



Tips for Race Day

Arrive early. You choose your spot in the transition area, so come early to have the most options.

Remember: Bring your positive attitude, do your best, and HAVE FUN!

Your adult needn't worry about coffee: Espresso Royale will be providing it onsite.

Set up your transition area as soon as you get here. Your adult can help you set up before the race, but will not be able to help during it. A small, hand towel sized area right next to your bike should be plenty of space for you and your gear.

Wear what you'll swim in. (Jammers are preferred over trunks for boys just to minimize chafing on the bike and run).

After you set up your transition area, bring anything you'll need to swim with (goggles, life jacket...) to the pool area. When it's time to listen, listen!

Your bike, helmet, shoes, shirt, race number and filled water bottle should all be left at your transition spot. Your race number should be safety pinned to the front of your shirt.

Once you begin swimming, you won't stop your race until you cross the finish line. You'll swim, run to transition to get your bike gear, bike, drop off your bike gear, run, and then finish all without anyone telling you to stop.

There will be one aid station, at the beginning of the run.

You'll receive your finisher's medal and refreshments upon your finish. Then, hang out in our Kid Pick Up area until we can match you and your adult.

You have three race bracelets. One goes on you, on your bike, and on your adult. Wear these during the race. Our volunteers will know better how to direct you as the bracelets are color coded. Also, we want to make sure you match up with the correct bike and adult after you finish.

Stick around after the finish for some music, food, and prize giveaways.

As always, if you have questions, ask them! We'll have an information tent onsite to field any race day questions that come up.

And remember: Do your best and *HAVE FUN!*