

2019 Positive Energy Kids Tri: Race Day Info

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Positive Energy Kids Triathlon

SUN JUNE 23 2019

Dear Participant,

The Positive Energy Kids Triathlon is this Sunday, June 23rd!

This email contains important information about the event, your child's bib assignment and wave info, and when to arrive, so please take a minute to read on.

Getting Ready for Race Morning

As we near the event, please ask a grown up to double check that you have a helmet that fits properly. All entrants in the event (including parents who will be riding a bike in the Parent/Child division) must wear a properly fitting, buckled bike helmet during the cycling leg.

It is also a good time to ensure that your bike is in good working order: seat height is appropriate, brakes function, chain and pedals are secured, tires are pumped.

If you would like to use a life vest or kickboard during the swimming portion, Arroyo Pool will have them on hand to borrow. If you would like to bring your own life vest, please ensure that it is US Coast Guard approved (the lifeguards will check for this on race day). Noodles, fins and arm floaties are not permitted during the swim due to the pool rules.

Your Race Entry

On to your race entry! We have you entered as follows:
 Race Division: %EVENT_NAME%
 Assigned Bib Number: %BIB_NUMBER%
 Participant's Name: %FIRST_NAME% %LAST_NAME%
 Age: %AGE%
 Gender: %GENDER%

If your bib number above is blank, then it means you have registered in the last 24 hours, and we have not yet assigned your bib. Check back at the below link Thursday or Friday for additional bib assignments.

**If you have multiple children registered for this event, you will only receive one email. You can look up additional entrants and assignments online here: <http://changeofpace.com/event/positive-energy-kids-triathlon-2/#Waves-Times> . The wave sheet is posted here as well. If you would like, you can also print a copy of the wave sheet.

Waves are assigned by bib number, division and age/gender. Please be in the pool area 10-15 minutes before your wave is scheduled to start. Your wave time will be printed on the label on the back of your race bib. Children must start in the wave in which they are assigned.

All children will start in the water (no diving starts). In most waves/heats, there will be two children to a lane. For children swimming more than one length of the pool, please remind your child to swim up and back on the same side of the lane so that they don't run into the other swimmer in their lane. We suggest arriving at the event one hour before your scheduled wave start to allow sufficient time to park, pick up bib, set up in transition, etc.

If any corrections are needed to your above information, please e-mail us; or we would be happy to assist you when you pick up your race bib.

RACE DETAILS

Following is a brief overview of race information. Please also be sure to visit our website at <http://changeofpace.com/event/positive-energy-kids-triathlon-2/> for course maps and other info.

Date: Sunday, June 23, 2019

Time: First heat is at 8:30 a.m.; event will conclude approx. 11:15 a.m.

Location: Arroyo Park/Pool, 2000 Shasta Drive, Davis, CA 95616, surrounding the park. The eldest divisions have a short segment on residential streets. The run takes place on grass and paths in Arroyo Park and adjacent Patwin School.

Allowed and Disallowed Items:

During the Swim:

During the swim, kickboards and Coast Guard approved life vests are permitted for children of any age. The pool / life guards will have plenty of extra vests and kickboards to borrow if you do not have one. Goggles and swim caps are allowed but not required.

Not permitted during the swim: fins, hand paddles, noodles, arm floaties, or inflatable rings.

For The Bike Leg:

During the bike, all participants (and parents on a bike in the Parent/Child division) must wear a properly fitting helmet and it must be buckled securely. Training wheels are acceptable to use in any age bracket. Not allowed are: Tricycles, "big wheels", scooters and recumbent bicycles. Children with special needs requiring a modified bike are encouraged to participate; please notify race officials by email in advance of modified bicycle type or other needs before Friday so that special accommodations can be made if necessary.

General Event Rules:

- Be safe and practice good sportsmanship.
- No running in the pool area.
- No riding bikes in the transition area. Children will be instructed to mount their bikes after they pass through the "Bike Out" tent (aka Bike Start), and then to dismount when they return, before entering the "Bike In" (aka Bike Finish) tent.
- Helmets must be properly fitting, and buckled prior to entering the transition area.
- No glass of any kind whatsoever anywhere at the event.
- After completing the bike leg, bikes must be re-racked (parked) **by the child** back in the **same exact spot**. We will assess time penalties if we observe children intentionally leaving their bikes randomly and/or uncracked in the transition area to gain an advantage. Sections of the Transition Area will be identified by images (e.g. teddy bears, smiley faces) as well as by age group and row number. Often children can tell which rack is theirs based on their towel. Sometimes athletes will bring a balloon and tie it to their rack so that they can find it easily.

Bibs:

Your race packet will include one large tyvek bib. Bibs are different colors so that the course monitors can identify in which division your child is entered. This should be pinned to the child's t-shirt during both the bike and run leg. We suggest pinning it to the shirt the night before the event (one less thing to do on race day). Race belts may also be used; but, please be sure the bib is visible on the front of the child while they ride their bike. The race bib has a timing chip on the back; in order to have a finish time for the event, the bib must be worn.

When You Arrive on Race Day:

A short run-down of what your morning will include:

1. Pick up race bib if you have not done so on Saturday.
2. Pin bib to front of the t-shirt that the participant will wear during the bike and run.
3. Proceed to the "Main Entrance" of the transition area.
4. Here, your child's bib number will be written on one arm with a sharpie. This is used to ID them in the pool area.
5. Your child will then enter the transition area (alone, unless they are in a parent division) and walk their bike, shoes, helmet and clothes over to an empty rack within their age division. Signs will indicate age divisions.
6. Your child should park his/her bike and leave the remaining items (shirt, tennis shoes, towel, etc) with their bike.
7. Keeping in mind older children's events may already be taking place, exit transition area using caution.
8. Be in pool area 15 minutes prior to scheduled wave start.
9. We suggest bringing a pair of flip flops for your child to wear prior to the swim.
10. Listen for your heat to be called and when it is, line up as directed.
11. Have fun swimming, biking and running!
12. Make sure that when you return from the biking portion, that you park your bike in the EXACT same bike rack as where it started earlier.
13. Children will receive a medal when they cross the finish line and there will also be sno cones nearby if they would like one.

Packet Pick Up

Packet Pick Up will be held on Saturday, June 22 at Arroyo Park from 2:30 p.m. to 5:30 p.m. During this time, runners, walkers and triathletes may pick up their bib number and t-shirts.

We encourage those who are local and participating in the triathlon to pick up on Saturday if possible. This will give you the opportunity to skip this step race morning (Race Day pick up opens at 7:00 a.m.; we suggest arriving one hour prior to your wave start if picking up on race day).

T-shirt: Each child will receive a t-shirt with their triathlon entry. We are often asked if they are required to wear this shirt. The answer is that you do not have to wear this shirt, but many kids do.

Bib number: You will receive a bib number and four safety pins. On the back of the bib number is a timing chip - do not remove this. Pin the bib number to the FRONT of the t-shirt that your child will wear after the swimming leg. Children must wear the bib during the bike and run on the front of their body. The course monitors need to be able to see what color bib they are wearing in order to accurately direct them on the route. It is also enables your child's time to be determined.

Note: Parents in the Parent/Child division will also receive a bib to wear during the bike and run as well as a wristband to wear which will allow you access to the transition area. Children who are registered in the non-competitive 4-6 individual division, which allows parent assistance in the transition area, will also receive a wristband stapled to their bib. This is for the parent (who will be assisting) to wear.

What to Bring to the Triathlon:

Required items:

- Properly fitting bike helmet
- Bike (no big wheels, scooters or recumbent bikes). Training wheels are okay.
- Swimsuit
- Shoes (children may not do the bike/run legs barefoot).

Optional Items That Are Often Needed:

- Goggles
- Towel
- Sunscreen
- Shirt/Shorts to wear during the bike and run
- Socks
- Sunglasses

Items Available To Use At the Event:

- Kickboards
- Life vests

Social Media:

Facebook: <http://facebook.com/changeofpacedavis>

Twitter: Follow us at @acopfoundation

Instagram: @a_change_of_pace

Hashtags for this event: #pekt #PositiveEnergyKidsTri

Race/Logistics Questions:

Email us at: acopfoundation@gmail.com

Message us on facebook at: <http://facebook.com/changeofpacedavis>

Call us M-F 8-5 at: 530.757.2012

We can't wait to see you there!

Positive Energy 5K and Kids Triathlon

Davis, CA
Sun June 24 2018

[Contact Race](#)

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