



Athlete Information Guide 2009

Race Day Timeline

6:00 a.m. Transition opens/ Body marking and chip pick up
6:45 a.m. Transition area closes
6:50 a.m. National Anthem and Opening Remarks
7:00 a.m. First Wave (pre junior)
Awards / Announcements at the conclusion of all races
Post Race Festivities
Transition will re-open for bike and gear removal at the conclusion of the parent race.

USA Triathlon

The General Mills Kid's & Family Triathlon is a USAT sanctioned event. Each participant must have a current USAT membership card to participate in the event. If an athlete is not a current USAT member, they are required to purchase a one-day membership at packet pickup (\$5 youth, \$10 adult). You MUST show your USAT membership card at packet pickup or you will have to purchase the one-day membership.

For more information on becoming a member of USA Triathlon, please visit them at www.usatriathlon.org

Race Divisions and Swim Start (Subject to Change)

The General Mills Kids & Family Triathlon will utilize a time trial start. Swimmers will start one at a time, 5 seconds apart.

Starting time assignment and swim cap colors will be given out during Athlete Registration.

Per USA Triathlon Rules, we will be utilizing the age up rule: All age group athletes must participate and compete in the age group division corresponding to the athlete's age on December 31 of the year of the event.

For Example: If you are 10 on the day of the race, but turn 11 before December 31, 2008, you will be placed in the 11 year old age group.

If you are 10 on race day and turn 11 after December 31, 2009, you will be placed in the 10 year old age group.

Athlete Check-In

Athletes MUST check in on Friday, June 12 (4 pm to 7 pm) at the Melvin Ford Aquatic Center in Memorial Park, Bentonville.

1. Athletes are encouraged to review the course maps.
2. Athletes must confirm their athlete number on athlete lists.
3. Show USAT card or pay insurance and sign waivers.
4. Pick up Registration Packet, which will contain race numbers, safety pins, swim cap, etc.

Timing Chips

Timing chips will be distributed race morning. Please note that you must wear your timing chip ankle bracelet at all times in order to receive an official race time.

If you do not return your chip and band, you will be responsible for the \$35 replacement fee.

Parking

Packet Pickup:

FRIDAY, June 12: All attending Packet Pickup on Friday will be able to park at the Melvin Ford Aquatic Center.

Race Day -- Participant and Spectator Parking:

On Saturday, June 13, All attending the race on will be able to park at the elementary school just west of Memorial Park. Enter the park from Central on S Street. Turn left on Wildcat Way and park in the school parking lots. The parking will be located about ¼ mile from the transition area. Spectators arriving at the race site after the start of the race will be directed to a parking area about ¾ mile walk from the race site.

Course and Race Information

Start Time

7:00 am – Swim starts will be conducted in time trial style of 5 second increments. Divisions and Age Groups have identified waves.

Course Cut-Off Times

There are NO cut-off times for this race.

General Course Description

The General Mills Kids & Family Triathlon will include a pool swim; a bike ride on closed streets around **Memorial Park** and run through **Memorial Park**.

	5-6 y/o	7-10 y/o	11-15 y/o	Parents
Swim	25 yard	100 yard	200 yard	200 yard
Bike	½ mile	3.1 mile	6.2 mile	6.2 mile
Run	¼ mile	0.6 mile	1.2 mile	1.2 mile

Assistive Devices

The General Mills Kids & Family Triathlon is a USAT sanctioned race and abides by the organization's rules for youth racing. As such,

athlete's 7-years old as of 12/31/2009 are not permitted any assistive devices such as floatation aids or bicycle training wheels. Additionally, athletes can receive no aid or assistance from individuals, including parents and/or guardians, during the race. Only athletes and race volunteers are permitted in transition or on the race course during the event.

Aid Stations Swim Aid Station: Water will be located at the swim start and finish.
Run Aid Stations: Run Aid station is approximately 1/2 mile out on the run. Water will be available.
Finish Line: At the finish line, we will be distributing bottled Water.

Body Marking Athletes are advised not to apply sun screen before body marking. Body marking will begin at 6:00am. Body marking will take place at the entrance to Transition.

Race Numbers **Bike:** Bike frame and helmet numbers will be included in your race packet. The number must be attached to your bike and be visible from both sides before you will be allowed to bring your bike into the transition area. There will also be a smaller self-adhesive number in the packet. This number should be placed on the front of your bike helmet.
Run: Each participant will receive a race number in their race packet and it is to be worn on the front of your running shirt or shorts. The number **MUST** be visible when you start the run. Do not cut, fold, or alter your race number in any way.
Swim Caps Your official swim cap will be provided in your race packet. This cap is provided for your safety during the swim and must be worn during the entire swim. You will not be allowed in the swim staging area without it.
You must start in your designated swim order. NO EXCEPTIONS.

Bike Inspection It is up to each individual to make sure his or her bike is in safe and proper working order. Phat Tire Bikes will have mechanics on site during packet pickup and race day to assist with any needed repairs. Be sure to make sure that you have your handlebars plugged.

Race Results Race results will be posted in the awards area. (Athlete refreshment area) continuously during the finish of the race. If you have any questions concerning the results, please see the timing officials in the tent adjacent to the finish line. Complete results will be posted at www.genmillskidsfamilytri.org on Sunday, June 14, 2009.

Awards Ceremony All athletes will receive a finishers' medal immediately after crossing the Finish Line. The awards ceremony will take place immediately following the race in the post-race celebration area.

Awards will be given to the following:
Age Group – Male and Female – 1st through 3rd place:
5 – 6, 7 – 8, 9 – 10, 11 – 12, and 13 – 15
Family Team – Male and Female Team – 1st place only:
(gender based on child participant)

5 – 6, 7 – 10, and 11 – 15

**Post Race
Celebration**

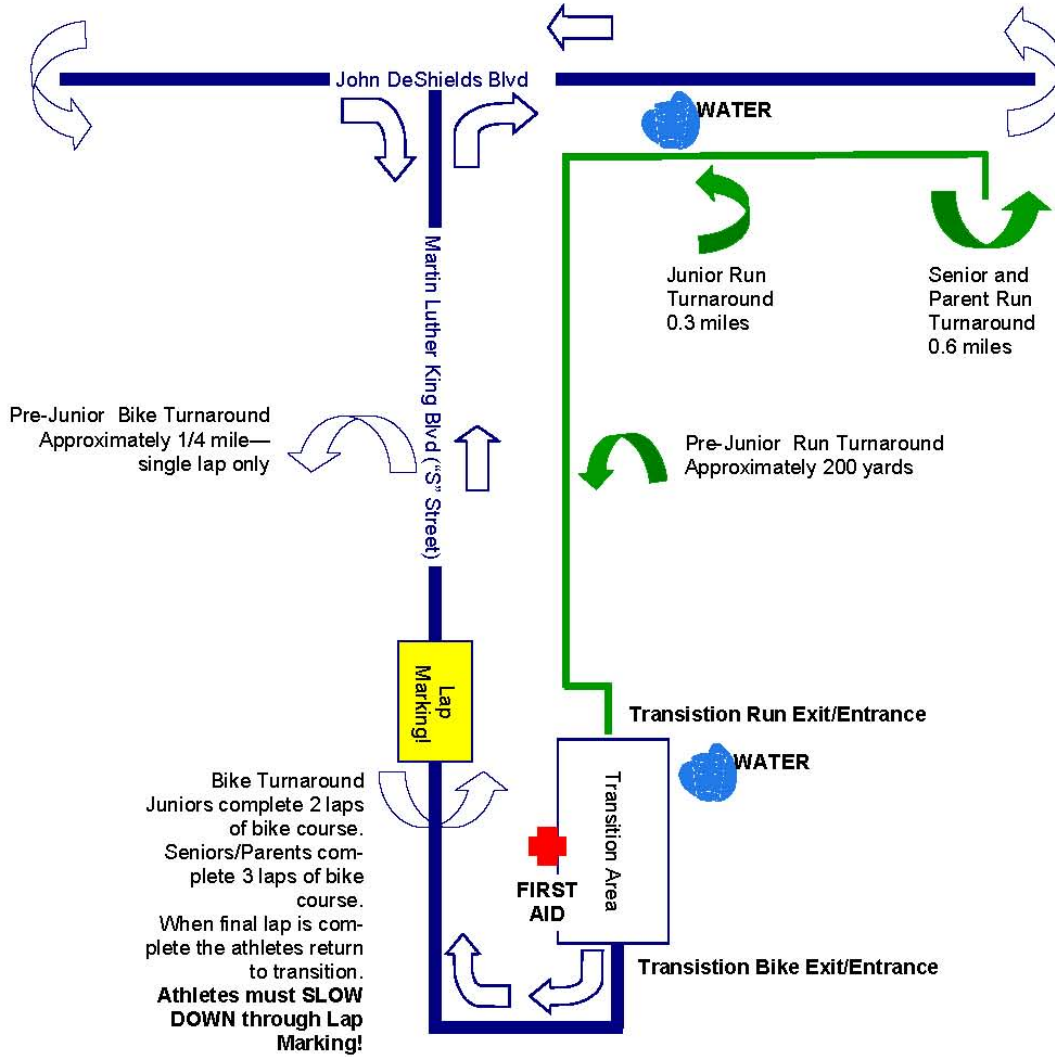
A post-race party will immediately follow the race. Plan on hanging out with us after the race for awards and a great door prize drawing. Food, drinks and fun will be provided along with some great special guests. See you there!





Bike and Run Course Map

*Map is not to scale



Bike Turnaround
Juniors complete 2 laps of bike course.
Seniors/Parents complete 3 laps of bike course.
When final lap is complete the athletes return to transition.
Athletes must SLOW DOWN through Lap Marking!

Pre-Juniors: 5—6 year olds
Juniors: 7—10 year olds
Seniors: 11—15 year olds