



Race Information for Kids of Steel
(Individual/Relay)

Race Day: Monday, May 20th, 2019
Start Time: 7:40am in the pool
Location: Ron Andrews Rec Centre,
 931 Lytton Street
 North Vancouver, BC

Sunday May 19th, 2019 – Information Session for Parents and Kids
 4:00pm at Ron Andrews Rec Centre
 Come and have your questions answered and go through the race course

RACE INFORMATION: see maps on the last page or website- <http://northshoretriathlon.ca>

Age/Race Colour	Swim	Bike	Run
6 & 7 years YELLOW race numbers	50m – 2 short lengths of the pool	1.5 Km along Mt. Seymour Pkwy to Tollcross and back	500m on trails& road – kids always in line of sight of a volunteer
8- 11 years PINK race numbers	75m – 2 lengths of the pool	5km – along Mt Seymour Pkway to Roche Point and back	1km – trails & road - kids always in line of sight of a volunteer
12-15 years BLUE race numbers	225 – 6 lengths of the pool	10 km – 2 loops along Mt Seymour Pkwy between Emerson and Roche Point and back	3km – trails & road - kids always in line of sight of a volunteer

All kids must be body marked and ready to race at 7:25am

Parking:

Parking will **NOT** be available at Ron Andrews Rec Centre or Ice Sports Arena. Parking is available on neighbouring streets, **north** of Mount Seymour Parkway. Do **NOT** park on the south side of Lytton St. Please avoid blocking driveways which may result in your car being towed.

Arrival:

Please arrive in plenty of time to allow for parking and to get your child to body marking and transition area for set up. **The transition area opens at 6:00am.**

Body Marking:

Body marking is located inside the Rec Centre within the gym. A race number will be placed on the child's arms and legs. They will also receive a timing chip to place on their ankle (if not collected at package pick up). This chip records your child's speed throughout the race.

Transition Area:

One parent of a child born in Yellow division **IS** allowed in the transition zone. Parents will receive a wrist band or lanyard to allow them entrance into the transition zone with their child. Parents will pick up the wrist band at package pick up. Parents of children in all other divisions **will NOT be allowed** in the transition zone at **ANY** time. A volunteer will assist your child setting up their bike and transition zone. Your child will be picked up by a volunteer at the transition entrance and will be delivered back to you at the transition exit. The exit is located right beside the pool. Your child will be in your view at all times.

All parents of kids racing in the yellow division must leave the transition zone before the race begins. Headsets, iPods, and glass containers are NOT permitted in the race.

Swim:

A swim volunteer will be in the main hallway to help your child get into the appropriate line up for their age group. You can use any style of swimming that you like. If you need to stop and rest, you may stand on the bottom of the pool or hold onto the lane ropes or pool edge. Adults will be in the pool to provide extra support for the youngest kids.

Kids swimming the BLUE course (225m) will be following a swim course for three (3) laps (6 lengths). Swimmers will swim counter clockwise up and down the first lane. When they reach the shallow end they will duck under the lane rope and continue back up the next lane. At the completion of the third lane they will exit the pool via the stairs.

Bike:

- Please ensure your bike is in the lowest gear to start. There is a hill coming out of the Rec Centre parking lot. Small children will be provided with assistance getting up this hill.
- All participants **MUST** wear a helmet on the bike course. The helmet **MUST** be properly fastened before taking their bike off the bike rack. Volunteers will not allow the participant to leave the transition area until the helmet is fastened.
- Helmets must remain fastened until the bike has been returned to the bike rack.
- Torsos must be covered during the bike and run (i.e. bathing suit, t-shirt).
- Drafting right behind another biker is not allowed.
- Cage pedals (toe clips) are not permitted
- Bikes must be walked in the transition area and to the start line of the bike portion

Run:

Run is through the trails and surrounding streets and back along Mt. Seymour Parkway (Blue course only) with volunteers always in line of sight.

Tips and Tricks:

- Arrive AT LEAST one hour before the race starts
- Put your race number on your shirt before the race starts
- Remember what rack your bike is on
- Lay out your biking and running gear beside your bike for an easy transition
- Run through the course on Sunday so you know where you are going
- Make sure your bike is in the easiest gear
- Body marking is in the Rec centre gym on Monday morning
- Volunteers will help you at all times
- HAVE FUN!!!!!!

***Awards Ceremony for the kid's race will take place in the Rec Centre Gym.
This will take place once the kid's races are completed approximately 10:00am.
Per Kids of Steel policy, place awards will only be presented to kids 12 and older.***

Yellow Course: Kids aged 6 & 7

Swim (50M) - 2 lengths of the pool

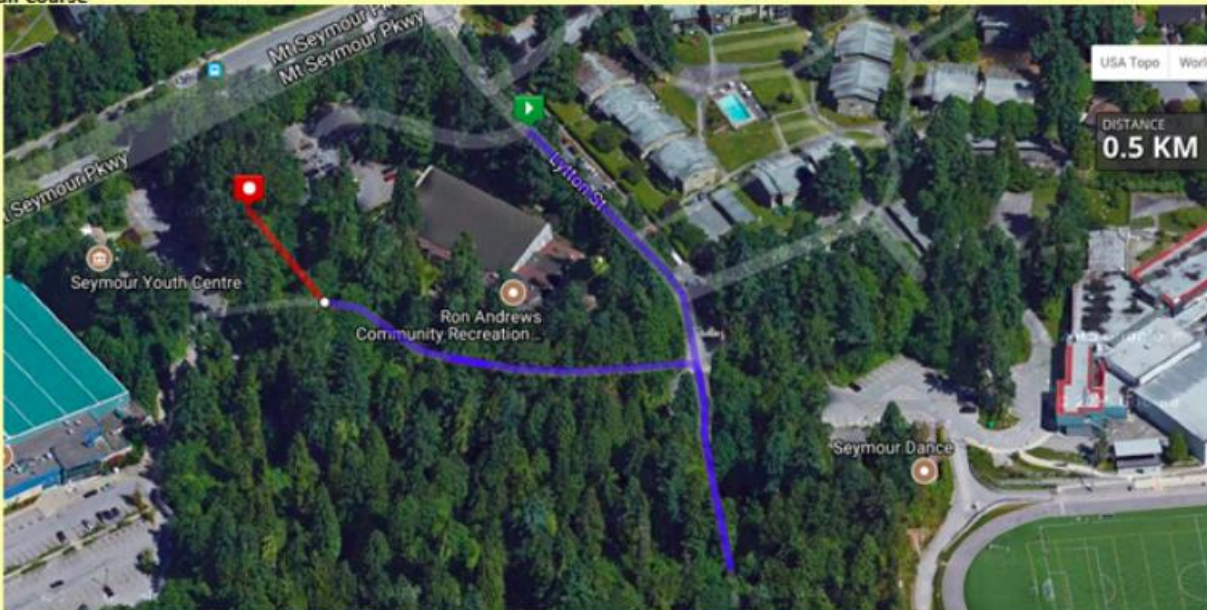
Bike (1.5k) - 1 loop on Mount Seymour Parkway (turnaround at Tollcross)

Run (500m) - On roads and trails around Ron Andrews Rec Centre

Bike Course



Run Course



Run Details

Out of transition, head south down Lytton into the trail head (continue ~50m down the trail), turn around as directed and return to Ron Andrews and finish line.

Pink Course: Kids aged 8 to 11

Swim (75M) - 2 lengths of the pool

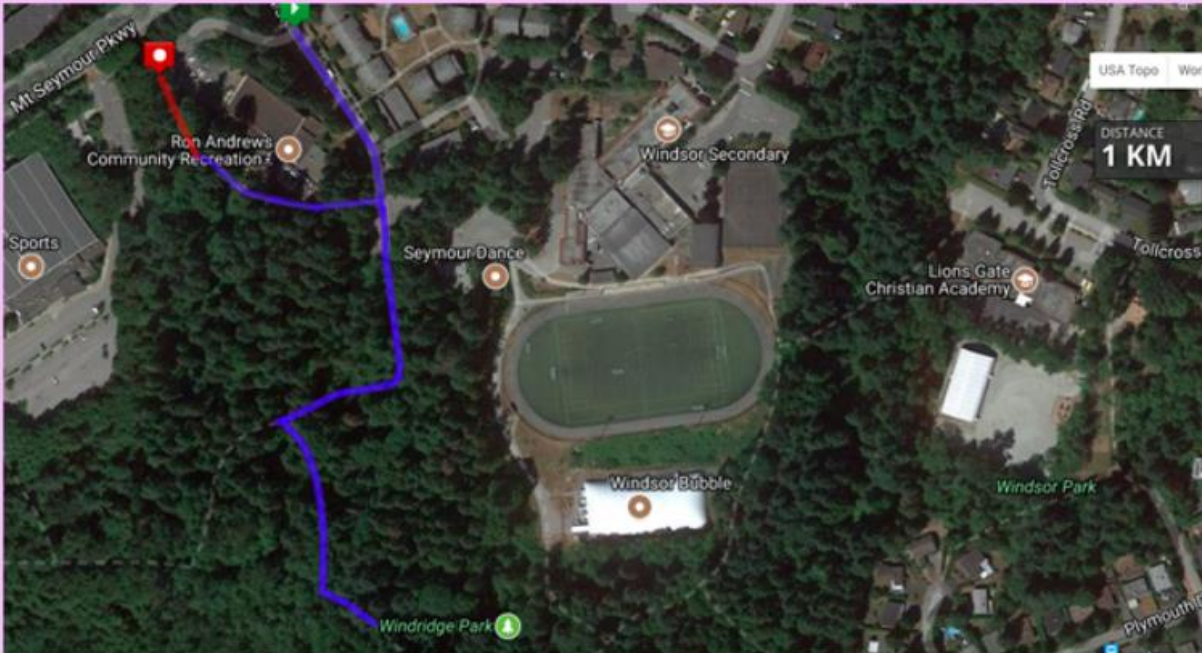
Bike (5k) - 1 loop on Mount Seymour Parkway between Emerson and Roche Point, then back to transition

Run (1k) - On roads and trails around Ron Andrewes Rec Centre

Bike Course



Run Course



Run Details

Out of transition, head south down Lytton to the trail head, follow well marked trail and volunteers, turn around as directed in trails and run back to Ron Andrews to the finish.

Blue Course: Kids aged 12 to 15

Swim (225M) - 6 lengths of the pool

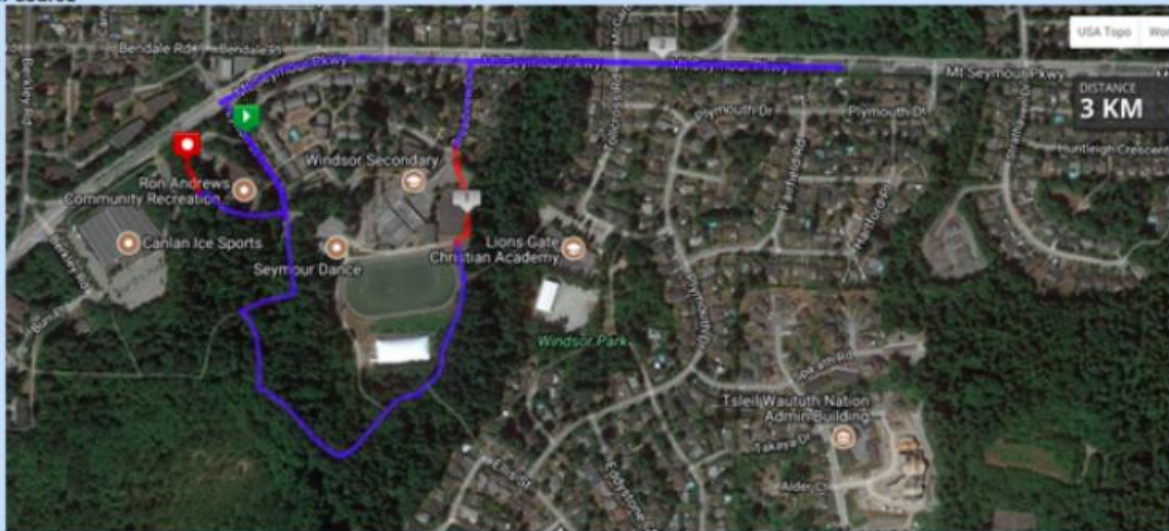
Bike (10k) - 2 loops on Mount Seymour Parkway between Emerson and Roche Point, then back to transition

Run (3k) - On roads and trails around Ron Andrews Rec Centre

Bike Course



Run Course



Run Details

Out of transition, head south down Lytton to the trail head, follow well marked trail and volunteers up to Broadview, turn right onto Mt. Seymour Parkway to turnaround, back to Lytton and down around Ron Andrews to the finish.