

USR Recreation Youth Triathlon 2010

Instructions For Participants



Race day is June 5, 2010 - All participants must check in by no later than 7:15AM. The race starts promptly at 8:00 AM. We encourage all spectators and participants to arrive at the S.R.V. Swim and Tennis Club by bike. There will be NO PARKING at the swim club. The safety of all of our children will be a primary concern during this event. All triathletes **MUST WEAR** a bike helmet during the entire bike ride. No one will be permitted to leave the transition zone without a properly fit helmet. The first part of the race is the swim. From the swim club there will be a bike ride to Lion's Park. After the bikes are dropped off in the second transition zone, the run will take place inside Lion's Park.

All competitors should wear their swim suits to the race. Swim goggles are required to be worn during the swimming event. A towel should be left in the "transition zone" along with your biking gear. The transition zone is the place where the triathletes prepare for the second part of the race which is the bike. Upon exiting the pool all participants will be directed to their bikes, which will be at designated spots in the swim club parking lot. Bikes must have their race numbers attached before the race begins. The race number is in your race packet. Passing on the bike is permitted only if passing on the left. Use courtesy when passing by saying; "**Passing on your left**". Drafting on the bike is not permitted.

You must also attach your race number to the shirt that will be worn during the bike ride. **You will not be permitted to leave the swim club without your number displayed on the front of shirt.** Shorts, socks, sneakers, shirt and a helmet are put on for the biking event. Sunglasses can also be worn, provided that the lenses are not made from glass (i.e. Ray Ban, Revo, etc.) Polycarbonate lenses are also recommended for safety.

When you arrive at Lion's Park, your bike will be dropped off in the second transition zone. Take off your helmet and begin the final part of the race which is the run. The race ends at the completion of the run. Your final time will be calculated based on staggered starting times.

Water will be provided during the race. We suggest that a light breakfast is consumed one hour before the race begins. All participants should warm up and do full body stretching before the race begins.