

2019 Race Guide

Melcor Kids of Steel

Date: June 15, 2019

Location: Royal Glenora Club

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Race Details

On-Site Leaders

Race Director: Sheila Findlay

Athlete Services: Kelly Livingstone

Volunteer Services: Julia Peters

Distances

AGE	5 & Under	6 & 7	8 & 9	10 & 11	12 & 13
Swim	25m	50m	100m	100m	250m
Bike	500m	1.6km	1.6km	3km	3km
Run	200m	500m	500m	1km	1km

Swim

Athletes will swim in the Royal Glenora pool. The pool is 25m and heated.

Bike

The bike course for all age categories (except 5 & Under) will take the athletes out on to River Valley road. The road will be closed from 105 Street to the entrance of the Victoria Golf Club.

Run

The run course takes place on the paths surrounding the Royal Glenora Club. For athletes running 1.6km, this course circles the baseball diamond field in a loop, and these athletes will do 2 laps of the baseball diamond before heading back to the finish.

Rules and Regulations

All athletes must exit their transition area before the first heat begins.

Athletes must be on the pool deck ready to swim **15 minutes before** their assigned heat time.

Parents are not allowed into the pool with the athletes and must stay in the spectator area.

Flotation aids (flutter boards, life jackets) are allowed for all athletes. **Please bring your own.**

One parent may assist athletes aged 7 and under in the transition area.

Athletes must have their helmet on and fastened before they are allowed to remove their bike from the bike rack.

Athletes cannot ride their bike in transition. Bikes must be walked to the mount line.

Dismount at the mount/dismount line. The mount line will be green, the dismount line will be red.

Athletes cannot wear earphones or headphones at any time while on the course.

Always remain on the marked race course.

There will be no access to the transition area to collect personal items until the race is complete. This is for the safety of all athletes and parents.

Colour System

Each age category will be identified by a colour. All athletes will receive a wristband in their race package with the corresponding colour, which helps ensure that everyone is racing on the correct course.

Transition will be divided into sections based on age category, and those sections will be marked by signs that coordinate to the age category colours. Turn around signs on the bike and run courses will also be colour coordinated

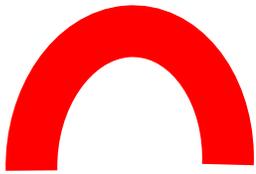
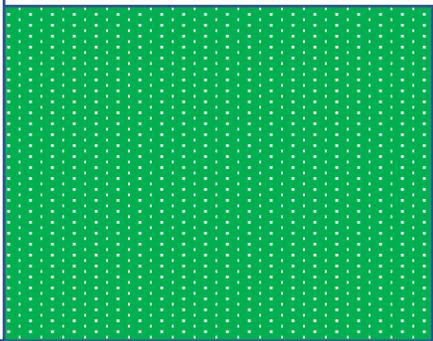
5 & Under	Yellow
6 & 7	Purple
8 & 9	Purple
10 & 11	Red
12 & 13	Red

Make sure your child knows their colour!

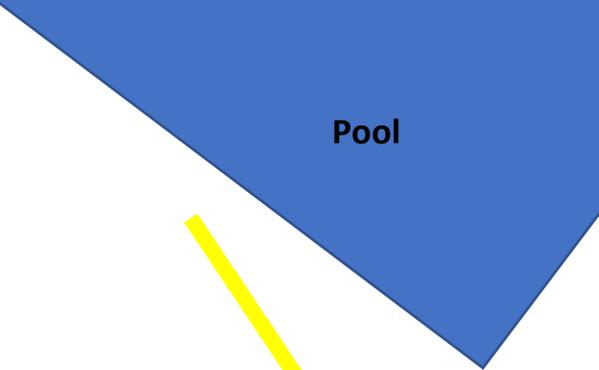
Legend

- Swim
- Bike
- Run

Transition Map

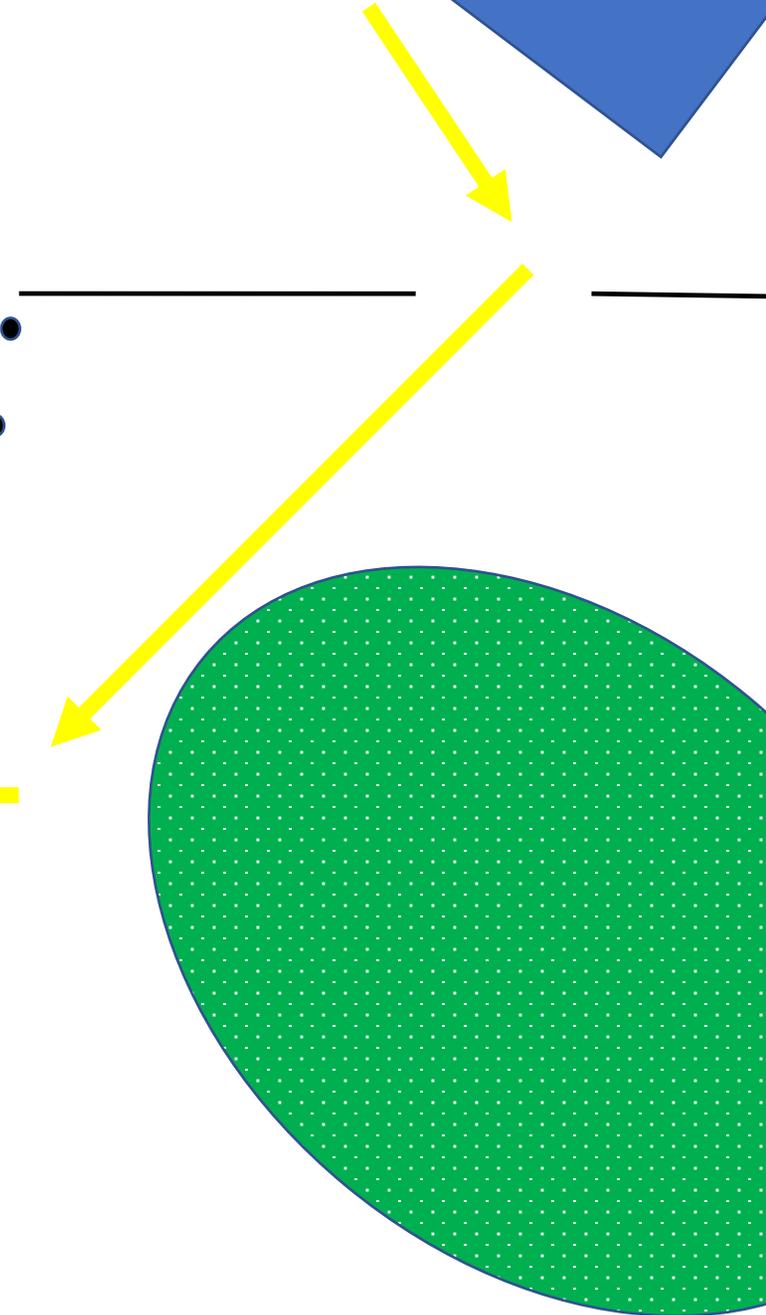
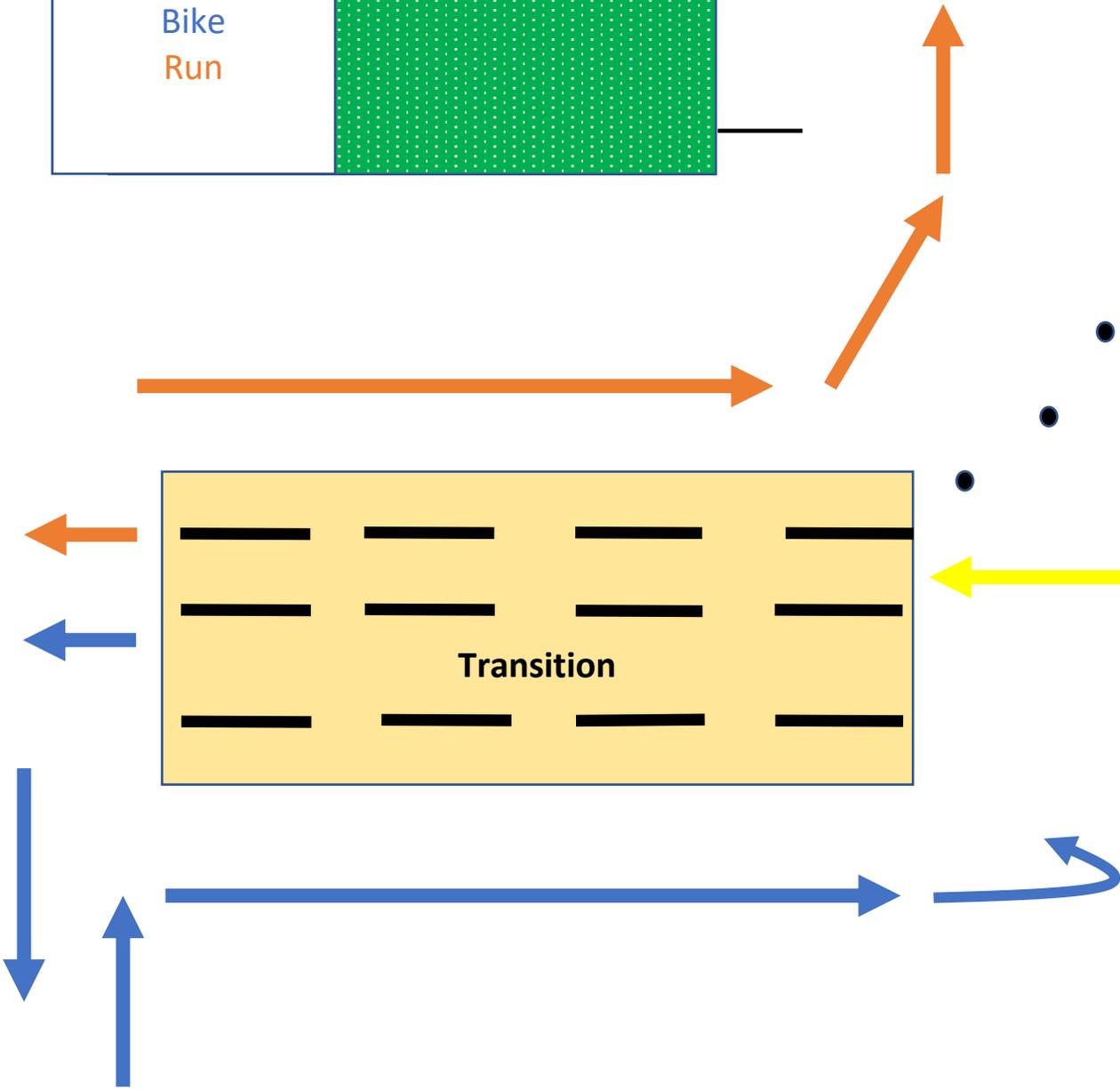


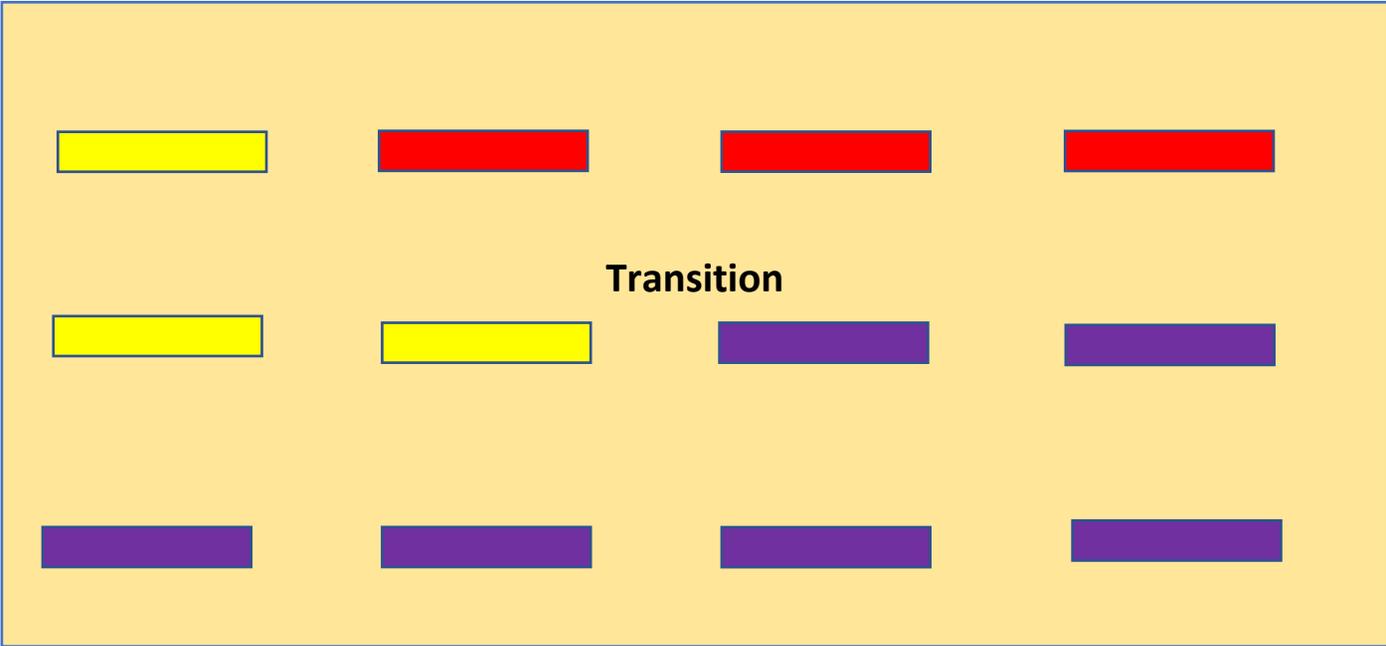
Finish Gantry



Pool

Transition

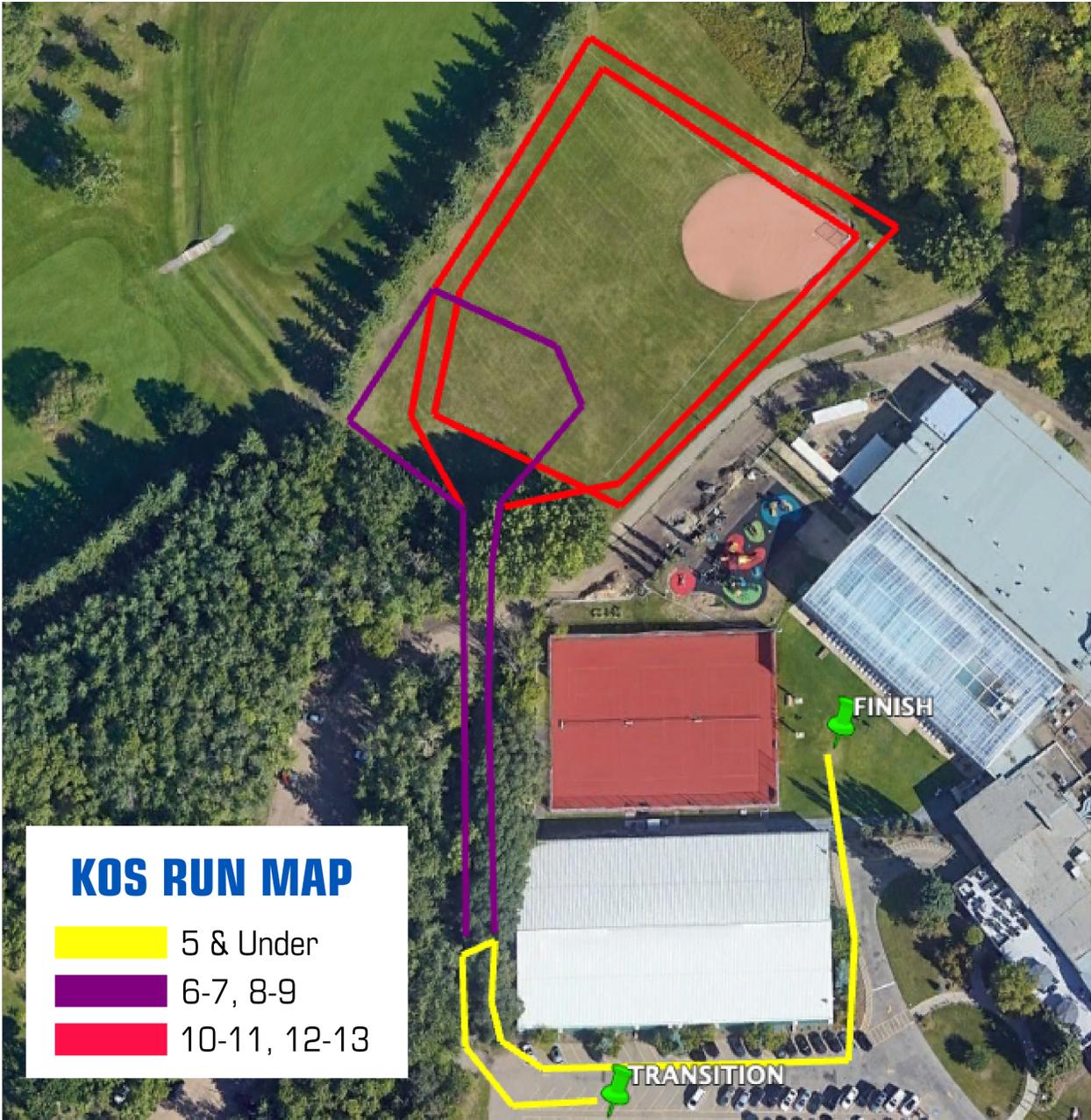




Bike Map

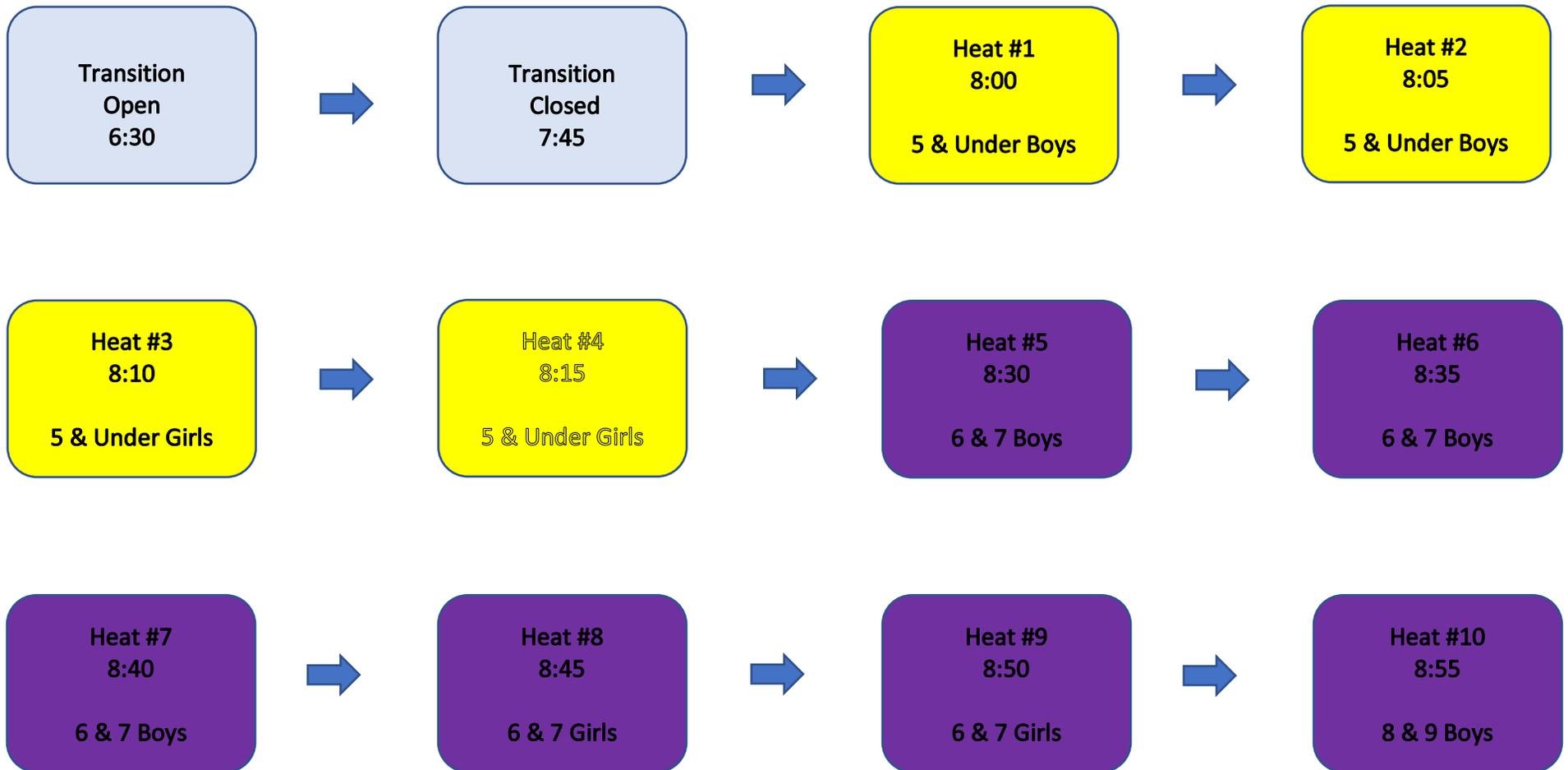


Run Map



Race Schedule

****Heat times are tentative****



Heat #11
9:00
8 & 9 Boys



Heat #12
9:05
8 & 9 Girls



Heat #13
9:10
8 & 9 Girls



Heat #14
9:15
10 & 11 Boys

Heat #15
9:25
10 & 11 Boys



Heat #16
9:35
10 & 11 Girls



Heat #17
9:45
12 & 13 Boys



Heat #18
9:55
12 & 13 Girls

Award
Ceremonies
10:45

Gear Checklist

What should I bring?

- Swimsuit or Tri suit
- Swim goggles & towel
- Change of clothes for the run/bike
- Bicycle
- Bicycle helmet
- Running shoes
- Water bottle

Optional Gear

- Sunglasses
- Hat
- Sunscreen
- Warm, post-race clothing
- Lifejacket or flotation device
- Swim cap

*****Timing chips will be given out on the pool deck*****

Race Day Tips

Tip #1 – Get There Early

Get to the race site early – 1.5 hours early is reasonable. You may arrive earlier if you wish. Parking will fill up quickly. **Parking** is available at the Victoria Park Oval on River Valley Road and in the gravel lot adjacent to the Royal Glenora Club. Parking at the Kinsmen Sports Centre overflow lot is also an option, with access to the race site by crossing the bridge on foot. If you must leave early, park in the gravel lot adjacent to the Royal Glenora Club and exit using Fortway Road towards the legislature grounds.

(Note: River Valley Road will be closed to traffic before 6:00am until 11:00am, but open to access parking until the road closure begins)

Tip #2 – Practice Transitioning

Most beginners are usually ready for the 3 events themselves but have had little practice transitioning from one section of the event to another. Make sure if your child is 8+ that they can tie up their own shoes and do up their own helmet. Transition is the fourth sport in triathlon!

We will be hosting a Triathlon Orientation on **June 1st** at the picnic shelter in Victoria Park beside the Royal Glenora. KOS athletes will be taken through the whole transition process, perfect for first-timers and seasoned pros looking to practice their skills!

Tip #3 – Triple Check your Equipment

Everything on your equipment list is important! Pack the night before and take your time so you aren't scrambling in the morning. Make sure to check the gear checklist section for everything you'll need for your first event.

Tip #4 – Get Your Bike Serviced Prior to the Event

One of the toughest things to deal with is a mechanical failure on the bike and having to walk with your bike back to transition. Go by your local bike shop a week before the race and have them look over your bike to prevent any potential issues!

Tip #5 – Learn the Pre-Race Flow

Most races follow a similar order of event. Read the following list to familiarize yourself with what to expect prior to the race.

1. Go directly to your designated transition area. This is an enclosed area with all the bike racks where much of the on-site action will occur. Your designated transition will be divided into sections based on age category, **YELLOW** 5 & Under, **PURPLE** for 6 & 7 and 8 & 9, **RED** for 10 & 11 and 12 & 13. These colours will be visibly marked in transition – please set up your gear within the appropriately marked age zone.

2. Set up your equipment and apparel neatly around your bike rack so that it is all easy to access during the race. Do not leave any bags in transition.
3. Look around the transition for the exit and entrance you will be using during the race. Familiarize yourself with them and plan the path to your bike rack.
4. Proceed to the Athlete Check-In for body marking (no race bibs).
5. Please be on the pool deck ready to start no later than 15 minutes prior to your start time.
6. Leave lots of time for conversation with others and pre-race announcements from the P.A. for information updates! **Listen carefully for your heat number being called on deck. Times of heats may vary slightly from what is listed in the race guide.**

FAQ

Below are some frequently asked questions – if your question has not been addressed here, please contact athletes@edmontontriathlon.org and we will be able to help you out!

- 1. I can't make it to package pick-up! Can someone collect my package for me?**
Yes! No ID is required to pick-up packages. Once the package has been picked up it is your responsibility to collect it before the race. If you cannot make it to package pick-up or get someone to pick it up for you, please arrive early enough to pick it up from the athlete desk the morning of the race.
- 2. Do I have to bring my own life jacket!**
Yes! If you know one will be necessary, we highly recommend bringing your own and labelling it accordingly. There are a few life jackets available at the Royal Glenora, but we cannot guarantee that there will be one available for everyone who would like to use one.
- 3. Can I get in the pool with my child?**
Parents are not allowed in the pool to help during the race; however, we do provide swim helpers in each lane for the 5 & Under and 6 & 7 age categories.
- 4. How will they know where to turn on the course?**
The bike and run course will be marked using our colour system (see above!) and there will also be volunteers out on the course indicating where to turn. Make sure your child knows their colour!

5. Can I help my child in transition?

One parent may assist an athlete in transition if they are in the 5 & Under or 6 & 7 categories.

6. Can I run with my child on the course?

Running beside the course is acceptable, but parents are not allowed on the race course while the race is in progress.