

# ISSY KIDS TRIATHLON

## Sunday, June 3, 2018

### GENERAL INFO:

- Parking can be found in the parking lots of the Issaquah Community Center and Julius Boehm Pool. Additionally, there is parking on the streets around the neighborhood.
- Check-In takes place on the front lawn of the Issaquah Community Center, 12:00 – 1:00 PM.
- At Check-In, each participant will receive an “age group bracelet” and a “race number” written on their arm or leg.
- What To Bring:

Swimsuit	Weather appropriate change of clothing
Towel	Tennis Shoes
Bike	Water Bottle
Helmet	Sunscreen
- One parent is welcome to:
  1. Assist in pool locker room
  2. Count laps on pool deck
  3. Assist with toweling off and getting on tennis shoes
  4. Assist with bike and bike helmet
- Other family members and friends can cheer from the pool balcony, along the route and from the Community Center front lawn.
- First Aid can be requested at the Pool front desk, Community Center front lawn, and throughout the bike route.
- Celebrate after the race with hot dogs, photos and informational booths

### SWIM INFO:

- Participants who wish to swim in the deep end may need to take a swim test at the Julius Boehm Pool, 12:00 – 1:00 p.m.
- The first age group, Ages 6-7, will begin at 1:00 PM, in waves of 10-20 participants. Rolling starts will take place.
- The estimated start of the second age group, Ages 8-9, is 1:20pm.
- The estimated start of the third age group, Ages 10-12, is 1:40pm. Start times will be announced as time draws near.
- All participants need to shower prior to being in the water.
- Shoes are not to be worn on the pool deck.
- Participants are encouraged to exit the pool, dry off, and put on shoes/clothing outside, behind the Julius Boehm Pool, before they head to the bike leg. However, participants are able to return to the locker room to change after swimming, if desired.

### BIKE INFO:

- Bikes will be parked in designated spaces in Community Center parking lot.
- Bike helmets are required.
- Volunteers and staff will be posted along the entire bike route.
- Only participants may bike the course.

### RUN INFO:

- Ages 6-7 = 2 laps; Ages 8-9 = 4 laps; Ages 10-12 = 6 laps
- Participants will be handed popsicle sticks at the beginning of the run. As they complete a lap, they drop a popsicle stick into a bucket. When all the popsicle sticks have been deposited in the bucket, they head to the finish line!
- All participants cross the finish line on the Community Center front lawn.