

Wauconda Kids Sprint Triathlon

General Information

This information is subject to change

When: July 23, 2011

Where: Cook Park, Wauconda, IL

600 North Main Street

Distances: Ages 7-10 100 yard swim, 3.0 mile bike, 1.0 mile run

Ages 11-15 200 yard swim, 6.0 mile bike, and 1.0 mile run

Packet Pick-up----Race Day

Packet pick-up will be held on Saturday, July 23 prior to the race from 6:30 am – 7:30 am. The location for packet pick-up will be at the race check in area located south of the community center building at 600 N. Main St.

Race will start on TIME!!

Start time for the race will be 8:00 am for the 11-15 year old age group. For safety purposes race time for the 7-10 year olds will be at approximately 8:30 am or after the last older bike rider has returned to the transition area and begun the run. Unless there is a safety concern, the race will start on time. Participants will need to allow time to check in at Cook Park. All participants must check-in no later than 7:00 am. Race briefing will be held at 7:30am for all ages.

Rules/Guidelines

The race will begin at the Arthur Farley Fishing Pier located to the Southeast of the Community Center. Participants will begin in waves. Wet suits are allowed. Water temperature the day of the race is expected to be between 74 and 78 degrees. If the temperature is 84 degrees or greater, wet suits will not be allowed.

Swimming caps will be provided. Caps are color coded by wave. Lifeguards and other water patrol personnel will be on hand to ensure a safe swim for the participants.

ANSI approved bike helmets must be worn and secured inside the transition area. Participants initially entering the transition area will be required to show their helmet prior to entering. No helmet-No racing!

Bikes must be mounted and dismounted outside the transition area.

Transition Area

Only participants are allowed in the transition area. Each participant will be provided a printed label matching your race number. This number must be on your bike prior to entering the transition area. Only the triathlete or a parent with a bib number matching the bike number will be allowed in/out of the transition area with the bike. This procedure is in place for the protection of your bike and equipment. Only one bike per rider is allowed in the transition area.

The transition area will open at 6:45 am and all participants must be out of transition area by 7:30 am.

Bike Route

The bike course is primarily flat. The entire bike course is open to regular road traffic. Please be aware of your surroundings and be careful. Always use caution and remain to the right hand side of the road.

Volunteers and signs will be on the course to remind participants of where to go.

Headphones are prohibited.

Run

Race numbers will be provided. Numbers must be worn on the run. The route is on our park district walking path and is closed to traffic other than at our two park entrances. Volunteers and signs will direct the runners and the auto traffic, but remain cautious. Fluids will be available near the transition area. Run course is a one-mile lap of the Park District walking path.

Refreshments

There should be ample food and beverages at the finish line. Please refuel yourselves and refrain from feeding your family and friends. These items are intended for the athletes only.

Course Maps

Course maps will be available online at [HYPERLINK "http://www.waucondaparks.com"](http://www.waucondaparks.com) www.waucondaparks.com in early June.

Misc.

Parking will be available in the Cook Park Parking lots. We have approximately 200 parking spaces and car-pooling is encouraged.

Parents cannot participate alongside your child. Parents are encouraged to gather along the race course and cheer for the participants.

Race Results

Race results will be posted at the awards ceremony approximately 30 minutes after the last person crosses the finish line. Results will also be posted online at [HYPERLINK "http://www.waucondaparks.com"](http://www.waucondaparks.com) www.waucondaparks.com no later than Tuesday, July 26 at 5:00 pm.