



**PACKET PICK-UP**

August 6, between 3-6PM at the Neenah Pool. If you are unable to pick up your child's packet, please send someone else in your place. If need be, packets will be available for pick up the morning of the run beginning at 7:00AM.

**EVENT DAY INFORMATION**

Saturday - August 7, 2021

Neenah Pool, 600 S. Park Ave., Neenah

Ages 10-14: 8:15AM Start

Ages 6-9: 8:45AM Start

\*All Participants should arrive to the Neenah Pool between 7:00 – 7:45 a.m. to check in and get organized in the transition area for their age group and proceed to the pool area for final instructions. Arrive with swimsuit on as this is the first event. Order will be Swim, Bike and Run. Bathrooms will be open for those to use before during and after the triathlon.

**EVENT DAY PARKING**

Parking in the Neenah Pool parking lots will be allowed on the day of the event. Parking will not be available on the streets surrounding the Neenah Pool. Starting at 8:00 a.m. Wisconsin Avenue will be blocked off to all through traffic, as well as S. Park Avenue starting at the entrance of the Neenah Pool. All participants must check in between 7:00 – 7:45 a.m.

**COURSE MAPS**

Course maps are included in this race packet and are currently available online at [www.ci.neenah.wi.us](http://www.ci.neenah.wi.us).

**DIVISIONS AND DISTANCES**

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

**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.)

## **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. It will be a controlled start to allow for spacing and safety.

Goggles and Swim Caps are encouraged.

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 the color and number on 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 street 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.

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 sidewalk 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 colored signs with large arrows along the course to guide the racers. The colored arrows will be either RED or BLUE and will match the color wristband they will be wearing. 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.

## **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 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 Area. 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 several lifeguards and volunteers.

## **PARENTS AND SPECTATORS**

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

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. Biking will be required on the street and running on the sidewalk and trails.

## **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, but will make every effort to hold the event. Official announcements would be made on race morning and the Neenah Parks & Recreation Facebook page.

## **SPONSORS**



# 10-14 Year Old Route

**Bike: 2.2 Miles**

**Run: 1.2 Miles**



# 6-9 Year Old Route

**Bike: 1.1 Miles**

**Run: .8 Miles**

