



YOUTH RACE
ATHLETE GUIDE
Saturday, September 29, 2018





Kids grow fast!
Make sure they have the right bike
& right fit for all their adventures.



Use the value of an outgrown bike to upgrade to something new. Stop in or check online to see how much your bike is worth.

[Playtri.com/trade-in](https://playtri.com/trade-in)

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Pre-Race Clinic

Stonebridge Ranch Kids Pre-Race Clinic/Course Preview

Sunday, September 23rd, 3:00-4:30 PM

Stonebridge Ranch Beach & Tennis Club

Meet in the upper parking lot. Please bring everything your child needs to bike and run, including:

- Bicycle (in good working order)
- Helmet (properly fitted)
- FULL water bottle
- Closed toe athletic shoes
- Athletes may also bring any other items they normally use on race day

We will view the swim course, practice transitions, ride one loop of the bike course and preview the run course. There will be time at the end for Q&A.

**USA TRIATHLON
FOUNDATION**



OUR VISION

A Healthier America Through Triathlon

OUR MISSION

Opening Pathways to Triathlon for All
Through the Generosity of Donors

For more information about USA Triathlon Foundation or to
Donate please visit

www.usatriathlonfoundation.org

Packet Pickup Guidelines

Packet pickup procedures are regulated by USA Triathlon and the logistics of race timing and liability. They are NOT suggestions - if they are not followed, there is the potential that you will be unable to race, so please plan to accordingly! There are NO exceptions!

1. Only the participants may pick up his or her packet, except in the case that the participant is under the age of 17, in which case his or her parent or other legal guardian may pick up the packet.
2. Every participant or participant's guardian must show photo ID and USAT annual membership. If one of these is not provided at packet pickup, the participant will be required to purchase a new annual membership to pick up his or her packet, **regardless of whether he or she already has a membership. The annual pass is \$10 for 17 and under.**

Packet Pickup Schedule

Tuesday, September 25th

4:00 PM – 7:00 PM Rockwall Cycling
939 East I-30
Rockwall, TX 75087

Wednesday, September 26th

12:00 PM – 3:00 PM Playtri Fort Worth
3409 N Tarrant Parkway
Fort Worth, TX 76177

Wednesday, September 26th

4:00 PM – 7:00 PM Playtri Colleyville
7171 Colleyville Blvd
Colleyville, TX 76034

Thursday, September 27th

12:00 PM – 7:00 PM Playtri Dallas
6465 Mockingbird Ln Ste 358
Dallas, TX 75214

Friday, September 28th

12:00 PM – 3:00 PM Playtri The Colony
6800 Windhaven Pkwy Ste 137
The Colony, TX 76034

Friday, September 28th

4:00 PM – 7:00 PM Playtri McKinney
7951 Collin-Mckinney Pkwy Ste 1500
McKinney, TX 75070

Race morning packet pick up will be available from 6:00am to 7:00am for an additional \$10.

NOTE: No refunds given to those participants who have not picked up their packets.

Race Day Schedule

Saturday, September 29th:

6:00 AM	Transition Opens
7:00 AM	Pre-race Meeting in Transition
7:20 AM	Transition Closes
7:25 AM	6-10 Pre-race Meeting at Swim Start
7:30 AM	6-10 Race Starts
8:20 AM	6-10 Splash N Dash
8:25 AM	11-14 Pre-race meeting at Swim Start
8:30 AM	11-14 Race Starts
8:55 AM	11-14 Splash N Dash
10:00 AM	Competitive Category Awards Ceremony

Note: All races will be a **Time Trial Start**. This is when athletes enter the water one at a time, a few seconds apart in numerical order.

Participants will not be able to remove their bikes from the transition area until the **LAST CYCLIST IS OFF THE COURSE**. This rule is for the safety of ALL participants and there are **NO EXCEPTIONS**.

Race Numbers

Your packet will include your race number, which you **MUST** have to race. Please follow the below instructions to make sure you and your equipment are properly marked on race day. Please note that body marking will take place on race day when you check into transition.

1001

1001

Bike numbers should be folded over either the top tube of your bicycle or around the seat post and fastening securely using the adhesive backing. The number should be visible on both side of the bicycle.

Helmet numbers should be stuck on the front of the participants helmet using the sticker adhesive



The run or bib number must be worn on the front of your body during the run portion of the event. It can be attached to the athlete's garment with safety pins, or worn on a race belt.

Timing Chip

The Kids Splash N Dash is not a timed event, so athletes in the Splash N Dash will not receive a chip.

Athletes competing in the kids' triathlons must wear the TRI Tag timing chip around their ankle.

1. Apply the Tri Tag at least 15 minutes before your race.
2. Make sure the Tri Tag Velcro is secure when applying it to the ankle.

REUSABLE TAG AND STRAP APPLICATION

Step 1

Unfasten the blue strap from any Velcro, then push the blue strap through both slots on the chip so that the strap passes underneath the chip. Pull the chip down the blue strap until it is about half an inch from the end, and pull the blue strap snugly against the back of the tag.



Step 2

Fasten the blue strip to the small Velcro square at the end of the orange strap, then place the strap snugly around your ankle with the chip on the outside of your ankle and press the Velcro to ensure a solid clasp.



20% OFF SHOES



**DONATE YOUR OLD RUNNING
SHOES & GET 20% OFF
A NEW PAIR OF RUNNING SHOES!**



*CERTAIN RESTRICTIONS APPLY

Directions

Stonebridge Ranch Beach and Tennis Club 6201 W Virginia Pkwy



McKinney, TX 75070

Directions:

From Dallas: Take I-75 North. Exit 40 A Virginia Parkway. Turn left on Virginia Parkway. Beach and Tennis Club is about 3.6 miles down the road on your left.

From Denton: Take 380 East. Turn right on N Stonebridge Drive. Turn left on Virginia Parkway. Beach and Tennis Club is about 0.5 down the road on your right.

From Fort Worth: Take 121 North. Exit onto South Service Road/121 Frontage Road North. Turn left on West Stacy Road. Turn right on Ridge Road. Turn left on Virginia Parkway. Beach and Tennis Club will be on your left.

Parking

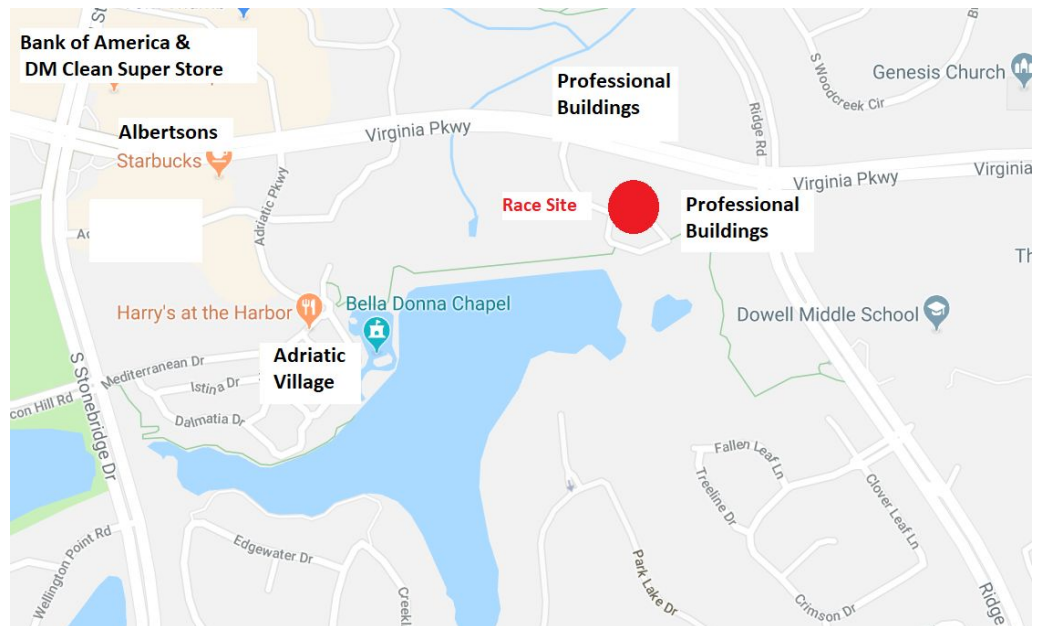
Montessori School: in front Stonebridge Beach and Tennis Club

Professional Buildings: SW corner of Ridge Road and Virginia Parkway and across the street from Stonebridge Ranch Beach and Tennis Club on Virginia Parkway

Albertsons: NE corner of Virginia Parkway and Stonebridge Dr.

***Do Not park close to Albertsons or in front of any business. You will be towed**

Bank of America & DM Clean Super Store: NW corner of Virginia Pkwy and Stonebridge Dr.



Do not park at the YMCA or you will be towed.

Onsite parking will be closed from the start of the race until the last cyclist is finished. You will not be able to exit before then if you choose to park there. NO EXCEPTIONS.

YOUTH PROGRAMS

Playtri Youth & Junior Programs are team programs (similar to traditional youth sports) designed to inspire and develop young triathletes in a skills-focused environment with experienced and passionate coaches.. Different locations offer varying levels of training, so visit our website to learn more about what your location has to offer.



PLAYTRI YOUTH PROGRAMS

- Race ages 6-18 (athletes join teams based on age and ability)
- Spring, Summer and Off-Season sessions available
- Competency-based coaching based on years of youth triathlon coaching experience
- Equal focus on character development and athletic performance



Team Playtri Elite, our junior elite triathlon squad for nationally competitive young triathletes, has been recognized as a USA Triathlon High Performance Team program since 2013, and has also been ranked as a top-25 team nationally since that time.

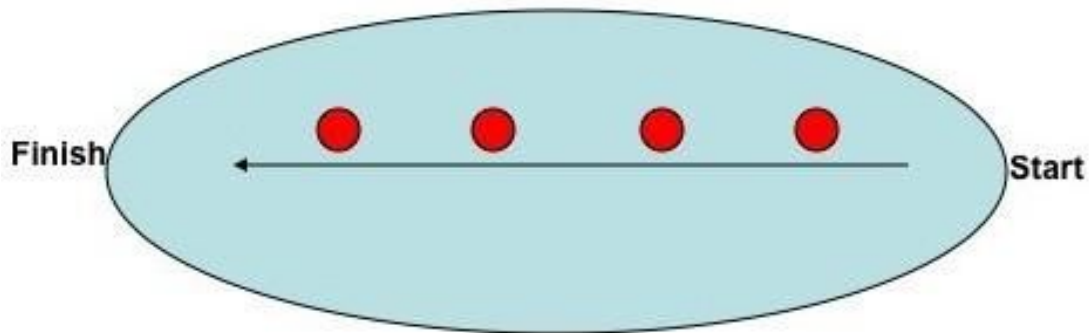


WWW.PLAYTRI.COM/YOUTH

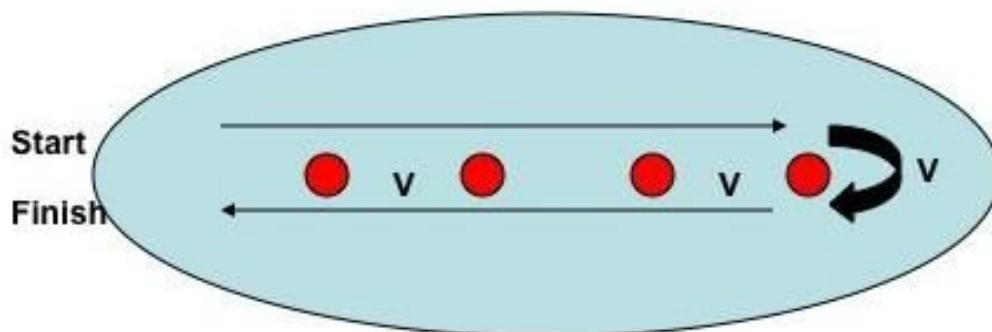
Swim Course

Playtri at Stonebridge Ranch Triathlon Course Stonebridge
Ranch Beach & Tennis Club Pool

Swim Course 6-10 yrs Old- 50M



Swim Course 11-14 yrs Old 100m



Athletes will enter the water one at a time, a few seconds apart in numerical order.

**Please have your athlete only line up in numerical order.
NO EXCEPTIONS.**

Aid Stations

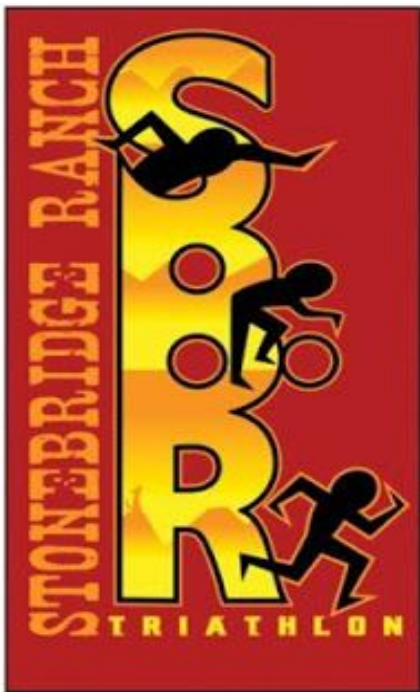
Aid stations will be at the 0.25 and 0.75 mile marks on the run course. Stations will be equipped with water and volunteers to hand it to you.

If you need water, sports drinks, or other nutrition on the bike portion of the race, please bring your own.

There will also be food and drinks after the race.

After Party

Stick around post-race for food, drinks, music, snow cones, and of course, make sure your athlete gets his or her finisher medal! An awards ceremony for the will take place at approximately 10:00 AM.



**POST
RACE
PARTY!**

**Snow cones, Music,
and, of course, the
Awards Ceremony!**

General Advice

Triathlons can be tough, but they should also be fun. The best way for that to happen is for your athlete to be prepared! Along with the training that leads up to an event of this nature, there are some general tips for race day that can make your athlete's experience more enjoyable.

1. Have everything needed for race day ready the night before - use the checklist provided in this guide to make sure you have everything. To make transportation into transition easy, place everything needed into one bag. Make sure you affix the bike and helmet numbers before entering transition. Your child will not be allowed to race without these.
2. The earlier you show up, the better. The last thing you want to be is worrying about whether you're going to make it in time. Make you sure have time to find parking, get your athlete body-marked, help set up their transition, get their timing chip, etc.
3. Make sure your athlete is mentally prepared and looking forward to the event – he or she should be coming into this race with a spirit of fun and excitement. Go through the process of the race ahead of time so he or she knows exactly what to expect on race day.
4. If you are having friends and/or family attend, have them read the Spectator Guide included in this packet. Also, make plans with your athlete the morning of to decide on a spot to meet when they cross the finish line.
5. Last, remember to have fun! This event should be a positive experience for you and everyone else. A positive attitude will go a long way!

Race Day Checklist

Required:

Bike

Helmet

Shoes to run/ bike in

Swim Cap

Race Numbers

Timing Chip – Triathlon only

Generally Necessary:

Goggles

Cycling Shoes

Race Belt/ Safety Pins

Water Bottle

Nutrition & Hydration (Gels, Sports Drink, Food, etc.)

Other Things:

Sunscreen

Sunglasses

Bike Pump

Flat Kit

Body Glide

Clothes for post-race

Towel for Transition



Spectator Information

We love it when your family and friends come to support you! That's why we make all our races as spectator friendly as possible. With that in mind, here are some spectating tips for those attending, but not participating in the event.

1. Come early - it will be much more difficult to park and get into the race area once the race has started. It can make things more dangerous for the athletes. Nearby parking is limited, and you don't want to miss out.
2. Bring a snack, fluids, sunscreen, and a seat – triathlon events can go on for a few hours, and once they start, it usually is not convenient to leave, so it's best to come prepared for a 3-4 hour stay
3. Position yourself on the grassy ridge between the swim finish and bike start for the best views at the start, then move on to the bike out/bike in, and then to the finish line nearby after your athlete has started their run.
4. Listen to the volunteers – if they ask you to move, do so quickly, and if they seem blunt at times, don't take it personally as they are probably in a hurry to make sure the course is safe for the athletes. Remember that the event could not happen without their help.
5. Resist the temptation to aid your athlete(s) if they are having a rough time – they might appreciate the thought, but accepting outside aid can and will get them disqualified. If they drop out of the race, then is the time to help.
6. Cheer for everyone! The athletes appreciate it, even if they don't know you.
7. Wait for your athlete to move away from the finish line before coming to congratulate them – this area can sometimes get congested.

Weather Contingency

In the event of inclement weather, the start time of this event may be delayed by up to 1 hour. Past this time, the 11-14 year olds will join the 6-10 year olds race distance. In the event that we have to cancel the swim, the 6-10 year olds race will change to a duathlon with a 0.5 mile run/3 miles bike/0.5 mile run. The 11-14 year olds race will also change to a duathlon with a 0.5 mile run/6 miles bike/1 mile run. If the weather also makes it too dangerous for cycling, the event will become a 0.5 mile run for all 6-10 year olds, and a 1 mile run for all 11-14 year olds.

Results

All event results will be available on our website:

<https://www.playtri.com/results>



Common Rule Violations and Penalties

1. Helmets: Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event.

Penalty: Disqualification

2. Chin Straps: Chin straps must be buckled at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle.

Penalty: Disqualification on the course; Variable time penalty in transition area only.

3. Outside Assistance: No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness.

Penalty: Variable time penalty

4. Transition Area: All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.

Penalty: Variable time penalty

5. Drafting: Drafting--keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds. Position--keep to the right hand side of the lane of travel unless passing. Blocking--riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass. Overtaken--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.

Penalty: Variable time penalty

6. Course: All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times.

Penalty: Referee's discretion

7. Unsportsmanlike-Like Conduct: Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden.

Penalty: Disqualification

8. Headphones: Headphones, headsets, walkmans, ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race.

Penalty: Variable time penalty

9. Race numbers: All athletes are required to wear race numbers at all times during the run. Numbers must face the front and be clearly visible at all times. Numbers may not be cut or folded or altered in any way. DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.

Penalty: Variable time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.

10. Wetsuits: Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided, however that participants who wears a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

11. Abandonment: All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course.

Penalty: Variable time penalty

For a complete list of rules, please refer to the most up-to-date USA Triathlon Competitive Rules:

<https://www.teamusa.org/usa-triathlon/about/multisport/competitive-rules>

Upcoming 2018 Races

- **Rib Rub Run 5K, 10K** – October 6th; Rockwall, TX
- **Fort Worth Viking DashTrail Run 5K, 10K, Half Marathon** – Oct 20th, 2018, Eagle Mountain Park
- **Lone Star Casa Superhero 5K Fun Run And Kids Super Dash**-Oct 27th, 2018, Rockwall City Hall
- **Lewisville Glow Run**-Oct 27th, 2018
- **Celia Hays 5K** – October 27th; Rockwall, TX
- **DRC half** - November 4th; Dallas, TX
- **Trinity River Run Half Marathon** – November 10th; Dallas, TX
- **The Zebra Phest 5K** – November 10th; Coppell, TX
- **Believe McKinney 5K, 10K** – November 24th; McKinney, TX
- **Gingerbread Run 5K** – December 1st; Irving, TX
- **Santa Cops 4 Kids 5K, 10K** – December 9th; Rockwall, TX

Good Luck and Have Fun!