



TriMillennium Kids Race Parents,

It's race week!!!

This email will go out a couple of times this week to help ensure that all of the kid-athlete parents are up-to-date.

**Please read all the way through, and notice the modified information regarding parental involvement.**

Immediately below is a summary of important packet-pickup and race day information and details. A little further below is more detailed and comprehensive event information. Please review prior to the race. A similar info packet will be available for you at packet-pickup.

*Note: This information is for the Friday kids race. Information about our Saturday adult race will go out to all adult participants in a separate email.*

See you all this weekend!

RACE RULES and ATHLETE GUIDE

### **Basic Information**

#### **Race Course Info**

##### Ages 6-10

50 meter swim (shallow water)

1.5 mile bike

1K run

##### Ages 11-14

100 meter swim (shallow water)

3 mile bike

2K run

#### **Packet Pickup**



**Friday from 5:00-5:45p** at the **Millennium Park Recreation area**, near the entrance of the transition area. **Note: kids packets will be available only at the race venue at Millennium Park, not at Striders.** If you are picking up your packet for the Saturday race, you will need to pick that up at Striders on Friday, and then head to the park and get your kids' packet.

*Please arrive as close to 5:00 as possible so that we can be sure to get everyone in on time and have a timely start.*

### **Parking**

Parking is available at **The Meadows of Millennium Park**, across Maynard from the park. We will be using the gravel overflow parking lot. Look for the PARKING signs. **Please use this parking lot and do not park in the beach parking lot.** *Allow yourself about 10 minutes to walk to the transition area.*

### **Transition**

Opens at **5:00p** on **Friday**

### **Weather**

In the event of rain, the race will continue. We will not race if lightning is present in the area, in which case the race will be postponed up to an hour to allow for the weather to pass. If the weather persists and poses a threat to athletes, we will cancel the race. In the event of lightning or tornado watch, please find shelter until the conditions pass.

### **Water temp**

Plan on water temps in the high 70's or low 80's

Wetsuits will not be allowed for the kids race.

### **Course maps**

The bike and run course will be contained completely within Millennium Park. There will be no road or parking lot crossings.

The swim will be at a depth that all kids will be able to touch if necessary. We will also have adult volunteers lining the outside of the swim course to be sure kids don't go out into the deep.



The bike and run courses will be well marked with chalk, signs and volunteers.

Check out our website for course maps. [trimillennium.com](http://trimillennium.com) Or scan the QR code below:



**Please familiarize yourself with the courses prior to the race.**

### **Awards**

**All finishers** will receive a finisher awards. They are sweet!

Our kids' race is untimed. Our aim is to give kids a positive experience with triathlon, without the added pressure of competition. Don't get us wrong, we are into competing! This is just not that sort of event.

### **Parent Involvement**

We will allow parents to be present with kids in the **6-10 age group only**. If you choose to be present with your child, please let the kid athletes that are racing solo go first so that they can have adequate space, then you can accompany your child after they are off. If you bike or run with your child, **please remain single file, either in front or behind your child** so as to not interfere with other kid athletes. We want this to be a positive experience for everyone.

### **Race Day Schedule:**

#### Pre-Race

5:00p – Registration/Transition opens

5:45p – Registration/Transition closes Mandatory Pre-race meeting

5:45p – Mandatory Pre-race meeting

6:00p – All kid athletes **6-10**

6:30p (ish) – All kid athletes **11-14**



*Note:* Some parents will have kids in both age groups. To allow those parents to watch the full race in both age groups, we will be starting the older kids after the younger race is completed. Hence, the *6:30-ish* race start time.

### **Helpful Gear Checklist:**

- Swim cap (will get at packet pickup)
- Swim Goggles
- Properly fitted bike (with number affixed to bike)
- Approved bike helmet
- Socks
- Running shoes
- Running bib number
- Sunscreen
- Sun Glasses
- Towel
- Snacks
- Most important? Have fun!

### ***Important Detailed information:***

#### **Body Marking**

Parents will be responsible to mark their own child. Markers will be available at the registration table. Write the bib number vertically on both shoulders and your child's age on their right calf.

#### **Transition Area**

You must walk your bike in the racks area and walk or jog with your bike in the transition lanes to the designated mount and dismount areas at the perimeter of the transition area. NO RIDING IN THE TRANSITION AREA.

#### **Swim**

The swim portion of the kids' race will be a point-to-point swim starting on the beach. The swim course will have volunteers in the water and will be at a depth where all kids will be able to touch. It will be deep enough to swim the entire length, yet shallow enough to touch if they need to stand up for a break.



### **Bike**

The bike course will follow a loop on the paved trails inside the park. There is one hill so make sure your kids brakes are in good working order if they want to keep is slow down the hill. The course will be clearly marked on the ground, with signs, and with volunteers.

### **Run**

The course will follow an out and back route, also on the paved trails within the park. There will be one aid station along the run course.

All course maps can be found at [trimillennium.com](http://trimillennium.com) or with the QR code above.

### **Race Numbers**

Your race numbers must be visible on your body and bike frame.

Bike numbers need to be on the seat post or top tube.

Helmet numbers go on the front of the helmet.

Your race bib number must be on your shirt or race belt.

### **Timing**

No chip timing will be available.

### **POST RACE PICNIC:**

Enjoy some light snacks after the race.

Most importantly, have fun!!!

Please let us know if you have any questions.

Respectfully,  
Ryan Waalkes  
Race Director