

# Whitehorse Kids' Triathlon





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



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.

### RACE FORMAT: SWIM – RUN – BIKE

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

Ages	Race Distance	Ages	Race Distance
Bunny - 5 with a guardian  <small>AGES 5 YEARS</small>	Swim: 1 lap around Leisure Pool Run: 500 m Bike 500m	Bear - 8 – 10  <small>AGES 8 - 10 YEARS</small>	Swim: 100m Run: 1kmm Bike: 2.7 km
Moose - 6 –7  <small>AGES 6 - 7 YEARS</small>	Swim: 50m Run: 500 m Bike: 1.8 km	Fox - 11 – 14  <small>AGES 11 - 14 YEARS</small>	Swim: 200m Run: 3 km Bike: 5 km

### Mandatory Race Package Pick-Up Times

**All race packages must be picked - up before race day**

Location: Leisure Ice Dry Floor – Canada Games Center

Sunday May 28 - 12:00pm - 1:30pm

Monday May 29 - 6:00pm-7:30pm

- ❖ Photo ID required at time of pick-up.

### Pool Lap Counting

We are asking that **if able**, one parent/guardian count the laps for their child during the swimming portion and assist their child through transition 1. This will give that parent/guardian an opportunity to watch their child swim and limit the number of people in the pool area. Once participants are done swimming and have started their run, that parent/guardian can head over to the stadium to watch their child cross the finish line, please remember to take your

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child's swimming items from transition 1 with you. **Counting swim laps for your child is optional, if you would rather a staff or volunteer count your child's laps just let us know.**

### Race Descriptions

**Please be aware that the trail routes may change due to the trail condition after the melting season. Visit our website for trail images: [www.whitehorse.ca/kidstriathlon](http://www.whitehorse.ca/kidstriathlon).**

#### 5 Year Olds with guardian:

- Swim around the Leisure Pool
- Go to Transition Area (T1) - swim/run and change into running gear
- Run around the CGC parking lot to the stadium
- Go to Transitions Area (T2) - run/bike and don bike\* and helmet
- Bike through the tunnel to Ketz Hill then circle back through the tunnel to the finish line

Note: Parents are required to run or walk with their child during the bike section, not bring their own bike.

\* Bike options include: pushbike, bike with training wheels or a trike

#### 6-7 Year Olds:

- Swim 2 laps of Lap Pool
- Go to Transition Area (T1) - swim/run and change into running gear
- Run around the CGC parking lot to the stadium
- Go to Transitions Area (T2) - run/bike and don bike and helmet
- Bike through the tunnel, 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 4 laps of Lap Pool
- Go to Transition Area (T1) - swim/run and change into running gear
- Run around the CGC parking lot to the stadium and continue on to do 2 laps of the Adventure Trail
- Go to Transitions Area (T2) - run/bike and don bike and helmet
- Bike 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 8 laps of Lap Pool
- Go to Transition Area (T1) - swim/run and change into running gear
- Run around the CGC parking lot to the stadium. Run through Transition 2 and through the tunnel and turn 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

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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.

- Go to Transitions Area (T2) - run/bike and don bike and helmet
- Bike 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.

### General Triathlon Information

- Participants must be the correct age by the race date. Children in the 5-year-old category 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). Athletes 6 years of age and older do not require parental assistance during the race.
- **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.**
- All participants are placed in heats according to their age category.
- Each age category course route is marked and signed using their corresponding animal (e.g. 6-7 year olds look for the moose image throughout the course)

### Guidelines

<p><b>Course</b></p> <ul style="list-style-type: none"> <li>- Volunteers are stationed throughout the course to lend any assistance needed to ensure participant safety and well-being.</li> <li>- It is the participant's responsibility to learn the route and follow the age category signage. There will be clear marking and signage throughout the course.</li> <li>- 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.</li> <li>- Volunteers count laps for bike riders if more than one lap is required for their age group.</li> <li>- Parents cannot assist children during the event (with the exception of the 5-year-old category)</li> </ul>	<p><b>Swim</b></p> <ul style="list-style-type: none"> <li>- 5-year-olds swim in the Leisure Pool within arms' length of support person.</li> <li>- 6-14 year-olds swim in lanes in the lap pool (6-year-olds can have a support person in their lane if needed)</li> <li>- Anxious swimmers will be placed as close to lifeguards as possible.</li> <li>- PFDs (life jackets) and other flotation aids are available for use. You are more than welcome to your own.</li> <li>- Flippers and other propulsive devices are not allowed.</li> <li>- Any stroke is allowed; there is no disqualification for style or stopping</li> <li>- Guardians/volunteers will count laps for swimmers if more than one lap is required.</li> </ul>
<p><b>Transition Area (T1) Swim/Run</b></p> <ul style="list-style-type: none"> <li>- This transition area is outside of the pool (east side of the CGC).</li> <li>- Drop off transition bag for T1 &amp; T2 at least 10 minutes prior to designated swim time.</li> <li>- Participants' change of clothes for running must be in their transition bag before proceeding to the swim warmup</li> <li>- Guardians/volunteers will assist participants after the swimming event to find their transition bag and direct them to the running trail.</li> </ul>	<p><b>Transition Area (T2) Run/Bike</b></p> <ul style="list-style-type: none"> <li>- Only participants and volunteers can be in the transition area</li> <li>- Participant's bikes and helmet must be dropped off in the transition area (stadium) between 7:30 am - 8:45 am on race day. No helmet = no race</li> <li>- Bicycles must be walked in the transition area</li> <li>- Participants will finish the race with their bikes and can take the directly to their vehicles.</li> <li>- 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.</li> </ul>

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**Note:** It is your 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.

### 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**

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