

5th Annual
ISSY KIDS TRIATHLON
Sunday, June 5, 2022

PRE-REGISTRATION INFO:

- This event is an untimed “just for fun” race to introduce kids to the world of triathlons!
- Pre-registration is highly encouraged! Online registration is easy at www.issaquahwa.gov/register; located under Spring Events.
- You are also free to call Issaquah Parks & Community Services at 425-837-3300 or walk into the Issaquah Community Center.
- Online registration closes at 9:00 AM on Sunday, June 5th. On-site registration opens on the Community Center Front Lawn beginning at 11:30 AM.

PRE-EVENT DETAILS:

- 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 Community Center front lawn, 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: (Label Everything!)
 - Swimsuit
 - Towel
 - Bike
 - Helmet
 - Change of Clothing
 - Tennis Shoes
 - Water Bottle
 - Sunscreen? 😊
- First Aid can be requested at the Pool front desk, Community Center front lawn, and throughout the run & bike routes.

SWIM DETAILS:

- If participants wish to swim in the deep end, proof of swim ability is required. If participant has taken swim lessons at our Pool, we already know their swim ability. Otherwise, participants will need to take a swim test before the event. Swim test time options:
 - Monday – Friday, 7:30 – 8:30 PM
 - Saturday, 1:30 – 4:30 PM
 - Sunday, June 5th, 11:30 AM – 1:00 PM
- The first age group, Ages 6-7, will be allowed to enter the Julius Boehm Pool facility at 12:40 PM. We will READY, SET, GO at 1:00 PM. Rolling starts will take place.
- The second age group, Ages 8-9, has an estimated time of 1:10 PM to enter the Julius Boehm Pool facility.
- The third age group, Ages 10-12, has an estimated time of 1:20 PM to enter the Julius Boehm Pool facility. Start times will be announced as time draws near.
- All participants need to shower prior to being in the water.
- Swim Lengths:
 - Ages 6-7: 25 yards 1 deep-end length OR 2 shallow-end lengths
 - Ages 8-9: 75 yards 3 deep-end lengths OR 6 shallow-end lengths
 - Ages 10-12: 100 yards 4 deep-end lengths OR 8 shallow-end lengths
- Participants are encouraged to exit the pool, dry off, and put on shoes/clothing outside, behind the Julius Boehm Pool, before heading to the bike leg. However, participants can return to the locker room to change after swimming, if desired.
- One helper is welcome to:
 - Assist participant in the same-gender locker room.
 - Count laps on pool deck.
 - Assist participant with toweling off and getting on tennis shoes.
- Family and friends can cheer from the pool balcony.

BIKE DETAILS:

- Bikes will be parked in designated spaces in the south end of the Community Center parking lot.
- Bike helmets are required.
- One helper is welcome to assist participant with putting on bike helmet and getting rider going down the bike trail.
- Volunteers and staff will be posted along the entire bike route.
- Participants will be biking down the Rainier Trail and back on the 2nd Ave NE sidewalk.... a total of 1.2 miles.

RUN DETAILS:

- Run Length:
 - Ages 6-7: 2 laps around the block
 - Ages 8-9: 3 laps around the block
 - Ages 10-12: 4 laps around the block
- Participants will be handed popsicle sticks at the beginning of the run. As they complete a lap, they drop 1 popsicle stick into the bucket. When all the popsicle sticks have been deposited in the bucket, they know to head to the finish line!
- All participants cross the finish line on the Community Center front lawn.

POST-EVENT CELEBRATION:

- Participants get a T-Shirt at the Finish Line!
- Thank you to the Kiwanis Club of Issaquah for grilling hot dogs! The whole family is invited!
- Enjoy lawn games, activities & music!
- Thank you to the Skyline High School Cheer Staff for cheering us ALL on!
- Thank you to J.M. Crawford Photography for taking professional candid photos throughout the event! All participants will be emailed a link to view & purchase photos after the event.

Finally, THANK YOU to the
Issaquah Youth Advisory Board &
the entire Issaquah Parks & Community Services Team
as they successfully pull off their
5th Annual Issy Kids Triathlon!

