

# Lindsay Kids of Steel // To Do Race Weekend

## Race Weekend Schedule

Please complete the mandatory bike check before race weekend.

On Saturday, June 21<sup>st</sup>, you will be able to sign-in, pick-up your race kit and complete the bike check from 4:00 pm to 6:00 pm at the Lindsay Rec Centre. Local participants are encouraged to use this time to avoid long lineups on Sunday morning. If you sign-in on Saturday, you can take your bike directly to the Transition Area on Sunday.

On Sunday, June 22<sup>nd</sup>, if you didn't sign in on Saturday you will have to go through the bike-check and sign-in process before you can get organized in the Transition Area. The sign-in area opens at 6:30 am. Once you have picked up your race kit, etc. you need to get your bike to the Transition Area.

Every athlete must have signed-in and have finished racking their bike in the transition area by 8 am. There will be no exceptions.

At about 8:15 am, the Race Director will have a meeting to give you any last minute directions.

The race will start around 8:30 am. We will post the order of races and an approximate schedule after registrations close.

## Sign In

Sign In will be open on Saturday, June 21 from 4:00 pm to 6:00 pm and again on Sunday morning from 6:30 to 8:00. No registrations will be accepted at sign in. The Bike Check will be available at the same times.

When you arrive at sign-in, we will:

1. Check you off on the registration list and settle any outstanding money issues.
2. Tell you your race number
3. Get your parents (and you if you are over 17) to sign a waiver form
4. Give you your race kit that includes your t-shirt, your bib number, your bike number and your helmet number
5. Explain how to use the numbers
6. Mark your number on your shoulder and calf
7. Let you get on your way

Once you get to the head of the line, the process does not take more than 5 or 10 minutes.

The line up at sign-in is very long on Sunday morning and usually quite civilized on Saturday. We encourage you to make it easier on yourself and our volunteers by coming on Saturday if at all possible.

The waiver form that your parents and you will have to sign acknowledges there are risks to participating in this sport that the race organizers are not responsible for. The wording of the waiver is set by Triathlon Ontario and an example is available here ([link to form](#)). You do not need to bring a copy of the form to sign-in.

If your parents are not able to come to sign-in with you, they should contact the Race Director in advance to make arrangements to sign the waiver. You will not be able to race or pick up your race kit unless we have your waiver form.

If you are a member of a relay team, each member of the team has to go through sign-in but the first member who gets there will receive a kit with all of the numbers and t-shirts.

## **Set-up In Transition**

On Sunday morning, once your bike and helmet have been checked and you have your race kit, take your bike to the transition area and get yourself organized. Your parents are welcome to come with you but there will be volunteers there to help too.

First, find the area that has been set aside for you and all other participants in your wave to rack your bike. Take a look around and decide where you want to put your stuff. You cannot move anyone else's things. If someone else has put their stuff in carelessly and it looks like it has to be moved, find a volunteer. They can sort it out.

Put your bike on the rack and see how it is going to come out. Make sure your number is on the bike crossbar. Make sure your number is on your helmet.

Then put your gear out in your space so that you are able to get at it. Remember that when you come out of the pool, you are going to have to put on your shoes, put on your t-shirt (you don't have to wear your new Lindsay Kids of Steel shirt and put on your helmet before you take your bike off the rack.

When you are organized, go for a walk or something. There is nothing you need to do before the Race Director's meeting at 8:15.

## Order of Events

Initially, just have a notice saying "We will post the order of races and an approximate schedule after registrations close. We expect to start the day with the oldest groups and follow shortly after with the Under 6's. When the oldest group is off the bike course, we will run the remaining groups."

Later, I think the format used last year was a good one. Wouldn't hurt to start the year with the same format.

### C3e Spectators

Spectators are allowed throughout the course as long as you abide by five rules:

1. Stay off the race course itself (which includes the transition area).
2. You cannot "pace" your child by running along the side of the road.
3. You cannot assist your child. If you see them having trouble, make sure one of the volunteers is aware of it.
4. Cheer your child on but don't spoil the race for other participants or spectators.
5. Have fun!

And remember, profanity will not be tolerated.

One area where we tend to have problems with spectators is where they leave the transition area to start the run. If you want to watch from that area please be extra careful not to crowd the racers path.