

TRIPLE kidsSM TRI

San Antonio, TX
Athlete Handbook
Sunday, October 2nd, 2011
8:00 AM start

Venue
Life Time at the Rim
5639 Worth Parkway
San Antonio, Texas 78257



Welcome

On behalf of Life Time at the Rim organizing committee, welcome to San Antonio! We have a spectacular day of racing planned for you and look forward to helping you navigate through your event.

Our sponsors, volunteers, committee members and Thomas Enterprise (The Rim) staff have embraced this event and we can ensure that you will have a safe and enjoyable competition on Sunday, October 2nd.



While you're here, you might need a few specific things from our local partners:

- For all your bike equipment needs: Visit Ride-A-Way bikes.

[Huebner Oaks Center](#)

11075 W IH-10
Suite 305
San Antonio, TX 78230
210-696-9925
[Map and directions](#)

- Forgot running shoes? Visit Roger Soler Sports

18720 Stone Oak Parkway #150
San Antonio, TX 78258
Phone: **(210) 490-9987**

- Forgot Swim gear? Visit Swim Freak

2250 Thousand Oaks Dr # 206
San Antonio, TX 78232-3988
(210) 494-7946

I am sincerely pleased to introduce you to this event and hope you will return in the future. Please take time to review this Athlete Guide and print pages you will find helpful before your arrival.. Welcome and thank you again for participating or attending the Life Time Kids Triathlon in San Antonio!

Good Luck,

Shelly O'Brien
Race Director
210.865.2155
shelly@icon1multisport.com
www.ltkidstri.com



Location

Life Time at the Rim San Antonio
5639 Worth Parkway
San Antonio, TX 78257
Phone: 210-222-1984
[map it](#)



Parking

There will be plenty of race day parking on the North side of the Life Time building.



Schedule of Events

Saturday, October 1st:

2:30-4:00PM Packet Pick up at Life Time at the Rim

4:00-5:15 PM Pre Race meeting at outdoor pool area*

*this meeting is not mandatory but very helpful. Athletes may bring their bike for transition practice

Sunday, October 2nd:

6:30 AM-7:45 AM Athlete Check-in and Transition Area open for set up. *This will be the only time available for all athletes (Junior and Senior) to set up in transition area.

*Pick up timing chip and body marked.

8:00 AM Senior Division start. The swim will take place in the outdoor Life Time Fitness lap pool. Athletes will start in the water — no dive starts allowed. Waves of 10 athletes will start every 3–4 minutes with 2 swimmers in each of the 5 lanes. Swimmers will start at the same end, at the same time. A race program will be provided showing wave numbers and start times for all athletes.

8:45 - 9:00 AM Junior Division start. * This time is approximate. The Junior Division will start when the last Senior athlete is on their final lap of the bike. Please be ready if an early time is possible. Will line up according to race number. Athletes will start in the water — no dive starts allowed. Waves of 10 athletes will start every 3–4 minutes with 2 swimmers in each of the 5 lanes. Swimmers will start at the same end, at the same time. A race program will be provided showing wave numbers and start times for all athletes.

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

Contacts

Shelly O'Brien, race director: shelly@icon1multisport.com

Taylor Horan, race director: taylor@icon1multisport.com

Life Time at the Rim.

Phone: 210-222-1984



Procedures and Rules

Packet Pick Up

Saturday, October 1st. 2:30-4:00PM Location: Life Time at the Rim.



- A legal guardian must be present with each athlete.
- All athletes will be pre registered on Itkidstri.com.
- All athletes will have to be a USAT member *should have done this when registering.

If you indicated that you were a member of USAT you MUST show your USAT membership card at packet pick-up. No Card = No packet = No Race---No exceptions. You will be asked to purchase a membership

If you bought a membership online you are safe- we have the information.

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

Race Age

For the purpose of award category and race distance, race age is the athlete's age on 10/2/2011.

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 – Use this Checklist!

Swim	Race Suit	Run	Number belt with Race number from packet
	Swim Cap from goodie bag		Shoes
	Goggles (2 pr in case one breaks)		
	Flip-flops* optional	Other	Transition Towel
			Water bottle
Bike	Bike with number from packet		Dry clothes
	Helmet with number from packet		
	Cycling Shoes* if needed		SMILE!!!!
	Air Pump		



Illegal equipment: No floatation devices, propulsion devices, wetsuits, bicycle training wheels, or headphones. They cannot carry glass containers or wear a hard cast.

EXCEPTION: Swim vests are allowed.



Timing Chip/Strap

- Every athlete must wear a timing chip strap. The timing chip/strap can be picked up race morning only at Athlete Check-In.
- Athletes are required to wear the timing chip strap (provided by the race), on their ankle throughout the race.
- If you lose your chip at any point during the race, contact a race volunteer so a new chip can be provided.
- There is a \$125 charge for a lost chip.
- The timing chip will be collected by volunteers at the race finish line.

Transition

Bikes must be racked on the transition rack or in a designated transition box (bikes with kickstands only) at the start of the race, and all equipment (shoes, helmet, etc.) must be contained directly under the bike. When returning to transition after completing the bike course bikes must be racked in the same spot. Again, Gear should be placed under your bike.

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

Not Completing the Triathlon (DNF)

If you are unable to complete the triathlon, you must turn in your chip to a race official at the finish line.

The Swim

The swim will take place in the outdoor Life Time lap pool. Athletes will start in the water — no dive starts allowed. Waves of 10 athletes will start every 3–4 minutes with 2 swimmers in each of the 5 lanes. Swimmers will start at the same end, at the same time. A race program will be provided showing wave numbers and start times for all athletes

The Bike

- Please make certain your bike is in proper working order before arriving race morning.
- Helmets must be buckled in place while on the bike before, during or after the event, or you will be disqualified.



- You may not ride your bike in the transition area. You are required to walk or jog with your bike to the designated mount & dismount areas at the “Bike Out” and “Bike In” line.
- Ride your bike on the right side of the road - pass on the left.
- Keep 2 bike lengths between yourself and the racer in front of you.
- There will NOT be an aid station on the bike course.
- A map of the entire course is located at the end of this packet.
- A bike frame number sticker will be provided at packet pickup. This number should be applied to your seat post or on the handlebars if it fits.
- A bike helmet number sticker will be provided at packet pickup. This number should be applied to the front of your bike helmet.

Once again, helmets must be athletes grab their bike. No area – proceed to the bike Shortly after mounting you will then Left onto Vance Jackson turn-around on Vance Jackson



put on AND BUCKLED before the mounting the bike in transition mounting line on Worth Parkway. go Right onto La Cantera Pkwy and Road. There will be a 180degree then Right onto La Cantera Rd.

SENIORS: You will do another 180 degree turn at Worth Parkway and proceed back out onto La Cantera for a second loop.

JUNIORS: You will proceed to the bike dismount line.

The Run

After the bike segment, athletes must return their bikes to the SAME location in the transition area. Bike helmets should be removed and volunteers will help direct athletes to the RUN OUT path to begin the last leg of the race. A water station will be available for the athletes as they exit the T-area. All runners must display their race number on the FRONT of their body — either pinned to their shirt, shorts or attached to a race belt.

A map of the entire course is located at the end of this guide.

After the event

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

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 and police (Bexar County Sheriffs officers) as well as many helpful volunteers who will be throughout the course to support athletes' safety. Please remember your "attitude of gratitude" while at the event and thank a volunteer.

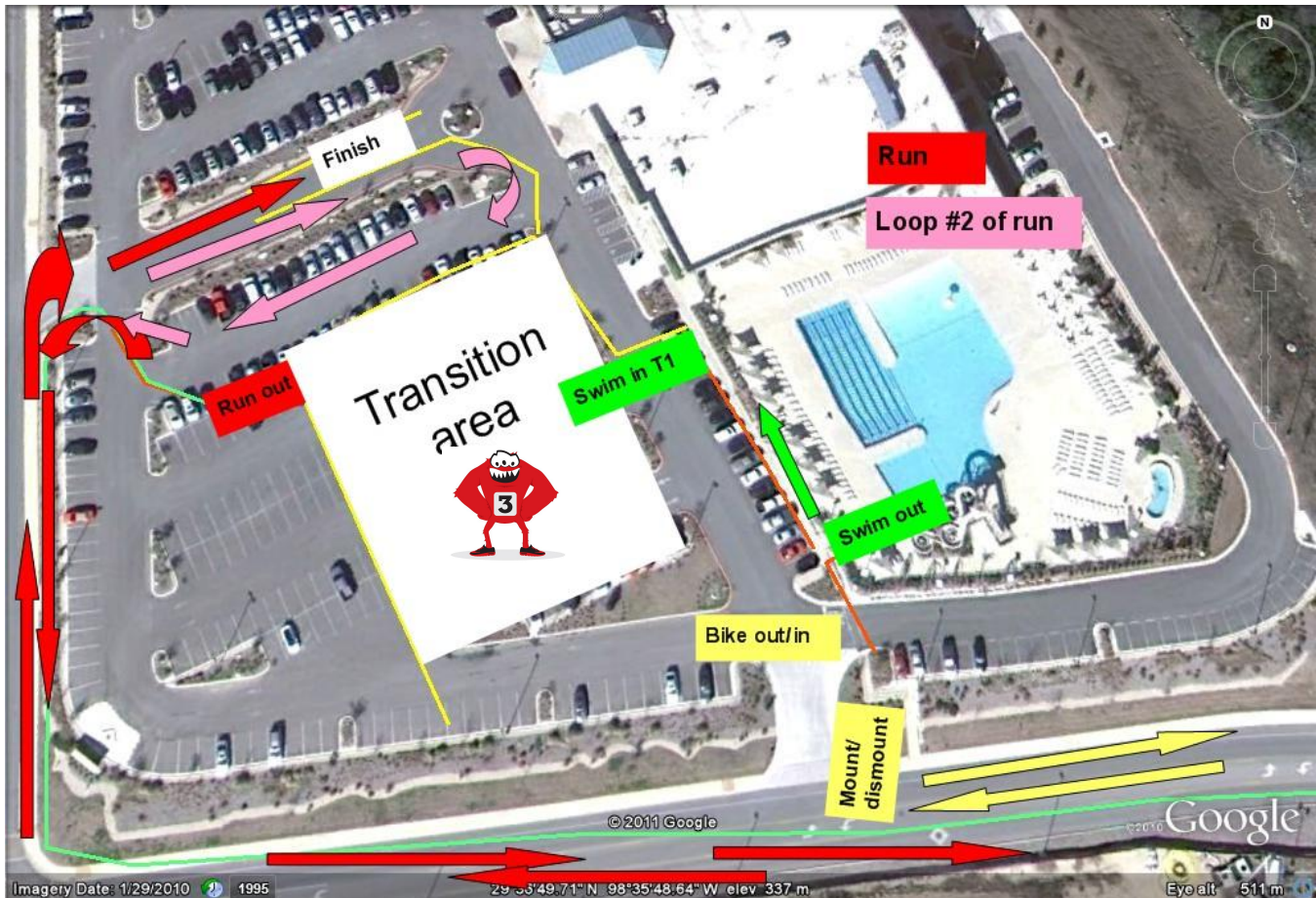
Chip Timing

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

Photography

Professional photography will be available from ASI. Their website to view and purchase after the event is www.asiorders.com. Please bring your own cameras to capture your personal memories!

Transition Flow:



Run Course



Bike



Course

