- Rookies: Short Loop (0.25 miles)
- Juniors: 1 loop (2.2 miles)
- Seniors: 2 loops (4.4 miles)
- Elite: 2 loops (4.4 miles)

### RUN

- Rookies: Short Loop (500 meters)
- Juniors: 1 loop (0.6 miles)
- Seniors: 1 loop (1.2 miles)
- Elite: 1 loop (1.2 miles)

The bike and run courses are on well coned and controlled roads. Traffic will be controlled by the police and volunteers all along the course. Safety is our #1 priority.



Swim



Bike



Run

### COURSE MAPS

Course maps are located in the last section of this document.

### AID STATIONS

There will be one aid station in the transition area, no aid stations on the bike course and one aid station on the run course. Aid stations will have water. Water, fruit and sports drink will be available at the finish.

### TIMING

All participants must wear a timing chip at all times during the race. Personal timing chips may not be substituted for race provided chips.



## EVENT TIPS FOR ATHLETES

Free bike inspection at Bicycle Sport Shops through August 27

### The Day Before

1. Check helmet for proper fit.
2. Check bike tires for leaks, proper tire pressure.
3. Attach participant numbers (stickers/bib) to swim cap, bike, helmet, and front of shirt or race belt.
4. Get directions to Lake Pointe Swim Center. Know how long it will take to get to the event site.

Plan to arrive no later than 7:00 am. Designated parking will be available. The earlier the better.

### Before Leaving Home

Pack ALL Necessary items. In case of questionable weather, check the website [www.colinshope.org](http://www.colinshope.org) about the status of the event. Use the bathroom.

### What to Bring

1. Swim suit or Tri suit
2. Goggles (optional but recommended)
3. Event Swim Cap (numbered)
4. Bike
5. Helmet (mandatory)
6. Running Shoes
7. Timing Chip, Timing Strap and Race Numbers
8. Towel for Transition
9. Water Bottle



### Optional Items

1. Shorts (cycling or running)
2. Hat
3. Sunscreen
4. Socks
5. Shirt (cycling or running)
6. Sunglasses
7. Dry Clothes for Post-Race



Headphones/iPods are not allowed on the course

### **When you Arrive/ Before the Race Begins**

Participants should proceed to the transition area with your bike and all your race gear (including helmet) for body-marking, numbering and to set up transition area.

Volunteers will “body-mark” participants (arms & legs) and assist in finding a space in the transition area. Parents are not allowed in the transition area except Rookies.

Rack your bike and lay out your gear in the spot next to your bike. We recommend using an old towel for your gear.

Use the bathroom. Participants use bathroom located inside the Clubhouse. Spectators use the Port-a-Pottys located near the run exit.

Drink plenty of fluids, relax, and prepare to have The Best Day Ever!



### **Post-Race**

After the race, check your transition area to make sure that you have collected everything you brought in with you. We highly recommend that you mark all of your gear, especially shoes, bike and helmet.

# **BEST DAY EVER**

## EVENT TIPS FOR SPECTATORS

We recommend spectators arrive by 7:30 am at the latest. Participants should arrive prior to 7:00 am.

Parking is limited so plan to arrive as early as possible.

### What to Bring

1. Camping chair
2. Water bottle
3. Camera
4. Appropriate clothes/protection from weather (hat, sunscreen, etc.)
5. Enthusiasm and support for your athlete!

The participants are divided into age group divisions and waves based on their age and gender. Each wave will completely finish the swim before the next wave enters the water. This will allow parents and spectators to watch all of the disciplines (swim, bike, run). Volunteers will be stationed to direct spectators.

Spectators can watch the swim from outside the pool area, only participants are allowed in the swim center and observation deck. Only race officials, life guards, and participants are allowed on the pool deck. There are plenty of places on the bike and run courses where you can watch and cheer on your athlete. Please remain behind fencing and off the course for the safety of the participants.

**NOTE:** Spectators are prohibited from entering transition and helping participants at any time during the event. Volunteers will be on hand to assist participants during transition.

**Restrooms:** Port-a-Pottys are available near the run exit. The clubhouse will not be available.

## PLEDGE RAISING, TRANSITION CLINICS, AND VOLUNTEERING

### PLEDGE RAISING

Participants are not required to pledge raise, however, we encourage ALL participants to raise \$75. The top three pledge raiser will receive recognition, a medal and a Prize Pack of Cool Stuff. All participants that raise \$75 or more will receive a special gift. Pledge raising pages are available on [ColinsHope.org](http://ColinsHope.org). Our goal for pledge raising is \$25,000. These funds assist with water safety programs and materials.

### IN CELEBRATION OF

All participants will be given the name of a child who has lost their life to a fatal drowning or survived a non-fatal drowning. In Celebration Of names and stories will be available at Saturday's packet pick-up.

### TRANSITION CLINICS

We are offering three free transition clinics at Packet Pickup on Saturday at Lake Pointe Swim Center at 1:30, 3:00 and 4:30. You do not need to bring your bike or gear. Learn how to transition and see the transition area.

### VOLUNTEERS

If you or someone you know would like to volunteers, we are looking for awesome volunteers to make this an incredibly fun and safe race for our participants. There are many positions at various times available throughout the day. Working with and cheering on these awesome athletes will be an incredibly rewarding. Please consider volunteering a few hours of your time to help us put on a safe, fun, and well organized event.

For more information or to volunteer, contact: Jessica Brown, Program Director and Volunteer Coordinator.

Email: [Jessica.brown@colinshope.org](mailto:Jessica.brown@colinshope.org)



## GENERAL AND USAT RULES

### General Rules (full rules will be in packet)

1. Designated swim caps must be worn
2. No nudity in the transition area
3. Helmets are required
4. Bike helmets must be worn at all times on the bike with the chinstrap buckled
5. No riding bikes in the transition area
6. Sneakers are required for the run (no flip flops)
7. Timing chip must be worn at all times during the race
8. Race numbers (bibs) must be worn at all times during the bike and run portion
9. Parents are not allowed in the transition during the race (except for Rookies, one parent is allowed)
10. Rider must keep back one bike length behind the rider in front, except when passing. Pass on the left, slower riders stay on right

### USA Triathlon (USAT) Rules

Our race is sanctioned and insured through USA Triathlon; therefore all competitors must hold a USAT license. Participants are required to submit the completed USAT Waiver form at packet pickup. Failure to do so will disqualify the registrant from participating in the event (no refunds). The signature of a parent or guardian is required.

### Age Limits

Your age is determined by your age as of December 31, 2017. The age limits are 5-15. Parents/guardians should assess their child's abilities to complete the prescribed course. The Colin's Hope Kids Triathlon is conducted to be a positive experience and no child should be entered that is not going to benefit from the experience.

All athletes must participate in the age group division corresponding to the athlete's age on December 31, 2017. The rule requires that all participants race by birth year rather than their age on race day.

### Age Groups and Equipment

1. All children must compete in their age division group
2. At the parents' request, the Race Director may approve allowing kids to compete up a level
3. Due to safety concerns, children are not allowed to participate with a younger age group
4. Rookies may use U.S. Coast Guard approved life jackets, kickboards and/or training wheels and still be eligible for placing. We have received a special exception from USAT allowing the use of training wheels in the Rookie Division (5-6 year olds) only
5. Juniors/Seniors may use a U.S. Coast Guard approved life jacket or kickboard, however, they will not be eligible for age group awards

*(If a participant has special needs beyond these conditions, the Race Director may create a special bracket for the competitor which will be held separately)*

### **Swim Start**

The parent/guardian is responsible for getting their participant to the event with sufficient time to be ready for the swim start. Each participant will be assigned a specific start time, based on their pre-assigned race number. Missing the start time will mean missing the event. The organizers will try to accommodate any unusual circumstances but there is no guarantee that such can be done.

### **Swim Aids**

U.S. Coast Guard approved life jackets, and/or kickboards may be used, but these will disqualify Juniors/Seniors from placing. Swim aids such as inflatable floatation devices are not allowed in the community pool, and will not be allowed for use in this event. No performance enhancing devices such as fins will be allowed.

### **Helmets**

ANSI, CPSC or SNELL approved helmets are required during the cycling portion of the event. A participant will be prohibited from participating if they do not have an approved helmet (no refunds). Helmets must be buckled in place during all aspects of the bike including transition.

### **Transition Area**

Participants are prohibited from riding their bikes in transition and must mount and dismount at the exit and entrance to transition.

No parents or guardians are permitted in the transition area. Exceptions are for the Rookies (5-6 age division) where one parent may assist their athlete if needed. Volunteers will be present to assist the athletes. The transition area will open for bike removal ONLY after all participants are on the run course.

### **Relays**

There are no relay teams. Only one athlete is permitted per race number.

### **Sportsmanship**

Participants are prohibited from striking or impeding the progress of another participant. Parents should model excellent sportsmanship.

### **Non-finishers**

Participants not finishing the event will have no posted times.

### **Disqualification**

Participants that finish the race but do not complete the total distance of the course (e.g., less than the required laps) will be disqualified. Unsportsmanlike conduct is also grounds for disqualification. Volunteers will be monitoring the course and transition area for infractions. Disqualified athletes will not be ineligible for podium awards and will not have their times posted.

### **Rain or Shine**

The event will take place rain or shine, unless the conditions are severe enough to warrant safety concerns. If this happens, depending on the conditions the event start will be delayed until conditions pass or until it is determined the event must be canceled.

## TRIATHLON BASICS

### How does a triathlon work?

Our Triathlon will be held in the traditional triathlon format of a swim, bike and run. Participants will complete each discipline in that order. Age and gender based waves will determine the starting time for your athlete. They will swim in the outdoor pool, then head immediately to the Transition Area.

After completing the swim, your athlete will go to the Transition Area and retrieve their bike, bike helmet, shoes and then proceed to the bike course. Plenty of volunteers will be available in the Transition Area to assist your athlete with tying shoes, putting on helmet, etc.

After your athlete finishes the bike course, they will return to the Transition Area, find their bike rack and re-rack their bike. Then they will take off on the run course. The race finishes when they cross the finish line.

Each participant will be assigned a race number, and they will wear a bib with that number on the front of their body during the run portion of the event. Your child will also be "body marked" - Each participant will receive race number stickers for their swim cap, bike, and helmet.

### What is the Transition Area and What Happens There?

The Transition Area is kind of like "home base". Every athlete has a spot in the Transition Area (by age-group) where their bike, helmet, shoes/socks, shirt, shorts, towel and other gear is located. Participants pass through the Transition Area twice during a triathlon (first time is called T<sub>1</sub>, and second time is T<sub>2</sub>), this is what allows them to change to the proper clothes/gear for the next discipline. From the Swim they go to T<sub>1</sub> for their biking gear, they complete the Bike course, come back for T<sub>2</sub> to drop off bike gear and change to run gear, then complete the Run course, and cross the finish line.

The triathlon begins at the pool. Following the swim, participants go to the "Swim In" entrance to the Transition Area. Participants find their spot, remove swim equipment such as goggles and swim cap, quickly dry off and put on what is needed for the bike ride. Bathing suit removal is not permitted. Participants can put on shorts and a shirt over their bathing suit (with their race number pinned on in advance). Or some participants just put on a shirt (with number) and ride with bathing suits instead of shorts-over-suits.

Helmets must be put on and fastened before the bike is removed from the rack. Participants must WALK (not ride) their bike to the exit of the Transition Area following the sign that says "Bike Out". The bike cannot be mounted until the athlete passes the Bike Mount Line, which will be clearly marked. **Bike helmets must be worn at all times while the athlete is in contact with the bike, even when dismounted.**

After the ride participants return to the "Bike In" entrance to the Transition Area. Participants must dismount the bike prior to crossing the Bike Dismount Line. The bike is walked back to where their equipment is located. The bike is placed in the rack, helmet and other riding equipment are removed, and the participant prepares for the run. Generally, young athletes ride their bikes in their running shoes (and not cycling shoes) so after removing the bike gear they are ready for the run. Participants may jog to the "Run Out" sign in the Transition Area, watching for bikes and other runners. The triathlon finishes at the end of the run near the transition area. The finish line will be marked with a large arch.

### **Notes**

Get to the race in enough time so that your athlete can set up his/ her Transition Area. Look for signs designating the age-group of your athlete. Locations are not reserved but there will be enough for all athletes. The race starts with the Rookies, Elite Wave, Juniors, and Seniors so there may be racers in the Transition Area when you are setting up. Please be courteous to them and stay clear.

Bring two towels. Put the old towel on the ground beside the bike at your child's location and place his/ her race stuff on it. The other towel is for drying after the swim. It is recommended that you have a full water bottle there so your athlete can grab a quick drink before exiting the Transition Area.

The time spent in the Transition Area counts on the overall time so it should be as fast as is reasonable but not so fast that your athlete forgets to put on the helmet or tie their shoes. Parents are not allowed in the Transition Area after the race has started. Exceptions are made for the Rookies, where ONE parent may assist their athlete if needed. We will have volunteers in the Transition Area to assist all participants.



## FREQUENTLY ASKED QUESTIONS

**If someone hands me my glasses at the end of the swim, does that violate the "No Help" rule?**

No, but they will not be allowed in the swim exit chute and will have to stand behind the fence lining the start or the run to transition. We will have a table at the swim exit for participant glasses.

**Do I need a wetsuit?**

No.

**Can I use any stroke in the swim portion?**

Yes, you can use any stroke that allows you to see the lane markers and stay on course.

**Will lifeguards be present at the pool swim?**

YES! Safety is our number one priority and concern. We will have race officials and certified lifeguards supervising the swim portion.

**If I hang onto the lane lines or buoys, will I be disqualified for doing so?**

No, you may stop and rest during the swim, but you must not interfere with the progress of other swimmers. You may hang onto the guard boats or buoys.

**What will the course be like?**

Please see the course maps located in the last section of this document.

**If I am unable to make the race, can I get a refund?**

As is clearly stated in all of our materials, there will be absolutely NO REFUNDS. If you are unable to compete due to illness and/or injury then you may qualify for a medical transfer to next year's event.

**If I am unable to make the race, can I give my entry to a friend?**

No. If someone else races under your name and is injured, or causes an accident, that person will not be covered by any protection typically afforded to an athlete through the USA Triathlon sanction and insurance. Plus, if the athlete racing in your name causes injury or damage, you may be liable in part for those damages.

**Are there specifications for the bike helmets?**

Yes, the bike helmet must be ANSI, CPSC or SNELL certified. Most helmets purchased in the US within the last 2-3 years are certified. Please confirm this by checking for a sticker indicating its certification on the inside of the helmet.

**What additional equipment will be permitted in the swim?**

Aqua socks, socks, snorkels and swim mask or goggles will be allowed in the swim leg of the event. Use of fins, gloves and flotation devices is prohibited.

**Can I rent a bike?**

No, we do not provide, nor do we have a source for equipment rental. Additionally, we strongly discourage anyone from using equipment they have not trained with.

## FREQUENTLY ASKED QUESTIONS CONTINUED

### **Can I use decorations (balloons, etc.) to indicate where my things are in the transition area?**

Yes, but they should not interfere with anyone else being able to easily and safely access their equipment. We reserve the right to remove any materials that will interfere with the safety and security of our competitors and their equipment.

### **Can participants form a team to race as a relay?**

No. There's no feeling like finishing an entire triathlon under one's own power. Less than one in every 10,000 kids on the planet can call themselves a triathlete. Now you can be one of them.

### **Where can I get a USAT license?**

USAT license are mandatory for all participants in the Colin's Hope Kids Triathlon. If you are not already a USAT member you may purchase a license online, or at Packet Pickup (via check or cash only) on Saturday.

### **If I already have a USAT card, do I have to bring it with me to Packet Pickup?**

Yes, if you do not bring your card with you, you will be required to purchase a license at Packet Pickup.

### **How is my wave assigned?**

Waves are assigned according to division, gender, and age group. For larger age groups, there are multiple waves. Some smaller age groups are combined into waves.

### **Can I switch my wave?**

Wave assignments cannot be changed. You will be disqualified if you start in the wrong wave.

### **What time does my wave start?**

Wave start times will be posted at the packet pick-up.

### **How do we know if our child is ready for a triathlon?**

The only qualifications kids need is a big heart, swim the distance, ride a bike and ability to follow the other kids. Make preparing for the race a shared experience and time to grow closer as a family.

### **Are children safe on the course?**

Safety is our highest priority. There is nowhere on the course where the participants will be out of sight of our team of volunteers, medical staff and law enforcement professionals. While parents need to understand that participating in a sporting event like a triathlon has, by its nature, elements of risk, so do all sports. You can help make your child's experience the safest and most enjoyable by practicing before the race to improve their skills and increase their confidence.

### **What skills are the most important to learn?**

Swimming, cycling and running. For swimming, all kids benefit from learning this life saving skill, so consider lessons at a community pool. For cycling, practice riding skills such as mounting the bike, riding straight lines, staying to the right edge of the road, smooth cornering, braking and dismounting. For running, the key is pacing. You'll be amazed at how quickly your endurance increases and how much more fun you'll have if you practice starting slower and building into it.

## FREQUENTLY ASKED QUESTIONS CONTINUED

### **Will you keep time and post results?**

Yes! We know kids love to get timed and try to improve on their performance so we will post the final results to our website shortly after the event.

### **Will there be a Lost & Found?**

Our designated Lost and Found area is in the Information/Volunteer Check-In area. Please check there before leaving the event if you have missing items. Should you find that you have returned home with gear that is not yours, or that you are missing something, please email [info@colinshope.org](mailto:info@colinshope.org) immediately. We will do our best to get your items back to you. All Lost and Found will be kept for one month following the event. After that time, they will be donated to a local charity.

### **Is there Medical Assistance available?**

There will be a medical tent located in front the Lake Pointe clubhouse, for the safety of our participants. On hand to assist will be 2 physicians prepared and ready for any small scrapes or emergency situations. Local hospital and ambulance companies as well as the local police have been notified well in advance of this race.

### **Is fundraising required?**

No, but fundraising will certainly help Colin's Hope. In fact, the cost of the event is greater than what we charge for entry. We do that to make it affordable for everyone, and we find that most participants find the more fun and rewarding when they raise pledges that help other kids. It's our favorite part of the race to recognize the top fundraisers on stage in our closing ceremonies.

### **What is done with pledges?**

All pledges raised will go towards our mission of increasing water safety awareness and helping prevent children from drowning.

### **My child/parent is lost, what do I do?**

You'll be able to cheer your kids across the finish line and reunite after the race to celebrate. However, if you or your child has wandered off and needs to be found, please report to the information booth to let us know you'd like help. Race Tip: Once you arrive at the park, look around and choose a prearranged meeting location for your whole family to meet after the race.

### **Where do we bring/set up bike, shoes and gear?**

All equipment gets placed near the athlete's transition spot; this includes everything they need for the bike and the run!

### **Are parents allowed in transition?**

Before the race, yes. During the race, no (talk to us about special needs cases)! After the race, only when the last athlete is finished with the bike course will parents be allowed back into the transition area.

## FREQUENTLY ASKED QUESTIONS CONTINUED

### **Do participants need to wear a helmet?**

YES, helmets are required! No one will be allowed to bike without a helmet. Transition volunteers will make sure no athletes leave the transition zone without a helmet that is fastened. USA Triathlon sanctioning states that athletes without helmets are not be allowed to compete, no exceptions.

### **Can we get our athlete's stuff out of transition? What time?**

In order to give every participant the chance to have a safe and enjoyable race, we need to keep the transition zone closed to non-participants until all athletes have finished the bike course, at which time parents and athletes can retrieve belongings in transition.

### **My child wears glasses, what do we do?**

We recommend standing near the swim exit and watching for your child. You can hand the glasses to them. Otherwise, you could put the child's glasses inside of their helmet in transition.

### **Do they need to wear the swim cap?**

Yes! This helps us to spot every child while in the water and it makes for cool pictures.

### **Do they need to wear their race number?**

Yes. Stickers with the race number are provided for the swim cap, bike, and helmet. Participants should have their number pinned to the front something they put on (a shirt) after the swim so fans can cheer for them by name and we can connect names with photos.

### **Where do we go after we've setup our transition spot?**

If you arrive early, you will have time to catch your breath and relax. So enjoy a few minutes before the excitement begins and you will be called and directed to report for procession staging.

**BEST  
DAY  
EVER**

## SAFETY PLAN

### **Our #1 Priority is Safety**

The Colin's Hope Kid's Triathlon will be approved and sanctioned by USA Triathlon, the governing body for the sport of triathlon in the United States, which insures our events. This sanctioning process is quite extensive and provides us with additional event insurance as well as valuable safety guidelines and training.

Expert triathletes led by decades of experience will design our courses. Our crew of experienced triathletes and volunteers will analyze every detail to make the event the safest of its kind anywhere.

We will have outstanding teams of health care and public safety professional's right in the middle of all the action. All of which we will coordinate and supervise.

### **The Swim**

There will be plenty of certified lifeguards on hand so it is perfectly safe even for participants who are not veteran swimmers. Participants start one at a time in short intervals to give each the space to swim at their own pace and to make viewing of each athlete 100% complete.

### **The Bike**

The entire bike courses will be closed to traffic by police and monitored by race officials, volunteers, and law enforcement. Our rule is to have enough volunteers and law enforcement so that at no time on the course are kids out of sight of a race official. With large and clear signage and plenty of corner marshals, participants always stay on course and are safe. All participants must wear an approved bicycle helmet and have it fastened the entire time their bike is on the course. No participants are allowed to wear headphones or use iPods while on the race course.

### **The Run**

There will be an aid station with water on the course and plenty of volunteers guiding the participants along. Water and sports drink will be at the finish as well. All kids must wear sneakers on the run – no flip flops.

### **Heat Concerns**

Because of the September date, heat and humidity will be a concern. The best way to prepare for summer/fall heat/humidity is to be in the best shape possible. Practice all three sports and stay as active as possible, even on hot days. Drink water – not soda – even on race morning. Slow your pace down the hotter it gets – it really helps. Wear light and comfortable sportswear. Find shade and chill out until you race. If while racing you ever feel dizzy or light headed, slow down, stop and ask for help. Volunteers are trained to assist any athlete who stops or raises their hand to ask for help.

### **Lost Children**

With only 400 children participating this should not be a problem, but we will have a contingency in place with a lost child meet up area/tent and announcement to parents over our PA system. Most Important: athletes need to come ready to relax, enjoy and have fun... it is going to be a Best Day Ever!

## CONTACT INFORMATION

### **RACE DIRECTOR**

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### **COLIN'S HOPE EXECUTIVE DIRECTOR**

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### **COLIN'S HOPE PROGRAM DIRECTOR AND VOLUNTEER COORINDATOR**

Jessica Brown

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### **COLIN'S HOPE**

[Colinshope.org](http://Colinshope.org)

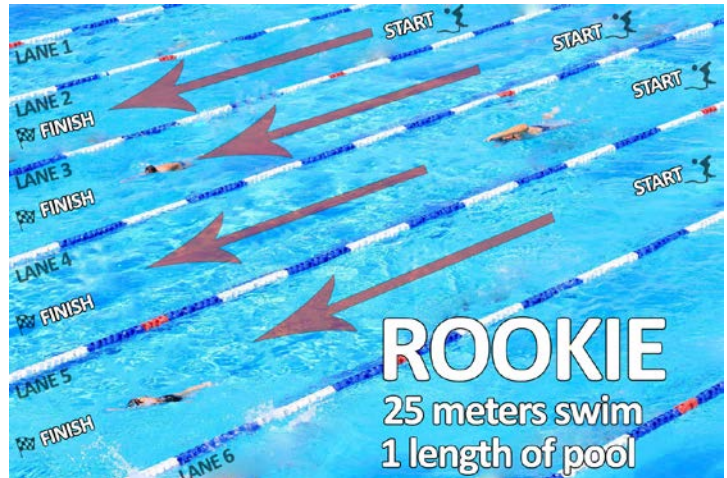
512-222-7591

[info@colinshope.org](mailto:info@colinshope.org)

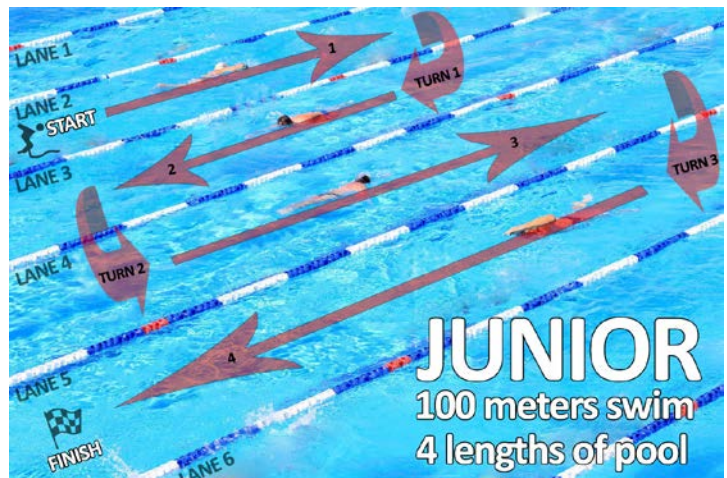
## COURSE MAPS

### SWIM COURSE

**Rookies:** The event begins and ends at the Lake Pointe Swim Center. Participants will swim one length of the pool then enter the transition area. Exit bike transition to the out & back bike course on Sonoma Drive. Enter the transition area, transition to your running gear and heads toward the run exit. The run course consists of an out and back course on Resaca Blvd. The finish is located on Resaca Blvd near Sonoma Dr.



**Juniors:** The event begins and ends at the Lake Pointe Swim Center. Participants will swim four lengths of the pool then enter the transition area. Exit bike transition to the out & back bike course on Sonoma Drive. Enter the transition area, transition to your running gear and heads toward the run exit. The run course consists of an out and back course on Resaca Blvd. The finish is located on Resaca Blvd near Sonoma Dr.



**Seniors/Elites:** The event begins and ends at the Lake Pointe Swim Center. Participants will swim eight lengths of the pool then enter the transition area. Exit bike transition to the out & back bike course on Sonoma Drive. Enter the transition area, transition to your running gear and heads toward the run exit. The run course consists of an out and back course on Resaca Blvd. The finish is located on Resaca Blvd near Sonoma Dr.



# COURSE MAPS CONTINUED

## RUN AND BIKE COURSE

