



Colin's Hope Kids Triathlon

Event Guide

August 26, 2018



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## IMPORTANT USA TRIATHLON INFORMATION

The Colin's Hope Kids Triathlon is a [USA Triathlon \(USAT\)](#) sanctioned event. As such, it is subject to the [rules](#) and requirements of the national USAT organization.

### USAT AGE POLICY

The USAT racing age policy states athletes must participate and compete in the age division corresponding to **the athlete's age on December 31 of the year of the event (December 31, 2018)**.

### AGE GROUP DIVISIONS

Rookies (ages 5-6)

Juniors (ages 7-10)

Seniors (ages 11-15)

Elite Wave (ages 9-15)\*

\* For athletes who would like a more competitive bracket, participants ages 9-15 are eligible to participate in the Elite Wave. Awards will be given to the top male and female elite finishers in each of the following age segments: 9-10, 11-12 and 13-15.

### USAT MEMBERSHIP

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

**NOTE: NO CREDIT CARDS WILL BE ACCEPTED for licenses at Packet Pickup. CHECK OR CASH ONLY.** Mandatory packet pick-up will be on Saturday, August 25, 2018, from 1-5pm at Bicycle Sport Shop (Bee Cave Location), 12005 Bee Cave Rd, Suite 4, Austin TX 78738. (See more details under "Packet Pickup.")



## COLIN'S HOPE KIDS TRIATHLON (OVERVIEW)

The Colin's Hope Kids Triathlon is a non-competitive swim, bike, and run event for children ages 5-15. Participants are divided into age divisions based on age, and waves based on gender. **NO EXPERIENCE IS NECESSARY.** We welcome and invite competitors of all skill levels. Each wave will completely finish the first discipline (swim) before the next wave begins. This will allow spectators to watch all of the three disciplines (swim, bike, run).

An Elite Wave is designated for more experienced triathletes wishing to compete against other experienced triathletes. There will be 9-10, 11-12 and 13-15 Elite Wave age group awards for the top male and female elite finishers in each age group. This wave will start after the Rookies and before the Junior and Senior events.

There is **NO** team competition at the Colin's Hope Kids Triathlon. This event is designed to build confidence in individual children by allowing each participant to complete all three disciplines at their own pace. Each athlete will receive a T-shirt, goody bag and finishers medal. Additionally, there are gender-specific age division awards for 1st, 2nd, and 3rd place finishers 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 event is limited to the first 400 registrants. Register early. Each year's event sells out very, very quickly!



## EVENT INFORMATION

### DATE

Sunday, August 26, 2018

### 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 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.** (See "Important USA Triathlon Information" for more information.)

## 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 (Check or Cash ONLY - Credit Cards are not accepted 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, August 25, 2018  
Time: 1 – 5pm  
Location: Bicycle Sport Shop (Bee Cave Location)  
12005 Bee Cave Rd, Suite 4  
Austin TX 78738

### TIMING

The Colin's Hope Kids Triathlon is a chip timed event. Chips will be provided. 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 and will not 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. Gender-specific age divisions will be awarded for the top three finishers (ages 5-6, 7-8, 9-10, 11-12, 13-15) and Elite Wave top male and female finishers (ages 9-10, 11-12 and 13-15).

## EVENT DAY INFORMATION

### SCHEDULE\*\*

- 7:00 am** Athletes arrive. Transition area open and body marking. Late packet pickup.
- 8:00 am** MANDATORY Rookie and parent briefing in transition area. Transition area closes for Rookies.
- 8:15 am** Rookie Waves start.
- 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 based on their pre-assigned race numbers. Times are subject to change based on the number of participants.

### PARKING

Event day parking is available at Lake Pointe Elementary School directly across from the Lake Pointe Swim Center. There will be parking volunteers to assist with parking. Please plan to arrive early since parking is limited.

### 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 throughout the event. 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 traffic-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 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 swim and bike courses and one aid station on the run course. Aid stations will have water. Water, fruit and sports drinks will be available at the finish.

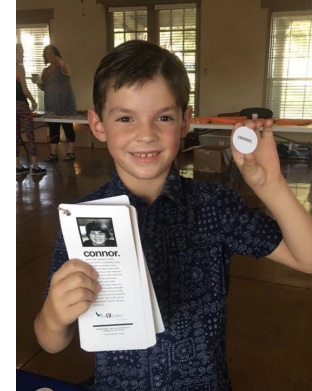
### TIMING

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

## OTHER RACE COMPONENTS

### WHY I TRI

An important part of the Colin's Hope Kids Triathlon is raising awareness for drowning prevention. One way we raise awareness with our athletes is by encouraging them to "Tri" with a purpose. **All participants are invited to dedicate their race to a child who has lost their life to a fatal drowning or survived a non-fatal drowning.** Names and stories will be available during packet pick-up for you and your athlete. If you would like to In years past, athletes have found creative ways to display their chosen child's name during their race.



### PLEDGE RAISING

**It is not a requirement to pledge raise; however, we encourage ALL participants to set a goal and raise a minimum of \$75.** Our overall goal for pledge-raising is \$15,000. These funds assist with water safety programs and materials throughout the year. Please visit the [Colin's Hope Accomplishments](#) page to see some of the ways these funds can make a difference.

Customizable pledge-raising webpages are available to your athlete on the [Kids Triathlon event page](#). Utilizing a pledge-raising webpage is also a way your athlete can raise awareness about water safety and drowning prevention among an audience they uniquely can reach - your friends and family.

The top pledge-raiser will receive recognition, a commemorative challenge coin and a **brand new bike** from Bicycle Sport Shop. The next two leading pledge-raiser's will receive recognition, a commemorative challenge coin and a Prize Pack. All participants that raise \$75 or more will receive a special Athlete Ambassador gift. Must be present at prize distribution to win.

### TRANSITION CLINICS

We are offering three free transition clinics on Saturday, August 25, at 2:00 pm and 4:00 pm at the race site (Lake Pointe Swim Center) to help participants learn how to transition and become familiar with the transition area protocol. Your athlete does not need to bring bike or gear to the transition clinic. Examples will be provided.

### VOLUNTEERS



If you or someone you know would like to volunteers, we are looking for lots of awesome volunteers to make this an incredibly fun and safe race for our participants. There are many positions available at various times 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: Lynda Logan, Program Coordinator, [lynda.logan@colinshope.org](mailto:lynda.logan@colinshope.org).

## SAFETY PLAN

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

The Colin's Hope Kids Triathlon is approved and sanctioned by USA Triathlon, the governing body for the sport of triathlon in the United States. They also insure our event. 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 design our courses. Our crew of experienced triathletes and volunteers analyze every detail to make the event the safest of its kind anywhere.

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

### **THE BIKE**

The bike and run courses are on well traffic-coned and controlled roads. Traffic will be controlled by local law enforcement, race officials and volunteers all along the course. 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**

The bike and run courses are on well traffic-coned and controlled roads. Traffic will be controlled by local law enforcement, race officials and volunteers all along the course. 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.

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

### **HEAT CONCERNS**

Because of the late summer date, heat and humidity are always a concern. The best way to prepare for the 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, we do not anticipate lost children being a problem. However, we 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...because t is going to be a Best Day Ever!



## EVENT TIPS FOR ATHLETES

### BEFORE RACE DAY

1. Check helmet for proper fit.
2. Check bike tires for leaks, proper tire pressure. (Free bike inspections at Bicycle Sport Shops through August 27, 2018.)
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 much travel time you will need to arrive in a timely manner.

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

### RACE DAY: 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 (numbered)
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



**RACE DAY: When you Arrive**

Participants should proceed to the transition area with his/her bike and race gear (including helmet) for body-marking, numbering and to set up his/her personal 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 the bathroom located inside the Clubhouse. Spectators use the Port-a-Potties located near the run exit.

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



**RACE DAY: 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 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 clubhouse and observation deck. Only race officials, lifeguards, swim deck volunteers 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 all participants.

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

### Restrooms:

Port-a-Potties are available near the run exit. The swim center clubhouse restrooms will not be available to spectators or parents.



## GENERAL AND USAT RULES

### GENERAL RULES

Full rules will be included in your packet.

1. Designated swim caps must be worn.
2. No nudity in the transition area.
3. Bike helmets are required.
4. Bike helmets must be worn at all times on the bike with the chinstrap buckled.
5. Bike handlebars must have bar end plugs.
6. No riding bikes in the transition area.
7. Sneakers are required for the run (no flip flops) .
8. Timing chip must be worn at all times during the race.
9. Race numbers (bibs) must be worn at all times during the bike and run portions.
10. Parents are not allowed in the transition area during the race (except for Rookies, one parent is allowed).
11. 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 Membership/Insurance License. The License (\$10) can be purchased online on the USAT website ([www.teamusa.org/usa-triathlon/membership-services/join-or-renew](http://www.teamusa.org/usa-triathlon/membership-services/join-or-renew)) or at packet pick-up (via cash or check ONLY) before the event.

#### Waiver

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

Parents/guardians should assess their child's abilities to complete the prescribed courses. The Colin's Hope Kids Triathlon is intended to be a positive experience and no child should be entered that is not going to benefit from the experience.

Participants age limits are 5 to 15. All athletes must participate in the age division corresponding to the athlete's age on December 31 of the year of the event. The rule requires that all participants race by birth year rather than their age on race day.

#### Age Divisions and Equipment

1. All children must compete in their age division.
2. At the parents' request, the Race Director may approve allowing kids to compete up a level. Requests may be made up to one week before the event. Any requests made after that time may not be granted or the athlete may not be eligible for age division awards.
3. Due to safety concerns, athletes are not allowed to participate in a younger age division.



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 division awards.

(If a participant has special needs beyond the above conditions, the Race Director may create a special bracket for the competitor which will allow them to compete in a separate wave.)

### **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 made for 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 be ineligible for age division 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 THE TRIATHLON WORK?

Our Triathlon will be held in the traditional triathlon format of a swim, bike and run performed consecutively. Participants will complete each discipline in that order - swim, bike, run. Age and gender based waves will determine the starting times for each athlete.

After completing the swim, each athlete will go to the Transition Area and retrieve his/her bike, bike helmet and shoes, then proceed to the bike course. Plenty of volunteers will be available in the Transition Area to assist athletes with tying shoes, putting on helmets, finding their way to the next course, etc.

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

Each participant is assigned a race number, and he/she will wear a bib with that number on the front of their body during the run and bike portion of the event. Your child will also be "body marked" with the race number for easy identification by race and safety personnel. Each participant will also receive race number stickers for their swim cap, bike, and helmet.

### WHAT IS THE TRANSITION AREA AND WHAT HAPPENS THERE?

The Transition Area is similar to the idea of "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>; the second time is T<sub>2</sub>). This is where athletes change their clothes/gear to prepare for the next discipline. T<sub>1</sub> takes place between the Swim and Bike portions of the race and T<sub>2</sub> takes place between the Bike and Run portions of the race.

The triathlon begins at the pool. Following the swim, participants go to the "Swim In" entrance to the Transition Area, find their pre-selected 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 or nudity of any kind is not permitted. Participants may choose to put on shorts and a shirt over their bathing suit (with their race number attached in advance). 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 while dismounted.**

After the ride, participants return to the "Bike In" entrance of 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 once again. The finish line will be marked with a large arch along the course.

### **HELPFUL HINTS**

Get to the race in enough time so that your athlete can select and set up his/ her Transition Area. Look for signs designating the age division of your athlete. Locations are not reserved, but there are enough for everyone. 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 gear on it. The other towel is for drying after the swim. It is recommended that you have a full water bottle in transition so your athlete can grab a quick drink before exiting for each course.

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 important safety measures, like putting on a helmet or tying his/her 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. Volunteers will be stationed in the Transition Area throughout the event 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 at 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 used during training.

**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 as an individual competitor.

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

USAT licenses 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 (preferred), or at Packet Pickup (via check or cash only) on Saturday.

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

Yes, if you do not bring your card or app 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 begin your race 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 are a big heart, the ability to swim the distance, ride a bike, run, and follow the other kids. Make preparing for the race a shared experience and time to grow closer as a family.

**How do we know our child is 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 very 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 up.

**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?**

The 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 of 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 hospitals and ambulance companies and the local police have been notified of the event well in advance of the race.

**Is fundraising required?**

No, but fundraising will certainly help the Colin's Hope mission (see below). In fact, the cost of the event is greater than what we charge for entry. We chose to keep entry fees low to make it affordable for everyone. Additionally, we have found that most participants report that the race is 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 in 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, parents will be allowed back into the transition area.

**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 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, too).

**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 of the clothing they put on (a shirt) after the swim so fans can cheer for them by name, safety personnel can identify them easily, 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. You might use the time to visit vendor's tents. Later, your athlete will be called and directed to report for procession staging.

**BEST  
DAY  
EVER**



## CONTACT INFORMATION

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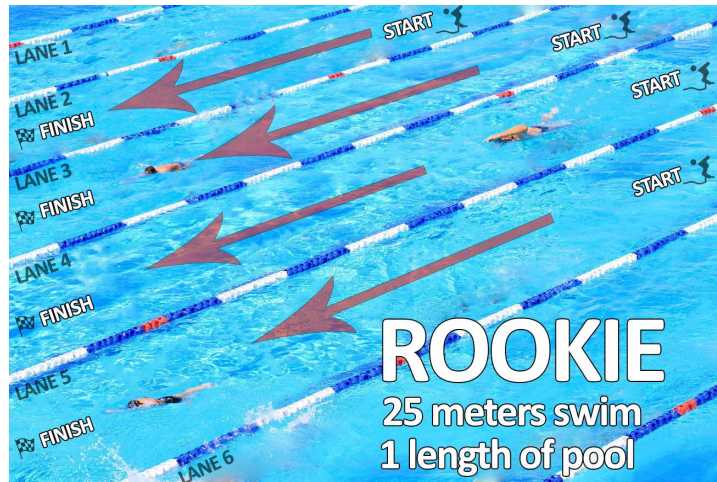
[info@colinshope.org](mailto:info@colinshope.org)



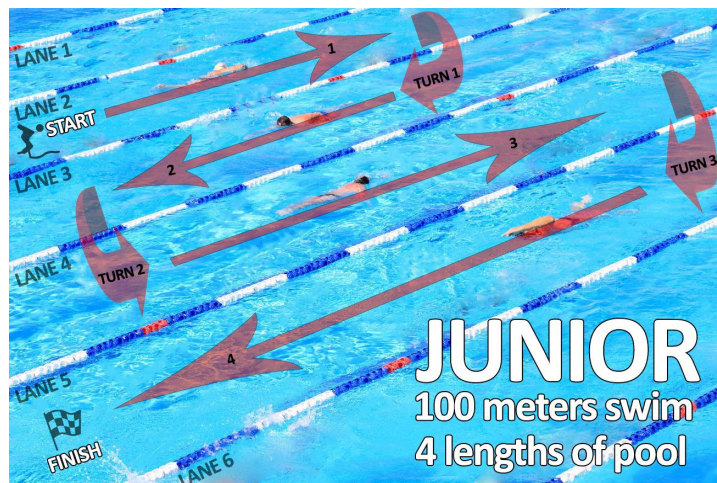
## COURSE MAPS

### 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.



# RUN AND BIKE COURSE

