

## Frequently Asked Questions

### **Q: What do I need to bring for my child?**

A: Each athlete will need:

- Swimsuit
- Goggles
- Bike
- Bike helmet
- Biking and running clothes
- Water bottle for transition area

At check-in, each participant will receive a swim cap, race number (with pins to attach to clothing) and a race day program listing start times for each athlete.

### **Q: How do I register my child?**

A: Registration is only available through the race website. Online registration will close one week before the event or once it sells out.

### **Q: What should my child expect during the swim portion of the race?**

A: Athletes should report to the pool area at least 15 minutes prior to their start time. In the event of a wave start, volunteers will hold signs with wave numbers to call for specific participants. When your wave number is shown, please head down to the pool deck and connect with the volunteers. We will run the waves approximately 3–5 minutes apart. Our first priority is the safety of all the children!

In certain locations, a time trial swim will be used. For time trial starts, volunteers will call specific age groups to coral areas on the pool deck prior to start. All specific instructions will be covered in the athlete guide available the week of the race as well as at the designated athlete briefing meetings.

### **Q: What should my child expect during the bike portion of the race?**

A: Athletes will enter the transition area from the swim — indicated with a pennant flag labeled “Swim In” — and prepare for the bike leg. Bikes will be staged in the transition area in marked rows so participants can easily locate their bike. Helmets must be put on *and buckled* before the athletes grab their bike. Bikes must be *walked* in the transition area and volunteers will let the riders know when they may get on and begin riding. Helmets are not optional. Any athlete without a helmet will not be allowed to race.

**Q: What should my child expect during the run portion of the race?**

A: After the bike segment, athletes must return their bikes to the *same location* in the transition area. Bike helmets should be removed and volunteers will help direct athletes to the "Run Out" path to begin the last leg of the race. A water station will be available for the athletes as they exit the transition area. All runners must display their race number on the *front* of their body — either pinned to their shirt, shorts or attached to a race belt.

**Q: As a parent, can I help my child in the transition area or run alongside them during the event?**

A: In some locations, parents will be allowed in the transition area during designated transition area times prior to the race starting (check with your specific location for verification). Once the event begins, the transition area will be closed to all family and friends. Only athletes and volunteers will be allowed in the transition area during the event. Volunteers will be available to help tie shoes, buckle helmets and direct the kids where to go. Family and friends can connect with the athlete after they have crossed the finish line and received their medal.

**Q: What kind of bike can my child ride?**

A: All bikes are allowed, as long as they are in safe, working condition. No training wheels will be allowed. For the safety of the youth athletes, aero bars are prohibited.

**Q: Will there be chip timing?**

A: Yes, we will be using chip timing for all the events. You will be able to view final times and splits following the race. Note: Official results will be posted online within a week post race. All preliminary results displayed on race day are subject to change without notification.

**Q: Will there be race photos?**

A: Yes, professional photos will be available post race.

**Q: Will there be prizes?**

A: Every young triathlete will receive a finisher's medal when they cross the finish line. Age group awards will be given to the top three finishers in each gender and class (see your specific location page for details on categories).

**Q: Will you accept late registrations?**

A: No. Registration will close one week prior to the event or once the race is full. Registration will *not* be available on race day.

**Q: What does my child need for the transition area?**

A: Most participants will want to have a towel and water bottle. All will need socks, shoes and bike helmet. Boys will want a shirt to put on after the swim and if girls want to wear shorts or a shirt over their swimsuits they should remember to bring those items. Volunteers will be available to assist athletes in transition with tying shoes, buckling bike helmets or any other needs.

**Q: Can my child wear a swim vest? Will there be lifeguards?**

A: No flotation or propulsive devices of any kind may be used during the swim. There will be certified lifeguards on duty for the duration of the swim course.

**Q: Will there be traffic on the route?**

A: For a majority of the locations holding races, the course is designed on paved roads, sidewalks or trails around Life Time Fitness clubs. See your specific city's course maps for details. There will be volunteers and officials along the course to ensure the safety of the athletes.

**Q: What happens at the end of the event?**

A: There will be free food and drinks for participants and an awards ceremony following the race. We encourage all athletes and spectators to stay around for the awards ceremony!