

EAGLE RIVER KIDS TRIATHLON RULES

NEW Safer KIDS course for 2011.

The ERT kid's event is intended to be a fun, safe event for kid's ages 6-12, to experience the excitement of an actual triathlon. This is NOT a timed event. Although your child has signed up to be in either the 6-9 or 10-12 age group, these actual events have change. Instead of age groups there is now the **LONG Course** and **SHORT Course** for the kids triathlon. Your child can choose either event they wish to participate in. Remember, this is not a timed event, so your child does not have to select which course they prefer until they start the event; in fact they can even change courses in the middle of the race if they decide to take a shorter swim but a longer run. We want EVERY kid to experience the joy of crossing that finish line and receiving their Healthy Futures Medal. Good Luck!

Long course – swim two laps, bike 2 miles, and run 1 miles.

Short course – swim one lap, bike 2 miles, and run 1/2 of a mile

NEW TRANSITION AREAS FOR 2011 - See more regarding the transition areas below.

A swim test is required before racing. The swim test consists of jumping in the deep end, swimming across the pool, getting out and going to the next available lane to start your swim.

Kids can wear flotation devices, including life vests. Parents are NOT encouraged to get in the pool with their child but they will not be pulled from the pool either.

Kids may accept assistance from parents and other helpers to ensure the kids are safe, follow the right course, and have a good time. One portion of the swim to bike transition area is for kids who need parent assistance, and the remainder of the transition area is for kids doing the race without parent assistance. Please help your racer set up in the correct transition area.

ALL PARENTS WHO RIDE A BIKE WITH THEIR KID(S) MUST WEAR A HELMET. ALL KIDS AND PARENTS MUST STAY TO THE RIGHT OF THE WHITE LINE. AVOID RIDING TWO ABREAST WHEN POSSIBLE.

ABSOLUTELY, POSITIVELY NO TRAINING WHEELS ALLOWED. ALL KIDS MUST WEAR A HELMET ANY TIME THEY ARE ON A BIKE (INCLUDING RIDING BIKE TO SET UP, DURING, OR AFTER RACING!)

KIDS TRANSITION - THE KID'S RACE TRANSITION AREA WILL BE DIFFERENT FROM PREVIOUS YEARS – PLEASE CONSULT MAP!!!!!!!!!!!!

Transition Area 1 (T1) (Swim to Bike) is located at the North exit of the Chugiak high pool. During the race this area will be VERY crowded so please stay out of the area unless you are assisting your racer. The fewer extra people in the area allows for a less confusing time for all racers.

Transition Area 2 (T2) (Bike to Run) is located in the lower parking lot at Birchwood Elementary and will be accessible beginning at 1 p.m. We suggest you park at Birchwood Elementary and then walk your child over to the Swim to Bike Transition area at the North end of Chugiak High School. That way your child's bike will be near your vehicle at the end of their race. You can walk through the field (around the Soccer fields – not on them) at the south end of the Birchwood Elementary Parking lot. **No vehicles will be able to move in or out of the parking areas around Chugiak High during the kid's race.**

If you have a stand for your child's bike – BRING IT as it is much easier for kids to find their bike if it is upright on a kick stand or in a stand. If the racer's bike does not have a kickstand and you can not find a stand to borrow or buy, simply have your racer lay their bike on the ground – Front end out makes for a much faster transition!

There will be adults in both transition areas to assist all kid racers, so PLEASE - if your child is not in the "parent assist section", please stand back from the transition area to cheer your racer (and others) on, take pictures, and enjoy the moment as the fewer obstacles racers have to dodge makes it all go more safely and smoothly!

Run – The kids run will start at the south end of Birchwood Elementary School, through the dirt trail, around the west end of the soccer field to Chugiak High School. They will continue around the back side of the High School, out the west entrance to the turn around and finish at the adult finish area.

New Course maps posted on the ERT website.