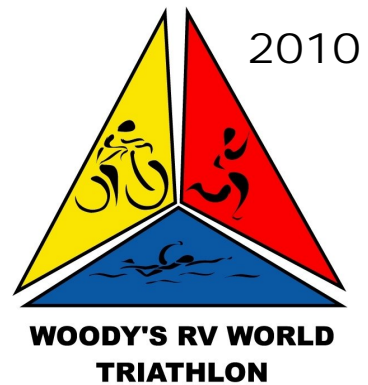


# KIDS OF STEEL RACE INFORMATION PACKAGE

[www.woodystriathlon.com](http://www.woodystriathlon.com)



## CHARITY OF CHOICE

### Ronald McDonald House®



*A house is built with walls and beams..... A home is built with hope and dreams.....* Ronald McDonald House® Southern Alberta is pleased to announce it is building a new House in Red Deer, Alberta. Ronald McDonald House® Central Alberta will be prominently located facing the Red Deer Regional Hospital Centre and backing onto Gaetz Avenue. A portion of your race entry as well as profits from the BBQ will be given to this worthwhile cause.

## EVENT LOCATION

For the third year, we will use the beautiful Roland Michener Recreation Centre located at 51A Street and 38 Ave. in Red Deer, Alberta.

Please see web site map for exact location. Transition will be in the Michener Curling Rink parking lot on your left just off 40th Ave onto 51A Street. We will have an unloading zone that will be clearly marked.

## PARKING FOR RACE DAY

Signs will direct you to several parking lots to the EAST of the Michener Recreation Centre Pool.

## WEEK AT A GLANCE

### Monday June 21st

Transition Tips 'For a Fast Change'

Michener Centre Curling Rink

51A St. and 38 Ave.

6:30 pm

### Thursday June 24th

Race Package Pick Up 5:00 - 8:00 p.m.

**\*\* New location this year due to increased entries\*\***

Michener Centre Curling Ring (where Transition for the race is)

51A St and 38 Ave.

### Friday June 25th

Race Package Pick Up 5:00 - 8:00 p.m.

Michener Centre Curling Ring (where Transition for the race is)

51A St and 38 Ave.

### Friday June 25th Transition and Course Sweep

5:00 p.m. Michener Centre Curling Rink Parking Lot

Volunteers are needed to help hand sweep the Transition area, set-up tents, and snow fencing. Bring your own broom!

### Saturday June 26th

Kids of Steel Race

6:30 am Late Package Pick up for out of town entries ONLY!

6:45 am Race Check-in begins,

Check bike and race gear into transition, proceed to Body Marking and pick up Timing Chip. You must be wearing your coloured wristband (supplied in Race Bag) on your **RIGHT** wrist.

Once you receive your timing chip, put it on immediately. You are responsible for the return of the chip after the completion of the race. Volunteers will remove the timing chip as you cross the finish line. Lost chips result in a \$25.00 charge. If you drop out in the middle of the race, please bring your timing chip to the Finish Line.

7:00–7:40 am Set up Transition Area

- place down transition towel (for feet) to step on and be dried on the right hand side of front bike tire.
- lay out gear in logical order for putting on. You face your bike and stay close to avoid blocking other racers from getting past you.
- Walk the transition area to know where to find your bike when you come from the swim. Know where 'Bike Out' and 'Bike In' are located. Know where 'Run Out' is located. Volunteers will show you which direction to travel in transition. Volunteers will aid the young racers in lifting heavy bikes on and off the rack but it is the athlete's responsibility to change and transition on their own. Practice ahead to see how fast you can go! Elastic laces (available at the Runner's Den) are a great accessory.

7:40 am Transition closes to ALL parents

7:50 am Pre-race meeting on pool deck for all athletes

8:00 am Race BEGINS, Youngest ages go first

**PLEASE NOTE:** we will be allowing the 5 – 7 age groups to complete their swim AND bike before we start the age 8 and up athletes. This will allow a safe turn around on the bike course for the little ones. This will mean the oldest age groups will have a short wait. Relax, stretch and visit with friends.

#### **POST RACE**

Bagels, fruit and snacks provided by Save On Foods for athletes ONLY after the race.

Barbeque, sponsored by Save On Foods, to follow for KOS Participants and Volunteers. Coffee, Coke, Burgers, Hot Dogs etc. available for purchase to family and friends with proceeds in support of Ronald McDonald House® Central Alberta.

10:30 am Pool change rooms closed and locked. Be sure nothing is left inside. We will take any left articles to the Lost and Found in the Finish Area.

**PLEASE NOTE:** Racers will **NOT** be allowed to come back into Transition to remove their bikes and gear until the 14 – 15 yr olds are on the run course. This is for the safety of ALL our athletes.

Enjoy a complimentary massage provided by therapists from Sports Therapy Centre and Recovery Labs.

11:00 am Bike Draw courtesy of Bike Werx, Alta Law and Bower Dental will take place after the last finisher crosses the line. **You must be present to win!**

3:00 -6:00 pm Final Jr. Sprint and Adult race package pick up Michener Centre Curling Rink 51A St. and 38 Ave.

### **Sunday June 27th**

7:00 am Junior Sprint, Adult Sprint, Team Relay Triathlon starts. Volunteers are needed for the Sunday Race. Please contact Dawn latrou at [volunteers@woodystriathlon.com](mailto:volunteers@woodystriathlon.com) if you can help out.

Come see our 280 adults race to the finish.

## **SAMPLE CHECK LIST OF WHAT TO BRING ON RACE DAY**

Coloured Wristband **MUST** be worn, on RIGHT wrist, race morning (provided in your race package)  
Sports Bag  
2 Towels (transition/post race)  
Swim Suit  
Swim Goggles  
Swim Cap (provided in your race package)  
Race Number (pinned to front of race shirt or race belt)  
Running shoes  
Running/Biking Clothes (plan for all weather). Boys, no bare torsos allowed.  
Socks (if you wish)  
Sunscreen (apply before the swim)  
Bike  
Water Bottle (not recommended for 5-7 year olds)  
Bike Helmet (be sure it is adjusted properly and comfortably snug)  
Numbered Helmet Sticker provided in race bag (this goes on the FRONT of your bike helmet)  
Running hat (if desired)  
Barbeque coupon (provided in your race package)

## THE SWIM

The swim takes place at the Roland Michener Centre's 25 meter indoor heated pool. Due to time constraints there will be no swim warm up sessions permitted. The swim will be a lane format with each participant in his/her pre-designated lane. Maximum 4 swimmers per lane with same age group. Racers were put in heats from their estimated swim times given on registration forms. **NOTE:** Swimmers please remember the timing starts at the timing mat at the Staging Area Exit and ends as you Exit the pool, so your times will seem much slower than what you may be capable of at swim meets. Enter and Exit quickly but be aware of Slippery Decks.

Feet first entry, NO DIVING. Swimmers will swim in a counter clockwise format. Swim **CLOSE** to right side lane rope. Racers may rest at the end of the lanes if necessary. If you need to pass, please pass on the left hand side of the swimmer in front of you and do so when it is safe. Lap counters will notify you by putting a kick board into the water, when you have 1 lap (2 lengths) to go. You will exit the same end you went in. Heats will start each time there is an empty lane. Heat sheets, to show the start order, will be posted at Body Marking and outside Change Rooms.

Younger racers may use a life jacket or kick board if they feel more comfortable. There will also be several experienced volunteers right in the water for the younger athletes to assist should they need help.

**PLEASE NOTE:** parents are NOT allowed on pool deck except for medical reasons.

## SWIM LAPS

5 - 7 years	50 meters	1 lap	2 lengths of pool
8 - 9 years	100 meters	2 laps	4 lengths of pool
10 - 11 years	150 meters	3 laps	6 lengths of pool
12 - 13 years	300 meters	6 laps	12 lengths of pool
14 - 15 years	500 meters	10 laps	20 lengths of pool

## THE BIKE

Make sure your helmet and bike fit properly. Helmets must have Canadian approval certificate i.e. ANSI, Snell, CSA and should **NOT** be loose. We recommend having bikes properly inspected at your local bike shop, seat height, tire pressure checked etc. Your helmet **MUST** be secured and strap completely fastened **BEFORE** you remove your bike from the rack. Volunteers will aid the youngest racers.

Please **walk your bike in transition** and be careful of other athletes coming and going! Proceed out the clearly marked '**BIKE OUT**' exit towards the mount line. The mount line is a bit of a distance and you may now jog beside your bike. Stay to the right hand side of the **MOUNT** line where you may get on your bike.

**Please make sure you ride on the FAR RIGHT hand side of the road as possible.**

Parents please do a training ride with the athletes to show them how to ride close to the right hand side of the road. Pass on the left and obey volunteers for your own safety. Watch for the 'well marked' 180° turn-around cone. Volunteers will be there for assistance. You have the full width of the street but some younger racers have difficulty with this. Practise bike handling ahead of time.

Volunteers will be stopping cars but keep your head up and **BE AWARE!!**

Volunteers will help with directions:

**Another bike lap** ..stay left... or **finish**..stay right and proceed to dismount line. We ask all racers to slow at this turn around cone.

**LAP COUNTING IS THE SOLE RESPONSIBILITY OF EACH ATHLETE**

Dismount before the clearly marked line and slow jog your bike back to the **'BIKE IN'**.

Please walk your bike in transition. **DO NOT** unfasten your helmet until your bike is placed in the rack at your designated spot.

If you have a flat tire, or any problem, go to the nearest Volunteer and they will arrange to have you picked up.

You may view Bike Maps on our website [www.woodystriathlon.com](http://www.woodystriathlon.com).

Once again, we are very fortunate to have Bike Werx on site to assist our young racers on bike morning. They will have tire gauges, air pumps, etc. available.

**BIKE LAPS**

5 - 7 years	1.5 km	1 modified lap (turn around cone will be in the centre of road on 55th Street.) It is an 'out and back" loop. Volunteers will also aid the racers on where to turn.
8 – 9 years	5 km	1 lap
10 - 11 years	5 km	1 lap
12 – 13 years	10 km	2 laps
14 – 15 years	10 km	2 laps

**REMEMBER** there are **NO** clips, 'rat trap' cages etc. allowed on the bike pedals. For ages 13 and under, if you choose to use clipless pedals, the cleat must be recessed into the cycling shoe. The sole of the shoe but not the cleat must make full contact with the ground. Most racers under the age of 13 use running shoes. For ages 14 and up, all clipless pedal systems are permitted. Aerobars are not permitted in ages under 13 and must be closed 'bar ends' for 14 - 15 years.

**AID STATIONS**

There will be an aid station at the exit onto the run as well as an aid station at each age group **RUN** turn around. All racers may have a drink at any of the aid stations they pass going either direction. Water from Culligan and Powerade from Red Deer Bottling will be supplied.

## THE RUN

Exit the clearly marked 'Run Out'. Slower racers, please stay to the right. Watch for other athletes at all times. You will run on the grass or on the sidewalk. Watch for Orange Flags and 'Directional Arrows' and volunteers. DO NOT run on the road. All age groups do an 'out and back' course. Your turn around spot will be clearly marked with an aid station and large sign with your age group in the same color as your wristband. Have a big smile as you cross the finish line for your photograph! Your race number needs to be **ON THE FRONT** for the back-up timers, the announcer and your photo to be identified. Your timing chip will be collected at the finish line. If for some reason you drop out early please bring the chip to the motorhome at the finish line.

**PLEASE NOTE:** Bare torso is not allowed. The use of IPOD's is strictly prohibited and will result in a disqualification.

### RUN DISTANCES

5 - 7 years	500 m
8 - 9 years	1 km
10 - 11 years	2 km
12 - 13 years	3 km
14 - 15 years	4 km

### FINISH LINE FOOD

Post race refreshments consisting of: oranges, watermelon, yogurt, cookies, bagels, etc. supplied by Save On Foods will be available after race participants cross the finish line. This is for racers only, please.

### FINISHERS' PHOTOS/ RESULTS

Mike Cousins of Mike Cousins Photography will take a finishers' photo of EACH racer as they cross the finish line under the sponsors' banner. These photos may be viewed and purchased on-line at [www.mikecousins.com](http://www.mikecousins.com) or through the link on the Woody's Triathlon website. Be sure to check out the photo gallery on our site with close to 500 candid shots of our racers. Finishers' medals will be given to ALL finishers. In keeping with the philosophy of our race, there will not be placement prizes as we feel 'every athlete is a winner'. Unofficial results will be posted at the finish area after the race and official results 30 minutes after initial posting. Results will also be on the website at [www.woodystriathlon.com](http://www.woodystriathlon.com).

Be sure to check the draw prize area to see if you have won a prize from one of our great sponsors!

### MASSAGE

We are pleased to offer a COMPLIMENTARY post race massage compliments of Sports Therapy Centre and Recovery Labs.

### POST RACE BARBEQUE

A barbeque has been generously sponsored by our amazing Platinum Sponsor, Save On Foods. All racers received a barbeque coupon in their race package for a complimentary Hamburger or Hot Dog with a Coke/Sprite. Family members can also purchase food with proceeds going to the Ronald McDonald House® Central Alberta.

Coffee and refreshments will also be available first thing in the morning and throughout the race.

### **BIKE DRAW**

Woodys RV World Triathlon together with Bike Werx, Alta Law and Bower Dental are sponsoring a draw for a kids Norco Glide Bike valued at \$400. **YOU MUST BE PRESENT TO WIN.**

### **SPECTATOR VIEWING**

Parents will not be permitted on the pool deck but have a great open viewing area from above the pool. Racers will have a staging area, and it is NOT recommended to shower until close to their heat time. Volunteers will be there to help but swimmers need to be in the staging area well ahead of their heat. Pre-race meeting is at 7:50 am on deck.

For the safety of our young athletes, please respect the enclosed areas. Do not cross or go under barrier lines, remembering bikes and runners will be moving in both directions. Adhere to the directions of the volunteers and race marshals, who have the safety of the athletes in mind at all times. Parents **MUST** be out of the Transition Area at 7:45 am. Volunteers will be there to assist younger racers if necessary. This is for the safety of all athletes as they enter and exit transition.

Bikes may **NOT BE REMOVED** until all the older racers are out on the run course. Please respect these rules and plan to cheer in the racers after you!

### **VOLUNTEERS**

Please remember to thank our volunteers! Without them, this race could not happen. If you know of someone in your family who could help out please contact Dawn Iatrou at [volunteers@woodystriathlon.com](mailto:volunteers@woodystriathlon.com). On race morning we seem to find a need for a few extra people. Please check with us at the volunteer tent if you might be able to GIVE us a hand. We also need volunteers for the Adult Sprint race on Sunday morning for ages 16 and up. A special thanks goes out to the Race Committee who have worked hard for 8 months to organize this event!

We continue to offer our race as a **'First Timer Friendly'** event. We strive to offer a safe and fun event and your comments are much appreciated. Please contact us through our website [www.woodystriathlon.com](http://www.woodystriathlon.com).

We will, once again, be sending an email survey to our racers, post race and we appreciate the time you take to give us feedback.

**HAVE A SUPER RACE ATHLETES OF ALL AGES .....  
CHEER EACH OTHER ON AND ENJOY THE DAY!!!!**



Race Sanctioned by:

