

Whitehorse Kids' Triathlon

Sunday June 9, 2019 starts at 9:30am



Race Information

Thank you for registering for the Whitehorse Kids' Triathlon! The purpose of this event is for kids to have fun and put their multi - sport skills to the test in a non-competitive, friendly environment.

Mandatory Race Package Pick-Up Times

All race packages must be picked - up before race day

Location: Canada Games Centre – Boardroom


Monday June 3- 6:00pm - 8:00pm

Wednesday June 5 - 11:00am-1:00pm OR 6:00pm – 8:00pm

- ❖ All waivers must be completed and submitted before picking up bib package.
- ❖ Photo ID required at time of pick-up.


RACE FORMAT: SWIM – RUN – BIKE

Location: Aquatic Centre and Whitehorse Nordic Centre (ski stadium and trails)

Ages	Swim	Run	Bike
5  <small>AGES 5 YEARS</small>	1 lap around Leisure Pool	500m	Optional 500m
6 – 7  <small>AGES 6 - 7 YEARS</small>	50m	500m	1.8km
8 – 10  <small>AGES 8 - 10 YEARS</small>	100m	1km	2.7km

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<p>11 – 14</p> 	200m	3km	5km
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All participants are placed in heats according to their age category. When they have completed their required number of laps, participants proceed to the swim/run transition station (1), located outside the pool doors on the northeast side of the building. Participants run around the perimeter of the Canada Games Centre parking lot and into the Whitehorse Nordic Centre stadium and trails. Running and biking portions of the event are indicated with markers and signage. The course from the pool doors to the ski stadium will be cordoned off with pylons and rope. More information on the trail descriptions will be available at the race package pick-up.

Course

- Each participant must complete the entire course. Volunteers are stationed throughout the course to lend any assistance needed to ensure participant safety and well-being.
- Clear marking and signage will be available throughout the course to show the way. It is the participant's responsibility to learn the route and follow the age category signage.
- When overtaking a fellow runner or rider, pass to the left and return to the right side of the trail. When passing, please call out "on your left" to let the person in front of you know you are there.
- Volunteers count laps for bike riders if more than one lap is required for their age group.
- Parents cannot assist children during the event (with the exception of the 5-year-old category).

Swim

- 5 year olds swim in the Leisure Pool within arms' distance of support person.
- 6-14 year olds swim in lanes in the lap pool.
- Anxious swimmers will be placed as close to lifeguards as possible.
- Please bring your child's own PFD (life jacket) if your child requires one for the swim portion. Only a limited number and size of flutter board and PFDs (life jackets) are available for use.
- Flippers and other propulsive devices are not allowed.
- No jumping or diving into the water and no running on the pool deck at any time.
- Any stroke is allowed; there is no disqualification for style or stopping.
- Children must touch each end of the pool and complete the required distance.
- Volunteers will count laps for swimmers if more than one lap is required.

Transition Area (T1) – Swim/Run

- The swim/run transition area is outside of the pool on the east side of the Canada Games Centre. Drop off transition bag for T1 & T2 at the body marking station at least 10 minutes prior to designated swim time. Participants' change of clothes for running must be in their transition bag before proceeding to the body marking station.

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- Volunteers will assist participants after the swimming event to find their transition bag and direct them to the running trail.
- Participants can pick up their transition bag by showing their bib at the designated table at the Finish Line.

Transition Area (T2) – Run/Bike

- Only participants and volunteers can be in the transition area.
- Participant's bike and helmet must be dropped off in this transition area (Stadium) between 7:45am and 8:45am on June 9th. No helmet = No race.
- Bicycles must be walked into the transition area.
- Participants will finish the race with their bikes and can take them directly to their vehicles.
- When finishing the race, please ensure that bikes are removed from the finish line and not dropped on the ground as soon as the participants clear the finish line.

NOTE: It is the parent's responsibility to see that bikes and helmets are in good working order. Bike inspection is not mandatory, but recommended. Be sure to check your child's helmet before race day. Helmets must be buckled during the bike portion of the event, including in the transition zone.

Trail Description

(Please be aware that the trail routes may change due to the trail condition after the melting season).

5 Year Olds:

Swim around the Leisure Pool then at the swim/run transition (T1) run around the CGC parking lot to the stadium. At the run/bike transition (T2) they will get their bike and go through the tunnel to Ketza Hill then circle back through the tunnel to the finish line.

6-7 Year Olds:

Swim required laps then at the swim/run transition (T1) run around the CGC parking lot to the stadium. At the run/bike transition (T2) they will get their bike, go through the tunnel, and follow Dog Trail to the Lynx and Dog Trail junction. Then turn around and return on the Dog Trail toward the stadium and bike back through the tunnel to the finish line.

8-10 Year Olds:

Swim required laps then at the swim/run transition (T1) run around the CGC parking lot to the stadium and continue on to do 2 laps of the Adventure Trail. At the run/bike transition (T2) they will get their bike and go through the tunnel along the Dog Trail then after the first downhill on Dog they will take a left onto the Coyote Trail connector and another left onto the Sundog Trail. Follow it all the way back through the tunnel to the finish line.

11-14 Year Olds:

Swim required laps then at the swim/run transition (T1) run around the CGC parking lot to the stadium.



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Run through the stadium and through the tunnel onto Ketz Trail. At the top of the Ketz Trail run straight up the small connector to the 10K and turn right towards Olympic Trail. They will start their climb on Olympic Trail and follow it up to the 5K Trail. Turn right on the 5K, continue on the 5K, and follow it as it circles back towards the Ski Club wax room. Continue on this trail as it leads back down into the stadium then run by the ski Sea Cans at the edge of the stadium and turn right into Transition 2. At the run/bike, transition (T2) they will get their bike and go through the tunnel along Dog Trail then after the first downhill on dog they will take a left onto the Coyote Trail connector and another left onto Sundog Trail. Follow Sundog Trail back to the dog parking lot junction then repeat the bike loop a second time. Once they have done their second loop head back toward the tunnel to the finish line.

Additional Race Information

5 Year Olds

Children in this category must turn five by July 31st, 2019 in order to participate.

Each participant must have one parent/guardian accompanying them throughout the race, with all necessary equipment for themselves, including swim attire (this includes being in the water within arm's reach for the swim portion).

Optional: Your child can bring their bike (including pushbike, bike with training wheels, scooter or a trike) to complete the optional bike section of the course.

6-14 Year Olds

Participants must be the correct age by the race date, June 10th, 2019. Athletes 6 years of age and older do not require parental assistance during the race.

Snack & Refreshments

Participants will have access to fruit, water and Gatorade at the finish line. Food will also be available to purchase during the event.



We are looking for VOLUNTEERS

If you are interested, please email us at volunteer@whitehorse.ca



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Race Day Check List

Be sure to get a good sleep and eat a good breakfast. You will need fuel for your race. Pack your gear the night before the race. Arrive EARLY – it is going to take time to park and walk to the race site. Stay hydrated throughout the race and go at your own pace.

- Swim suit
- Goggles - optional
- Towels
- PFD - if needed
- 5-year-old support person has all necessary equipment for themselves including swim attire

- Water bottle
- Hat
- Mittens, toque, buff if weather is cold
- Sunscreen - Do not forget to apply it on race day

- Race bib pinned on the FRONT of shirt. Bib # needs to be visible.
- Shirt and extra clothing depending on weather conditions
- Running shoes (no crocs or sandals)

- Bicycle - suitable for uneven ground
- Helmet - CSA approved with chinstrap
- Helmet stickers - on the FRONT of the helmet

- Arrive dressed (swim suit on) and ready to participate
- Head to the run/bike transition zone (T2) and set up your bike. The bike racks are marked by bib numbers and age. Bike drop off is only from 7:45am - 8:45am on June 9th. It is closed for drop off after that.



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TO FINALIZE YOUR REGISTRATION PLEASE RETURN THIS WAIVER EITHER:

In person at the CGC Front Desk or by
EMAIL: KIDSTRI@WHITEHORSE.CA

Release of Liability, Waiver of Claims, Assumption of Risk and Indemnity

WARNING: Please read carefully – by signing this form you are waiving certain legal rights including the right to sue!

Name of Participant(s)

Date

Event: Whitehorse Kids' Triathlon Sunday June 9, 2019

I acknowledge that there are risks associated with participation in any physical training, exercise, sports, adventure or activity program. I have informed my child and myself and understand the risks associated with participation in this Event and (where applicable) my use of the facilities, including the risk of personal injury and freely accept these risks.

In consideration of the permission granted to me (or for the named participant if the named participant is under 19 years of age).

1. I hereby release and forever hold harmless, The Corporation of the City of Whitehorse, its elected and appointed officials, employees, volunteers and agents or representatives of and from all claims and legal actions arising from personal injury or property damage or loss which I may have or suffer as a result of my participation in the Event.

I have no physical or medical condition that would endanger myself or others if I participate in the Event, or would interfere with my ability to safely participate in the Event. I accept responsibility for the condition and adequacy of my competition equipment and my conduct in connection with the Event. I understand and acknowledge that there may be vehicle or pedestrian traffic on the course route, and I assume the risk of running, biking, swimming and/or other portions of this Event and participating under these circumstances. I also assume any and all other risks associated with participating in this Event, including but not limited to the following: falls, dangers of collisions with vehicles, pedestrians, other participants, and fixed objects; the dangers arising from surface hazards, equipment failure, inadequate safety equipment; and hazard that may be posed by spectators or volunteers; and weather conditions.

2. I hereby consent to receive medical care and treatment that may be deemed advisable in the event of injury, accident or illness to me while participating in the Event by a medical director or any of its agents, employees, volunteers, affiliates and designees, a physician and/or hospital. If necessary, I authorize the Event organizer, employees, volunteers, sponsors, affiliates and designees to consent to such medical



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care and treatment. I understand that this authorization is given in advance of any specific diagnosis, treatment, or hospital care being required, and is given to provide authority and power to render care which the above-mentioned may deem advisable in the exercise of their best judgment. I agree to be responsible and assume liability for any and all costs incurred as a result of my participation in the Event, not covered by my insurance, including but not limited to, medical care and treatment, ambulance services, hospital stays, and physician and pharmaceutical goods and services. I agree to indemnify and hold harmless the released parties from all liability for such costs.

- 3. I agree to read and abide by the race rules set out by the City of Whitehorse.
- 4. I shall indemnify, and forever hold harmless, The Corporation of the City of Whitehorse, its elected and appointed officials, employees, supporters, sponsors, volunteers, agents, and all other persons or entities involved with the Event from any and all liability for any damage to property or personal injury suffered by any third party resulting from my participation in the Event.
- 5. This release and waiver is binding upon me, my heirs, next of kin, executors, administrators, successors, assigns and representatives in the event of my mental or physical incapacity, personal injury or death.

Medical Conditions (asthma, allergies, etc.):

Support person for 5-year-old participants

Last Name: _____ First Name: _____

Phone Number: _____ Email Address: _____

_____ Parent Signature or Guardian if under 19 years of age	Date Signed _____ 20 ____
_____ Witness – please print	_____ Witness Signature

Staff Initials: _____



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