

**From:** A Change of Pace Foundation  
**To:** [jeannine@changeofpace.com](mailto:jeannine@changeofpace.com)  
**Subject:** Positive Energy Kids Triathlon Event Reminder  
**Date:** Thursday, June 22, 2017 5:06:56 PM

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%FIRST\_NAME% %LAST\_NAME%  
EVENT %EVENT\_NAME%  
AGE: %AGE%  
GENDER: %GENDER%  
BIB NUMBER: %BIB\_NUMBER%

%CORRAL\_NAME% %CORRAL\_DESC%  
WAVE START TIME: %CORRAL\_START\_TIME%

Hello %FIRST\_NAME%!

The Positive Energy Kids Triathlon is coming up this Sunday and we are excited to include you in the event.

Following are a few reminders.

## General Race Information:

- **Event Date:** Sunday, June 25, 2017
- **Where:** Arroyo Park, West Davis. Located at 2000 Shasta Drive at Hampton Road, Davis, CA 95616
- **Times:** First wave is at 8:00 a.m. The oldest age divisions start first. Up to 16 athletes/wave. Arrive at the site (after parking) about 45 minutes early on event day. Be sure to be in the pool area at least fifteen minutes before your scheduled start time.
- **Parking:** Available on side streets surrounding the park.
- **Directions:** [Click here for a google map.](#)

### What is my child's start time/wave assignment and bib number?

1. Look up your child's bib number here: <https://runsignup.com/Race/RegistrationLookup/?raceId=31953>
2. Review the wave sheet here to determine their start time: <http://changeofpace.com/wp-content/uploads/2016/12/2017-PEKT-Wave-Sheet.pdf>
3. Please print a copy of this PDF if you would like a hard copy of the wave sheet.

## When do I pick up my child's packet?

One of two times:

1. At Packet Pick Up, Saturday, June 24 from 2-5 PM at Arroyo Park (to east of pool)

2. Race morning, Sunday, June 25, starting at 7:00 AM at Arroyo Park (to east of pool)

## What is in my child's packet?

1. Bib number with timing chips on the back. Bib must be worn during the bike and the run. We suggest affixing it to a tshirt with safety pins the night prior to the event so it is ready to go for race day.
2. One sticker. This goes on the front of his/her helmet.
3. A label with your child's wave start time will be on the back of the bib. If you would like a paper copy of the complete wave sheet, see link above to print.
4. If you would like a paper copy of the course map, print a copy here: <http://changeofpace.com/event/positive-energy-kids-triathlon/> Paper copies are not included in the race packets.

## What happens on race day?

Following is a general order of events:

1. Arrive at the event 45 minutes to one hour prior to your child's start time. Pick up packet if necessary at registration.
2. If you have not already, affix helmet sticker as indicated above. Pin bib number to the tshirt your child will put on after the swim.
3. Your child will need to get bodymarked and set up his/her bike in the transition area. Go to the Main Entrance of the Transition Area. Here they will write his/her bib number on their arm with a sharpie. This is done to identify your child during the swim.
4. Your child will need to go place his/her bike in transition. Unless your child is 6 and under, or you are in the parent/child division, they need to complete this on their own. Parents are not allowed in transition as it makes the area too congested, especially once the event has started. There will be a wristband for 6&Under parents to wear in the child's packet.
5. Have your child find his/her age group in the transition area and an open bike rack. Here they will leave their bike, shoes, socks, helmet, t-shirt with bib, shorts and towel. Remember, except for the non-competitive 6 & Unders, and the parents participating in the Parent/Child division, no parents are allowed in the transition area at any time during the race.
6. He/she should exit the Transition area promptly.
7. Be sure to be in the swim area at least 15 minutes before their start. Kids will be called up by wave and bib number.
8. The event takes place in the order of swim - bike - run.
9. After the swim leg, he/she will proceed to the transition area to where his/her bike is located, dry off, put on shoes, socks, helmet, and shirt with bib number. They need to walk their bike to the "Bike Out" tent to begin the bike leg. They will return via the "Bike In" tent, and should re-park their bike in the same place it started at, by their towel. Failure to rack your bike (ie. throwing it on the ground) results in a safety hazard for others so please reinforce to your child that they must put their bike back in the same place. (You can bring a balloon to identify their spot if you would like). Then they leave for the run leg. Note: no riding in transition area.
10. The race finishes at the main finish line which is where they get their medal.
11. Each child may have a complimentary sno cone from the sno cone booth.
12. Results are available if your child is interested, on computers or online on our mobile site at <http://m.racetecresults.com/Search.aspx?R=3410> (best used on phones)

At home on the computer, use this results

link: <http://acop.racetecresults.com/results.aspx?CId=16356&RId=6019>

13. Trophies are awarded to the top three boys and girls in all age groups 7 and older, and to the competitive age group in the 4-6 category (no trophies in the non competitive, parent-assisted category for 6&U).

## What should I bring to the event?

Child's bib numbers if you picked them up on Saturday, bike, helmet, shoes, socks, wear a swimsuit, sunscreen, towel, water bottle if desired, goggles if desired, sunglasses if desired.

HAVE FUN!!

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