



KID'S TRIATHLON

RACE INFORMATION

Thank you for entering the first Neenah Parks & Recreation Kids Triathlon. We hope you enjoy the race, and that this experience helps you develop healthy lifestyle habits from the great sports of swimming, cycling, and running.

This kid's triathlon gives youngsters a great opportunity to compete in one of the fastest growing sports in the United States. This event is designed for any youth, ages 6-14, regardless of athletic ability or prior triathlon experience. The courses and distances were created to be achievable for all participants. The philosophy is completion rather than competition. We want all our young tri-athletes to walk away from the event with a sense of pride in knowing that they completed a triathlon. Every participant receives a T-shirt, swim cap and medal for participating.

DATE: Saturday, August 7, 2021
TIME: 8:00AM
LOCATION: Neenah Pool, 600 S. Park Ave .
FEE: \$30

EARLY PACKET PICK-UP: Race packets can be picked up at the Neenah Pool on Friday, August 6, 3:00 - 6:00 pm. Athletes will still need to check in on the day of the race.

DIVISIONS COURSE

AGE	SWIM	BIKE	RUN
6-9	50yds	1.1 miles	0.8 mile
10-14	100yds	2.2 miles	1.2 miles

Parents/Guardians are responsible in reviewing the race rules with their children before they participate in the triathlon. All athletes need to know how to participate safely in all three sport events.

All athletes need to pay attention while participating in all three events to notice signage and volunteers providing directions. When cycling, cyclists need to cycle at safe speeds and be alert to see volunteers to safely turn at the turn around points. The same applies to the run course.

The triathlon will take place in and around the Neenah Pool, Kimberly Point and Riverside Parks. The swimming event will take place at the Neenah Pool. The bike and running course will be on Park Ave heading north, down Lakeshore Ave around Kimberly Point and along Riverside Park, with an out and back route.

RELAX AND ENJOY

Don't get stressed out over this. (Parents, this means you too!) It is intended to be fun and non-competitive. This is an introduction for kids to triathlon, as well as the individual sports of swimming, cycling, and running. Please keep that in mind, and encourage all the participants, not just your own child. No pets (dogs) are allowed in and around the event.

Parents: You, not us, are in the best position to determine whether your child is physically fit and healthy enough to participate in this event. Only you know your child's readiness and his/her health conditions, not us. If you have any question, don't push it. If your child is afraid to do this, don't force them. If your child has any developmental or health condition that makes it unsafe or even questionable for them to safely participate in this event, please do not enter him/her or allow him/her to race. Safety first! Let's make this a positive experience for your child, not a negative one.

Kids: If at any point during the event you feel dizzy, sick, throw-up, your heart is beating too fast, or you can't breathe, please stop racing and move to the side of the course. Wait for a volunteer to come by to check on you, but do not leave with anyone other than your parent. It is perfectly fine to stop your race. We will do it again next year. Parents, please reinforce this with your child.

INCLEMENT WEATHER

We will review the weather conditions on race morning. The race is intended to be a fun and enjoyable event for everyone...if it is raining and radar shows it will continue, we will most likely NOT race and will make every effort to hold the event. Official announcements of any rescheduling if necessary would be made on race morning and the Neenah Parks & Recreation Facebook page.

PARKING—VERY IMPORTANT

Parents and spectators may park in the Neenah Pool parking lots. Parking on S. Park Ave is allowed in permitted areas. Be respectful of residents, driveways, and fire hydrants.

RESTROOMS

Restrooms are available at the Neenah Pool.

ATHLETE CHECK-IN

All athletes must check in no later than 7:45 a.m. even if you have your race packet. When you arrive at check in the athlete must be present with their helmet and bike.

Race Packets will contain – wristband, swim cap, t-shirt, and giveaways.

Place your bike, shirt and gear in the assigned sections of the transition area. The transition area will open at 7:00am and close at 7:50am. After that, no spectators or parents will be allowed inside the transition area.

The race starts at 8:00am. Plan to arrive early to get set up. Registration and the transition area will open at 7:00am. Please do NOT arrive before 7:00am. Parents/Guardians are responsible in reviewing the race rules with their children before they participate in the triathlon. All athletes need to know how to participate safely in all three sport events.

All athletes need to pay attention while participating in all three events to notice signage and volunteers providing directions. When cycling, cyclists need to cycle at safe speeds and be alert to see volunteers to safely turn at the turn around points. The same applies to the run course.

TRANSITION AREA

Once the athlete has checked in and places their wristband on they can proceed to the designated transition area to organize their equipment. (bike, helmet, shirt to be worn for bike and run events, shoes, etc.)

COURSE MAPS

Maps for the Swim, Bike, and Run Courses will be available for viewing and download at [neenahgov –Departments-Parks&Recreation](http://neenahgov-Departments-Parks&Recreation).

THE SWIM

Parents/Spectators are allowed inside the pool area. Once the athlete completes the swim event they will exit the pool area using the front gate and follow the signs/arrows leading to the transition area to get their bike.

When the swim event begins, the starter will allow participants into the pool to begin their race.

Goggles are encouraged. Swim caps must be worn.

All athletes are provided a colored swim cap. If you become tired or need help, raise your hand to signal the lifeguard. You are welcome to hang onto the pool wall to rest, but you should not advance forward by using the wall. Numerous lifeguards will be in the pool and on the pool deck to assist swimmers.

THE BIKE COURSE

Once the athlete completes the swim event they will exit the front gate of the pool and walk on the path leading to the transition area. They will proceed to their assigned spot which will match their wristband.

Once the helmet is on (with chin-strap fastened), shoes on, and shirt on you may walk your bike to the "Mount/Dismount Line" at the exit of transition area to begin the bike ride. Do not attempt to cycle in the transition area. You WILL NOT be allowed to leave the bike area until your helmet is on and fastened securely. Assistance is provided to direct athletes to the "Mount/Dismount Line".

Again, proper helmets are required. No helmet no race.

Participants should know how to cycle on streets and trails in a safe manner. Stay in lane in a single file line and pass only on the left. Only pass if able to pass safely in the left lane.

DO NOT CROSS THE STREET/INTERSECTIONS UNTIL THE COURSE MARSHAL ALLOWS YOU TO CROSS.

Race officials will not check bikes for mechanical condition prior to the event. We encourage you to have your child's bike checked by a qualified bike mechanic before race day.

THE RUN COURSE

When you complete the bike course you will get off your bike at the Mount/Dismount Line before the entrance to the transition area and walk it to your same transition space. Once you park your bike, you may begin the run course. Arrow signs and course volunteers will be stationed along the run course to guide you.

Participants should know how to run on the streets and trails in a safe manner. Stay in lane in a single file line and pass only on the left. Only pass if able to pass safely in the left lane.

All athletes need to pay attention while participating in all three events to notice signage and volunteers providing directions. When running, runners need to be alert to see volunteers to safely turn at the turn around points.

Run completely through the finish line. You will receive your participation medal at this time.

HOW WILL MY CHILD KNOW WHERE TO GO?

To help all athletes know where to go for each course, we will have signs with large arrows along the course to guide the racers. We will also have course volunteers stationed around the bike and run course to help guide kids in the right direction and otherwise help if necessary. We will have signs, cones, and course marshals to help warn motorists remind your kids of this.

THE FINISH AREA

Each athlete will be presented with a special Triathlon medal after they cross the finish line. You are encouraged to photograph your child at the photo-op location. We will have after race snacks and drinks for the athletes after the race.

WATER AID STATIONS

A water station may be located near the Transition Area exit for the run and additional water stations will be located on the run route. We do not supply water on the bike course but experienced bike riders may have a proper water bottle rack on their bike and take water while riding if it is safe to do so. Practice before the race for taking water while riding a bike is recommended.

FIRST AID

A first aid station will be located near the Transition Zone. In the event of an accident requiring first aid the child and his/her parent should report to first aid.

Volunteers on the bike and run course will communicate to first aid volunteers assistance is required out on the course. The swim is monitored by one or more lifeguards and volunteers.

Parents and Spectators

Please do NOT follow your participant around the course, whether on foot, bike, car, etc. This will only create a danger to other children or yourself.