

Dear YMCA Triathlon at Clough State Park participant,

Your Youth entry is confirmed – thank you for committing to participate in the 14th Annual YMCA Triathlon. We hope you have a great race. Be safe and have fun.

SCHEDULE OF EVENTS: Saturday September 10th

10:00AM	Youth Race Packet Pick-up & body marking
11:15 AM	MANDATORY Kids Pre-race Meeting on Beach
11:30 AM	Kids swim start
1:00 PM (approx)	Kids Awards Ceremony

PARKING: Parking is available at Clough State Park on a first-come, first-served basis. There are three designated parking areas around the race site – parking on the access road is **NOT PERMITTED**. **Gates at Clough State Park will open at 6am, and we strongly encourage arriving early. We will have parking volunteers...please help us by following their directions. Due to safety issues, we will close the access road from 8am till 10:00am. This will allow all the bikers access to the park without traffic.**

We want everyone to have plenty of time for pre-race preparations so make sure you allow adequate time for parking.

RACE DAY PACKET PICKUP: We will open at 10:00AM for the Youth. After arrival, please find your bib number on the race board and head to registration.

All competitors will receive their Timing Chip which must be worn on your ankle on race day. You can then proceed to body marking just outside the Youth transition area.

BIKE RACKING: All participants must rack their bike on the bike racks within the transition area. We have plenty of space, so rack space will not be assigned. When returning from your bike ride, you must rack your bike on the same rack and in the same spot where you took your bike from. **Only race participants will be allowed in transition.**

SWIM: You must wear the colored swim cap issued at registration and be ready to start with your swim wave. All youths will start at the same time and finish in the same area.

The swim is a rectangular clockwise course, starting on the west end of the beach. There will be lifeguards and kayaks on the course to assist you if needed. The typical water temperature in Everett Lake is 65-69 degrees and wetsuits are allowed. After the swim, you will have a 100 foot run from the beach area to the transition area.

BIKE: Please mount and dismount your bike prior to the designated line at transition – anyone who does not follow this rule will be subject to disqualification. You must have your bike helmet on and secured at all times. Course monitors will support you along the way. It is the youth's responsibility to know the course and to follow race official's instructions. This year the bike course will enter and exit on the dam side of the park and

ride on top of the dam, turn around at the gazebo and return to transition or for a second loop back up to the top of the dam. Please use caution when returning on the bike loop into the Park – there will be monitors placed to slow you down as there are depressions in the road.

RUN:

- The run proceeds left out of transition area and the runners pass the adult transition area and proceed past the parking lot. The shorter course will turn around at the far end of the main parking lot while the older youth's will continue straight for another 0.25 mile.
- There will be an aid station supplying WATER at the 0.25 mile mark. Please remember to wear your race number on the front at all times. Runners are always required to run on the **LEFT**-hand side of the road in each direction. All Chips will be removed by volunteers at the run finish line – note that there is a \$30 fee for any lost or non-returned chips.

TEAMS: There will be a designated “handoff” zone within the transition area. Swimmers will run into the handoff zone and pass their Timing Chip to their biker teammate who will unrack bike and proceed out of transition. Upon return, the biker will re-rack bike and pass their Timing Chip to their runner teammate, who will run and finish race.

TRANSITION: (See below) As a courtesy to all athletes, following completion of your race, you will not be allowed back into the transition area to retrieve your bike and belongings until the last bike has finished the bike course and has started the run. This is a safety issue and a way to support your fellow competitors.

POST-RACE: Please join us after the race for post race goodies! All athletes will receive a mark on their wrist as they receive their Boloco burrito, chips and a drink starting at 10:00am. Friends/family may also buy food from Boloco.

AWARDS: All youths will receive a participation medal and there will be a youth awards ceremony that will be held in the tent near adult transition area at approximately 1:00PM. Awards will be given to the top three male and female for each age group.

KID'S RACE REMINDER: Kids will **NOT** rack their bikes in the primary transition area but in the beach area near where the adults swim start was located. As with the adult race, a “handoff” zone will be created for those competing as a team. **NO ADULTS WILL BE ALLOWED IN THE TRANSITION AREA DURING THE RACE.** Please respect the participants by allowing them to compete on their own. Please note that the main road will be shut off and you will have to cross into the main parking lot if you park in one of the secondary parking lots. Please follow the volunteers instructions as they will guide you out of the park safely. The park will be closed from 8am to 10:00am for the safety of the Adult triathlon bikers. If you choose to arrive prior to 10:30 you may park on the main road.