



## Athlete and Parent Letter

Here are all of the details you will need to know about the 2019 Big Shark New Town Kids Triathlon presented by Melander Sports Medicine. Please read and be familiar with this information so that you and your kids will have a safe and fun event:

### PACKET PICK UP:

There are two opportunities to pick up your child's packet:

- Friday July 12<sup>th</sup> at Big Shark ([Big Bend Location](#)) 12:00pm-7:00pm
- Saturday July 13<sup>th</sup> at the Triathlon Expo at the New Town Amphitheatre 6:00am-8:00am.

### RACE COURSE:

Maps are posted on the event webpage at [www.newtowntriathlon.com](http://www.newtowntriathlon.com). Please ensure your child is familiar with the course and how many laps to ride/run in advance. Volunteers will be placed at major intersections along the bike and run courses.

### SWIM START:

Enter the water in a "walk in" manner. **No jumping or diving is allowed** due to the shallow, rocky waters. Rubber mats at the swim entrance will help with footing. Once in the water, swimmers must maintain a forward motion. If tired or in distress, lifeguards will interpret any of the following as a sign for help: 1. Swimming to the wall or lake edge. 2. Waving and shouting for help. 3. Turning over on their back. Note - swimmers may not make forward motion on their backs since they cannot see the swimmer in front of them.

### BIKE REQUIREMENTS:

Helmets, a functionally safe bike and a good attitude are required. If there is any question about your child's helmet or bike's safety, please bring them to any Big Shark location prior to the race for inspection. Big Shark mechanics will be onsite Saturday. But there will be over 100 kids racing that day and we can't guarantee all bikes will be inspected thoroughly.

### TRANSITION ZONE:

Volunteers and Staff will be stationed at the transition zone entrance to mark your child's bib number on their shoulder. Body marking is important for timing accuracy as well as safety and identification throughout the event. Bike racks will be available if your kids bicycle is large enough to use a triathlon rack. Otherwise, your child is free to rack their bike anywhere they like within the transition zone. The letter will serve as a reminder of their bike's location during the event. Volunteers will be in the transition zone to help with this process.

### MANDATORY PRE-RACE SAFETY ORIENTATION IN THE TRANSITION ZONE:

All athletes and parents must attend the safety orientation conducted by lifeguards and the race director just prior to the race start.

### SAFETY:

Professional Lifeguards will supervise the swim leg. Volunteer Course Marshals will be stationed in the transition zone, on the bike and run courses. They will help with traffic flow, guiding athletes around the course and cheering them on. EMS will be on site during the event in case of an emergency. **NO HEADPHONES** allowed.

### EVENT TIMING:

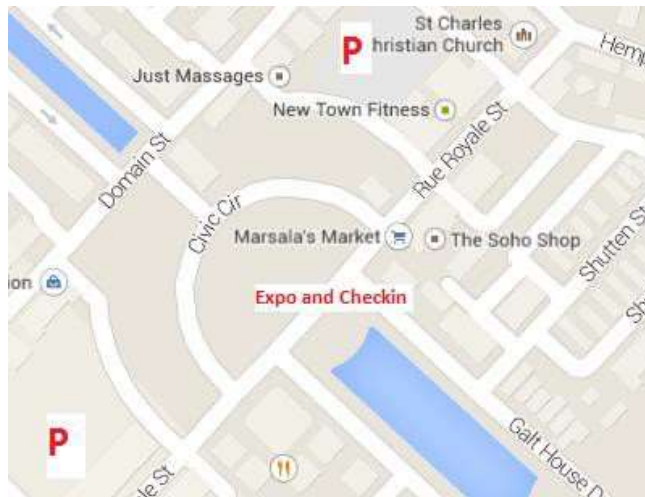
This event is professionally chip timed by Big River Race Mgt. The chip is an ankle strap that must be worn for the entire event. Position the ankle strap on the left leg facing outward to ensure minimal interference with your child's bike. Please have your child use the bib number, helmet number (if applicable) and the ankle chip provided in addition to having their shoulder marked. This is for your child's safety and to ensure timing accuracy. **PLEASE return the ankle chip after race.**

### PARKING:





Please park in one of two large lots conveniently located in the center of New Town on both sides of the Amphitheater. Enter New Town off of New Town Blvd; go right on New Town Lane. Take New Town Lane to Domain Street; you will see the parking lots to the left and to the right. Please be courteous and leave room for residents. Also, please avoid parking on the Run Course. Thank You.



#### RACE DETAILS:

- The transition zone will open at 7:30am and close at 8:40am.
- All kids will have a mandatory RED swim cap.
- At 8:45am there will be a 10 minute instruction session by the Lifeguard Captain and the Race Director.
- The older kids (11-15) will start at 9:00am. The younger kids (7-10) will start at 9:40am.
- The swim will be a time trial start with kids leaving approximately every 3 seconds. Volunteers will be at the swim start to assist with this process. Its ok if kids leave a tad early/late because their time is captured by the timing mat.
- **Older kids** will do **3 laps** of the 1.25 mile **bike course**. **The younger kids will do 1 lap** on the **bike course**.

#### RACE DAY TIMELINE:

- 6:00 AM Packet Pick up Opens for Kid's Triathlon (@ *The Amphitheatre under the Big Tent in the heart of New Town*)
- 7:30 AM Transition Zone Opens for Kid's Triathlon
- 8:15 AM Packet Pick up Closes for Kid's Triathlon
- 8:40 AM Transition Zone Closes for Kid's Triathlon
- 8:45 AM **Athlete Instructions in Transition Zone:** Kids receive final instructions from Lifeguard and Race Director
- 9:00 AM 11-15 Kid's Triathlon STARTS
- 9:40 AM 7-10 Kid's Triathlon STARTS
- 11:00 AM Kid's Triathlon Awards Ceremony under the Big Tent

#### RESTROOMS:

Port-a-potties with hand sanitizers will be located within walking distance from the Transition Zone.

#### FRIENDLY REMINDER:

Please be respectful of New Town residents and their property. They are gracious enough to host this unique event every year and we'd love to keep returning. Thank you!

**We know there are a lot of local events to choose from and we appreciate you and your child's participation!**

#### YOUR BIG SHARK CREW

