

PHLYTRI KIDS DUATHLON & FUN RUN

Dear Parents & Athletes,

On behalf of Philadelphia Triathlon LLC, it is my pleasure to present the Athlete Guide for the PHL Y TRI KIDS DUATHLON & FUN RUN. Please keep in mind that the goal of this race is not about winning, but to promote the importance of exercise through biking and running while having fun. It's also about Kids helping other Kids. We are proud to announce that all proceeds from this event will be donated directly to Childrens Hospital of Philadelphia (CHOP) Oncology.

We greatly appreciate your child's participation and will take good care of your child during the race. Athlete safety is always the most important consideration at our events. Thanks again for taking the time to read all of the instructions and discussing them with your kid(s). If you have any questions, please feel free to contact me at barb@phillytri.com or 610-687-3955 ext 102. We look forward to a great race day and seeing their happy faces at the finish line.

Cheers,

Barb McKeever
PHLYTRI Kids Race Director

LOCATION:

The PHL Y TRI KIDS DUATHLON & FUN RUN event will take place at Sweet Briar Field, the field adjacent to the Please Touch Museum, (Landsdowne Ave & Sweet Briar Rd) in Fairmount Park. The run and bike will be held in and around the field. The run and bike will be held on roads that are close to traffic, completely contained within the park. The run will be on grass and paved trails throughout the course.

REGISTRATION AND PACKET PICK-UP:

Athlete registration and packet pick-up hours are as follows: Friday, June 25, from 12 p.m. to 8 p.m., and Saturday, June 26 (race day), from 10:00 a.m. to 11:30 a.m. at the Philadelphia Insurance Triathlon Expo Tent at Smith Memorial Field located at the intersection of Avenue of the Republic & Landsdowne Avenue.

When you arrive at the registration area there will be a large tented area where registration and packet pick-up are located. There will be signs labeling the area; "PHLYTRI KIDS REGISTRATION" with volunteers to help guide you. A parent or a legal guardian AND participant must be present during athlete check-in to sign waivers.

You will need to stop at each of the following tables:

1. Race Waiver/USAT Membership - here you will receive a race waiver that must be signed by each participant's legal guardian, even if the participant has already registered online. Additionally, it is mandatory that ALL PARTICIPANTS (Du and Fun Run) have a current USAT Youth Membership. All athletes must either provide proof of their USAT membership or register on-site for a youth membership. USAT Youth Membership cost is \$5.00 for the Duathlon. **PLEASE NOTE: IF YOU ALREADY HAVE A USAT MEMBERSHIP OR PURCHASED ONE WHEN REGISTERING ONLINE THROUGH ACTIVE.COM, YOU WILL BE REQUIRED TO SHOW YOUR USAT YOUTH MEMBERSHIP CARD OR PROOF OF ONLINE PURCHASE. IF YOU DO NOT SHOW THIS ID, AND YOU ARE PARTICIPATING IN ONE OF THE DUALTHLONS, YOU WILL BE REQUIRED TO PURCHASE A MEMBERSHIP ON-SITE. NO EXCEPTIONS.**

2. On-site Registration - The third table is specifically for on-site registration. If you did not pre-register for the event, you must visit this table after going to the first two tables. If you have pre-registered you may go directly to pick up your Goodie Bag (table 4).

3. Goodie Bag – Pick up a cool PHL Y TRI KIDS RACE goodie bag. Please put your race number in the bag as soon as you receive it so that you do not misplace it.

DUATHLON

AGE DIVISIONS:

Distances for the PHLYTRI Kids Duathlon will vary, depending on the age of participants:

- Junior (ages 7 to 10): .3 mile Run, .5 mile bike and .3 mile run
- Intermediate (ages 11 to 14): .5 mile run, 1 mile bike and .5 mile run

Please make sure your child knows which Duathlon Division he/she is in, as we will be referring to the course based on Division (Junior, Intermediate).

Duathlon Schedule:

Junior: 7-10 yrs: 12:30 start, Intermediate: 11-14 yrs: 12:50 start

Race Site:

Sweet Briar Field: Landsdowne Drive & Sweet Briar Rd

BIKE SUPPORT:

We will be providing basic bike support for the PHLYTRI Kids Duathlon. Bike techs will be conveniently located at the entrance to the transition area for minor adjustments, safety checks and air pressure checks.

TRANSITION AND BIKE CHECK-IN:

Transition and bike check-in is ONLY ON RACE DAY. The transition will open to all age divisions at 11:00 a.m. and will close at 12:15 p.m. Transition will reopen after the final participant has finished the Intermediate race, approximately 1:15 to 1:30 pm.. Once transition closes, participants and parents must exit the transition and make their way to the run start. Parents are allowed in transition to help rack bikes and help set up participant transition area until 12:15 p.m. PARENTS ARE NOT ALLOWED IN THE TRANSITION DURING THE RACE. We will have volunteers in the transition to help kids find their way to their bikes and ensure participants have their helmets on before starting the bike portion. If you have one bike to be used by two different athletes in SEPARATE AGE DIVISIONS, they will be able to share a bike. The run-to-bike transition and the bike-to-run transition are in the same place. Each participant will have a spot to rack his/her bike and set up necessary equipment.

BODY MARKING:

Participants will have a race number marked on their arms and legs. Each participant will have his/her age on the back of his/her leg in marker.

RACE BRIEFING:

There will be a course and rules review ten minutes prior to the start of each age division, at the race start.

DUATHLON START:

The Junior Division, 7-10yrs will start at 12:30pm. The Intermediate Division, 11-14yrs, will start at approximately 12:50 p.m., after the last Junior has completed the run course.

BIKE COURSE:

The bike course will be on roads closed to traffic. All Divisions will ride on the same ½ mile, loop course. The Juniors will complete one loop of the course, and the Intermediates will ride 2 loops of the course.. We will have volunteers and signs directing participants. Mile markers (large signs) will be along the course.

RUN COURSE:

The run course will be on paved walkway and grass. We will have volunteers with flags directing participants

AID STATIONS:

There will be one aid station in the transition area, no aid stations on the bike course, one aid station on the run course and an aid station at the finish. Aid stations will be supplied with water and Gatorade.

MEDALS AND AWARDS: All finishers will receive a commemorative medal.

FUN RUN

FUN RUN RACE SITE:

Sweet Briar Field: Landsdowne Drive & North Concourse Road

FUN RUN SCHEDULE:

Distances for the PHLYTRI KIDS FUN RUN will vary depending on the ages of participants:

1-3yrs: Yellow Start: 50 yards

4-5yrs: Green Start: 100 yards

6-7yrs: Blue Start: 200 yards

8-14yrs: Red Start: 1 mile

RUN CHECK-IN:

Yellow Start: 1:30pm

Participants will meet at finish line to be escorted to the 50 yard mark., From there, they will run back to the finish.

Green Start: 1:40pm

Following completion of the 50 yard run, participants will meet at the finish line to be , escorted to the 100 yard mark. From there, they will run back to the finish.

Blue Start: 1:50pm

Following completion of the 100 yard run, participants will meet at the finish line to be , escorted to the 200 yard mark. From there, they will run back to the finish.

Red Start: 2:00pm

Following completion of the 200 yard run, participants will meet at the finish line to. From there, they will run ½ mile to the turn-around, then run ½ mile back to the finish.

AID STATIONS:

There will be one aid station at the start and finish of each race as well as the turn-around for the 1 mile run.

MEDALS AND AWARDS:

All participants will receive a commemorative medal.