

## **Participant Information**

### **Murray Youth and Family Triathlon**

**Monday, Sept. 7**

#### **Race Check-in**

- Early Check-in: Sunday from 5:45-7 PM; short pre-race meeting at 7:10 PM – meet in the new transition area across from Pavilion #5 and next to Woody's Drive-in (across from the playground)
- Race Morning Check-in: Monday from 6:30-7:45 AM; short pre-race meeting in the pool area at 7:50 AM.

#### **Parking**

- You can park in the big parking lot just southeast of the Park Center, but don't expect to leave until all athletes are off the bike
- Park at the Ice Center
- Park in the Best Buy lot

#### **Restrooms**

- The outdoor pool
- The pavilion near the finish line
- The building adjacent to the playground area
- The Park Center building may be open – but not sure yet
- The small restroom near Constitution Circle

#### **Waiver**

- We must have a waiver for EACH athlete; to save time, especially if you have several family members, please print and sign the waivers ahead of time; we'll have waivers at registration, but you can also print them at [www.greatbasincoaching.com](http://www.greatbasincoaching.com).
- If you mailed in an application and remembered to sign the waiver, you will not have to do so at check-in, but we'll have a record of who has signed already

#### **Miscellaneous Info (but important!)**

- Please – only athletes in the transition area during the race; we'll have at least 4-5 neutral helpers in the transition to help tie shoes or buckle helmets etc.
- All athletes must be out of the transition by 8 AM
- Adults and older kids (13+ years and up) will race first beginning at 8 AM; we'll organize the younger children during that time and they'll start at approximately 8:30 AM
- All children 10 and under will wear a pink wrist band indicating to volunteers that they will only go one lap or the bike and run
- Strongly suggest that you put elastic laces in the children's shoes – just go to REI and buy some elastic cord and a cord lock OR I will have some laces for \$2 on Sunday PM and possibly on Monday AM if there are any left
- Strongly suggest that you at least drive the bike course with your children
- There is info on prepping for this race on the event website; take a look at [www.greatbasincoaching.com](http://www.greatbasincoaching.com).
- Keep gear to a minimum; you don't need a lot of "stuff" in the transition area; we'll try to have a place for you to store backpacks etc. until after the race, but we can't promise anything – we're working on it!
- We'll have people who can help with body marking, but you can body mark your children yourself as well; numbers must go on each arm (vertically) and on the calf of each leg – **no ages please as it confuses the timers! Look at our body marking poster for help!** Since we stagger this race in 10 sec. intervals on the swim, it's hard to tell if people are ahead of you anyway

### Relay Teams

- Bikers should be waiting for their swimmers in the transition area next to the bike; the swimmer will tag them and then they can leave
- Runners should be waiting in the transition area next to the spot where the biker will rack the bike after the ride; the runner may leave when the bike is racked
- Runners must wear the bib number; swimmers and bikers will simply have a body marking

### Basic Rules ( a couple very important ones!)

- No athletes in the pool please – stay on the deck until you’re ready to swim; athletes, especially children, who are in the pool prior to the race risk being disqualified, i.e. asked to not participate; this is a safety issue – please explain this to your children
- Helmets must be worn at all times and the buckle must be fastened before you unrack your bike; **NO ONE WILL BE ALLOWED TO RACE WITHOUT A HELMET – SORRY!**
- You may not ride in the transition area; you must exit by pushing your bike to the “bike out” exit and then mount your bike on the road at the “mount line”
- You must stop at the “dismount line” at the end of the bike and run your bike into the transition at the “bike-in” sign (although we’ll have help, we suggest you get to know the lay of the transition so that you know where to go when exiting and entering)
- Please rack your bike in the same spot when returning from the bike; do not throw helmets etc. in the transition – place all your belongings in the same spot they were in before the swim
- Your bike should face in the same direction as it did before the swim when you rack it after the bike ride – we’ll have people who can help children rack their bikes, but they are responsible for returning their bike to their transition spot after the ride – they can’t just throw it down and run!
- **No one is allowed in the transition after 8 AM except athletes and the neutral volunteers**

**See you all on Monday AM, bright and early! Don’t be late – we’ll make every effort to start at 8 AM sharp!**

**PARENTS! I still need more help, so if anyone has a spare grandparent, aunt or cousin (or yourself) who wouldn’t mind helping out, we can always use extra help in the transition or on the run course (bike course should be covered – we have a about 5-6 of the top women bike racers in the state who will “man” the bike course along with several key volunteers and a couple of police officers). If you or any family members can help, please call me at 801 557-6844 – that’s my cell number. Thanks.**