



Overland Park, KS

Athlete Hand Book

Sunday, August 28<sup>th</sup>, 2011

8:00 AM start

Venue

Life Time Fitness-A Healthy Way of Life Company

6800 W 138<sup>th</sup> st

Overland Park, KS 66213

## Schedule of Events

### **Saturday, August 27<sup>th</sup>:**

8:00 AM -9:15 AM Packet Pick up at Life Time Fitness indoor pool area

9:30 AM Pre Race meeting at outdoor pool area

\*this meeting is not mandatory but very helpful

### **Sunday, August 28<sup>th</sup>:**

6:30 AM-7:45 AM Transition Area open for set up. \*This will be the only time available for all athletes to set up in transition area.

\*Pick up chip timer and body marked.

8:00 AM Senior Division start. Will line up according to race number. One athlete at a time will start swim every 8-10 seconds.

9:00 AM Junior Division start. \* This time is approximate. Please be ready if an early time is possible. Will line up according to race number. One athlete at a time will start swim every 8-10 seconds.

10:30 AM Awards Ceremony \*This time is approximate.

## Contacts

Candy Hawks, race director: [Chawks@lifetimefitness.com](mailto:Chawks@lifetimefitness.com)

Jene Popper Hong, race director: [jpopper@everestkc.net](mailto:jpopper@everestkc.net)

Life Time Overland Park, 913-239-9000

## Packet Pick Up

All athletes will be pre registered on ltkidstri.com

All athletes will have to be a USAT member \*should have done this when registering

All athletes will receive a goodie bag: swim cap, t-shirt, race number, bike number, helmet number. Numbers should be placed on the FRONT of the body for bike and run.

### Race Distances

Seniors- age 11-14

swim 100 meters, bike 5 miles, run 1 mile

Juniors- age 7-10

swim 50 meters, bike 2.5 miles, run .5 miles

### Awards

Every athlete receives a finisher medal when they cross the finish line. Overall awards are given to the top three in each gender and age category. Those categories are: 7-8, 9-10, 11-12,13-14

### Required Equipment

At packet pick up, all athletes will receive a swim cap, race number, bike number, and a helmet number. All athletes must wear a helmet on the bike course. Race numbers should be visible on the FRONT of the body during bike and run. Illegal equipment: No floatation devices, propulsion devices, wetsuits, bicycle training wheels, or headphones. They cannot carry glass containers or wear a hard cast.

### Merchandise

There will be a few items that can be purchased at packet pick up and race day. These will be CASH or CHECK only.

Training t shirts \$15 Mesh shorts \$15 Cycle jersey \$60

### Inclement Weather

We will try to postpone as long as possible if there is severe weather. Life Time Kids Tri may need to cancel if inclement weather. No refunds will be made.

### Volunteers

We have staffed the race with lifeguard, medical (Med Act), and police (Johnson County Sheriffs officers) support for the athletes' safety. As well as many helpful volunteers who will be throughout the transition area and course. Please remember your "attitude of gratitude" while at the event and thank a volunteer.

### Chip Timing

We will be providing chip-timing for all athletes to ensure an accurate record of performance. Each athlete receives 5 splits in addition to overall time. Swim, T1,Bike, T2, Run

## USAT

All Life Time Kids Triathlons are sanctioned by USAT. This sanctioning provides insurance coverage for the participants and ensures compliance with safety procedures. It is mandatory that all participants have a current USAT membership. A one-year membership is \$5 per athlete. This can be purchased during the registration process or athletes may present their USAT card at packet pick up.

## Course Directions

*\*This may change due to sidewalk construction*

Swim-Seniors will swim 2 laps (4 lengths) in a snake style. One at a time will start. The swimmer will touch the wall and then swim under the rope to the next lane, then repeat to finish. Juniors will swim 1 lap (2 lengths) in the same fashion.

\*no diving or flip turns

Bike-Seniors will leave transition behind the club to 138<sup>th</sup> st. Cross the street (where there will be policing) to the sidewalk and turn left. Then staying on the sidewalk, turn right on Lamar heading toward 143<sup>rd</sup> st. Turn right on the sidewalk just before Beth Shalom building. Follow that trail to that back parking lot to turn around. Return the same way. Before heading to transition area, Seniors will make a turnaround just before our parking lot and repeat the bike course one more time. Juniors will head straight to transition after first loop.

Run- Seniors will leave transition behind the club and at 138<sup>th</sup> st, turn left onto sidewalk before crossing street. At the corner of Lamar and 138<sup>th</sup>, runners will cross Lamar then cross 138<sup>th</sup> (there will be policing) and stay on sidewalk closest to golf course to turn around marker. Juniors will head the same direction but turn around sooner. Aid station will be set up at this point. All athletes will run through finish line under the Kids Tri inflatable behind Life Time.

## Photography

Professional photography will be available from ASI. There website to view and purchase after the event is [www.asiorders.com](http://www.asiorders.com) . Please bring your own cameras to capture your personal memories!

## Race Day Rules

- The provided swim caps are required
- Bike helmets must be on and buckled before athlete is allowed on the bike course (and any other time they are just riding to warm up)
- Athletes will need to mount their bikes outside transition area in mounting zone
- Race numbers must be worn at all times on bike and run.
- Cyclists must stay 2 bike lengths behind the participant in front before passing on the left (be aware of oncoming racers!)
- Parents are not allowed in the transition area during the race. They may go in to help set up or clean up, but as long as there is a racer on the course, there will be no one other than athletes and volunteers in transition.
- Timing chips must be worn throughout the entire race.

## Emergency Cell Phone numbers

Safety is our priority. Please make sure we have a working cell phone number on your registration form. If you did not put a contact number down when you registered on-line, please see one of the race directors.

## Equipment Checklist

- swim cap, goggles (2 pairs in case one breaks), swim suit or tri suit
- Bicycle-in good working order and no training wheels, helmet, shoes, socks, race number, bike and helmet stickers
- running shoes, shirt, socks, hat
- towel for transition, sunscreen, change of clothes, registration packet and information, athlete hand book, camera, most importantly... your smile😊

Some of these items are optional.

## After the event

There will be free food and drinks for participants and an awards ceremony.