

# Whitehorse Kids' Triathlon

## Saturday June 3, 2023 starts at 9:30am

### 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.

- Bike drop off 7:30 am - 8:45 am ONLY** - transition area (T2) Run/Bike. The area for bikes will be marked by bib numbers and age.
- Arrive dressed (swim suit on) and ready to participate
  
- Swimsuit
- 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. – Please don't forget as we do not have extras
- Shirt and extra clothing depending on weather conditions
- Running shoes (no crocs or sandals)
  
- Bicycle - suitable for uneven ground
- Helmet - CSA approved with chinstrap
- Bike # stickers – somewhere visible on the frame - Please don't forget as we do not have extras

**Participants must complete the entire course.**

**Any participant who does not cross the finish line is considered a missing child.**

**If your participant cannot complete you must check-out at the finish line before leaving.**