

Findlay YMCA Youth Triathlon

Thanks to all our wonderful sponsors and volunteers! This is a huge undertaking and could not be done without them and you, the participants. Thank you for choosing this race, it really is an inspiration to watch these children accomplish something difficult and challenging and see that they can do anything they set their mind to. We need more volunteers, so if you or anyone else you know doesn't mind giving up a couple hours for the kids, we would be grateful! The link for Volunteer options is <https://www.signupgenius.com/go/10C084DA8AB28A6F9C16-findlay#/>. We have a lot of spots we need to fill.

1. Race time will start at approximately 8:00 am. Venue will open at 7:00 and packet pick up at 7:30.
2. Races start with 15-18 year old group going first, followed by the 13-14 age group about 8:30, 11-12 yrs old at 8:50, and 6-10 yr olds at 9:30 a.m.. This will allow the older kids to get out on the course sooner so we can focus a little more on the younger children and safety. Also, the intention is that this way there will be plenty of older children on the course so that the younger ones (except 6-10) will have an easier time following the route. The final reason for this is that it allows the children to get finished and everyone off the road sooner as traffic starts to pick up. If you are racing in the later start times you may set up later, we will leave transition open however you have to be aware and stay out of the way of active racers. If you are late setting up, and have to set up **BETWEEN** start times, please be extra courteous and aware of athletes racing. **After 8:00 a.m., parents will NOT be allowed in transition.**
3. Packet pick-ups will only happen at two times: If you have registered more than a week in advance your packet will be available at the Downtown YMCA ALL day on Friday at the front desk. If you have registered less than a week in advance, your packet will be available at Riverside park the morning of the race.
4. All athletes will have RFID chip time in packet with T-shirt. These go around your ankles. You must wear and be responsible for your chip, they will be collected at the finish line.
5. Swimmers are allowed to walk the pool (or bounce along) if needed, there is nothing wrong with that. Breaks are allowed.
6. Athletes must allow others to pass in the pool, on the road, or on the run. Athletes should look out for others. All passing should be done on the left and whenever feasible call out that you are coming on the left. No headphones are ever allowed in any stage.
7. It is OK and a sign of good sportsmanship to encourage other athletes of all ages.
8. Roads are open course so cars are allowed on roads, riders **MUST** wear a helmet. If you don't have one the YMCA has some and we will get you one. You **MUST** put your helmet on before you even touch your bike at T2. This is a non-negotiable USAT rule. **You can only get on your bike AFTER the mounting line, and you MUST get off before the mounting line.**
9. Take care when taking turns, corners could be slippery, we will try to sweep debris out of corners ahead of time but there are no guarantees, there will be occasional road debris and potholes.
10. NO headphones are allowed at any stage.
11. Bike safety is paramount, so the riders should try to stay straight and not veer or change directions without looking. There will be many volunteers on the course to aid in directions.

The right lane on Bright Road will be closed with barrels/cones separating traffic; however, riders should still stay to the right as much as possible to allow for passing bike riders.

12. All athletes should be aware of other riders and understand the course, it is **YOUR** responsibility to understand the course. Course routes are available on the website, <https://www.findlayymca.org/events/2024-youth-triathlon>, if there any questions about the course, please see a volunteer.
13. The 6-10 age group bike will be to the west of the park in the neighborhood. The other three age groups will be doing a largely right turn loop around to Bright Road and back up. The 11-12 age group will do one lap, the 13-14 will do two, and the 15-18 age group will do three. It is each athlete's responsibility to keep track of their own laps. An athlete who doesn't do all the laps their chip will reflect the negative and they will not be eligible for the age group award.
14. There will be water at the midpoint of the 15-18 year old **runners** course and at each lap for the others. The 6-10 age group will do one lap, the 11-12 age group will do 2, and the 13-14 age group will do three. The 15 -18 age group will do two longer laps on same of the same path, the older athletes must stay aware of the younger ones and go around them with care.
15. The All Abilities group will have two different courses with a somewhat different route and course and will be discussed coordinated with the individual guardians.
16. There will be awards and snacks after the finish line.
17. Awards will be given after the last athlete is in.
18. If there is a bike malfunction, there will be someone close by to help, just push your bike to the next volunteer on the road and we will get you help.
19. If you earn an award, top three in each group, and you cannot stay, e-mail Greg Wright and he will get it to you.
20. Good sportsmanship is a must and a key ingredient in the YMCA sports. Please be respectful and courteous of others on the course and have fun.
21. Parking will be in the adjacent parking lots, one just west and one south after 7:15 no cars will be allowed in the Riverside front parking lot or back lot after 7:00 a.m.

22. There will be training sessions the week prior to the race. This is intended to give advice, ask questions, practice, become familiar with the venue and the course, and in general to help the kids and parents feel more comfortable. This is not mandatory, but is encouraged. Usually the kids meet other athletes and have a really good time. This will be at Riverside and the schedule is as follows;
Schedule:
Monday Aug 5th/Wed Aug 7th
6:00-6:15 Emergency Bike maintenance/repair (hot to deal with a flat- or a jumped chain) Other safety/emergency issues—All Ages
6:15-6:45 Bike courses—All ages
6:45-7:00 (approximately) Run course—All ages

Tuesday Aug 6th/Thurs Aug 8th
6:00-6:30 Swim courses —All Ages
6:30-7:00 Run course—All Ages

All days we will discuss safety, mounting lines, USAT rules (like helmets & headphones) and practice discussing strategy/transition/what to wear/other topics/questions.

Safety will be the most important topic, every day.

23. Have FUN!!