

June 16, 2011

Dear Parents & Athletes,

On behalf of Philadelphia Triathlon LLC, it is my pleasure to present the final Athlete Information Guide for the 2011 PHLYTRI KIDS DUATHLON & FUN RUN. You'll find the Duathlon information first, followed by the information for the Fun Run. Please keep in mind that the goal of this race is not necessarily focused around winning, but to promote the importance of exercise through biking and running while having fun. It's also about Kids helping other Kids. We are proud to announce that all proceeds from this event will be donated directly to Children's Hospital of Philadelphia (CHOP) Oncology.

We greatly appreciate your child's participation and we will take good care of your child during the race. Athlete safety is always of utmost importance at our events. Thanks again for taking the time to read all of these instructions and discussing them with your children. If you have any questions, please feel free to contact me at: barb@phillytri.com or 610-687-3955 ext 102. We look forward to a great race day and seeing their happy faces at the finish line.

Cheers,

Barb McKeever

PHLYTRI Kids Race Director

PHLYTRI KIDS DUATHLON

LOCATION:

The PHLYTRI KIDS DUATHLON will take place on Sweet Briar Field, the field adjacent to the Please Touch Museum, (Landsdowne Ave. & Sweet Briar Rd.) in Fairmount Park. The run and ride will be held on and around the field. The bike and run will be held on closed roads, completely contained within the park. The run will be on grass and paved trails throughout the course.

EXPO HOURS:

The Expo is open on Friday, June 24 from 12 p.m. to 8 p.m. and on Saturday, June 25 from 10 a.m. to 4 p.m. PLEASE NOTE: Registration & Packet Pick Up for the Kids Duathlon closes at 11:30 a.m. on Saturday, June 25th.

REGISTRATION AND PACKET PICK-UP:

Duathlon registration and packet pick-up hours are as follows: Friday, June 24, from 12 p.m. to 8 p.m., and Saturday, June 25 (race day), from 10:00 a.m. to 11:30 a.m. at the Philadelphia Insurance Triathlon Expo Tent on Smith Memorial Field located at North Concourse Drive & Landsdowne Avenue (next to the Please Touch Museum). IN ORDER TO START THE KIDS RACES ON TIME, WE WILL NOT ACCEPT ANY ON-SITE REGISTRATION OR ALLOW ANY PACKETS TO BE PICKED UP AFTER 11:30 a.m on Saturday. PLEASE ARRIVE NO LATER THAN 11:30 a.m. EVEN THOUGH THE KIDS RACES DON'T START UNTIL 12:30.

REGISTRATION AND PACKET PICK-UP FORMAT:

When you arrive at the registration area there will be a large tented area which is where registration and packet pick-up for all of the races is located. There will be signs for "PHLYTRI KIDS REGISTRATION" and volunteers to help guide you. You will need to visit several tables to ensure you are properly registered and ready to race! A parent or a legal guardian and participant must be present during athlete check-in to sign waivers.

The numbered tables will include:

Table #1 - Waiver Pick-Up/Start Table

Here you will receive a waiver that must be signed by each participant and/or legal guardian, even if the participant has already registered.

Table #2 - USAT Membership Table

It is mandatory that ALL DUATHLON PARTICIPANTS have a current USAT Youth Membership. All athletes must either provide proof of their USAT membership or register on-site for a youth membership. Youth memberships are \$5.00 and last for ONE year from the date of purchase. PLEASE NOTE: IF YOU ALREADY HAVE A USAT MEMBERSHIP THAT WAS NOT PURCHASED ON-SITE OR WHEN REGISTERING ONLINE THROUGH ACTIVE.COM, YOU WILL BE REQUIRED TO SHOW YOUR USAT YOUTH MEMBERSHIP CARD. IF YOU DO NOT SHOW THIS CARD, YOU WILL BE REQUIRED TO PURCHASE A MEMBERSHIP ON-SITE. NO EXCEPTIONS.

Table #3 - On-site Registration

The third table is specifically for on-site registration. Anyone who did not pre-register for the event online must go to Table #3 after going to Tables #1 and #2. Anyone who already registered may bypass this table and go directly to timing (Table #4).

Table #4 – Packet Pick-up

This is where you pick up your race number.

This event is for Fun and will NOT be timed. Race bibs (number) and safety pins will be provided. Safety pins are to pin the race bib to the front of the participant's top. Each child will also get a cool PHLYTRI KIDS RACE goodie bag which includes a T-Shirt.

AGE DIVISIONS:

Distances for the PHLYTRI KIDS Duathlon will vary, depending on the age of participants:

- Junior (ages 7 to 10): .3 mile run, .5 mile bike and .3 mile run
- Intermediate (ages 11 to 14): .5 mile run, 1 mile bike and .5 mile run

DUATHLON SCHEDULE:

The duathlons will start promptly at 12:30 p.m. with the Junior Division. Once all the Juniors have finished, we will start the Intermediate Division. Please make sure you and your child are in the Start area by 12:30, regardless of whether they are competing in the Junior or Intermediate Division.

BIKE SUPPORT:

High Road Cycles will be providing basic bike support for the PHLI TRI KIDS Duathlon. A bike tech will be conveniently located at the entrance to the transition area for minor adjustments, safety checks and air pressure checks.

TRANSITION AND BIKE CHECK-IN:

Transition and bike check-in will occur on RACE DAY ONLY. The transition will open to all age divisions at 11:00 a.m. and will close at 12:15 p.m. for both the Junior and Intermediate Divisions. The run-to-bike transition and the bike-to-run transition are in the same place. Each participant will have a spot to rack his/her bike and set up necessary equipment. Transition will re-open after the race for bike/equipment collection as soon as the last Intermediate Division participant has finished. Once transition closes, participants and parents must exit the transition area and make their way to the run start. Parents are allowed in transition to help rack bikes and help set up participant transition area. PARENTS ARE NOT ALLOWED IN THE TRANSITION DURING THE RACE. We will have volunteers in the transition area to help kids find their way to their bikes and ensure participants have their helmets on before starting the race. If you have one bike to be used by two different athletes in SEPARATE AGE DIVISIONS, they will be able to share a bike.

BODY MARKING:

Participants will have a race number marked on their arms and legs. Each participant will have his/her age on the back of his/her leg in marker.

RACE BRIEFING:

There will be a course and rules review five minutes prior to the start of each age division, at the race start.

RUN START:

The first run of both duathlons will be a mass start. The Junior Division will start promptly at 12:30pm. The Intermediate Division will start as soon as the last Junior Division participant has finished their second run, at approximately 12:50 p.m. If your child is participating in the Intermediate Division, please make sure he/she is in the area of the Run Start at 12:30. If the Intermediate Division race is ready to begin before 12:50, we will not wait for missing participants.

BIKE COURSE:

The bike course will be on roads closed to motor traffic. Each division will be on the same one-mile, out-and-back course, with 1 loop of the course for the Junior Division and 2 loops of the bike course for the Intermediate Division. We will have volunteers and signs directing participants. However, please make sure your child knows what division he/she is in and how many loops they need to complete, as we will be referring to the course based on division (Junior, Intermediate). Mile markers (large signs) will be along the course.

RUN COURSE:

The run course will be on paved walkway and grass. Please make sure your child knows what division he/she is in, as we will be referring to division to help direct participants along the course. On the run course, the directional signs will be color-coded: yellow for Junior, orange for Intermediate.

AID STATIONS:

There will be one aid station in the Transition area, no aid stations on the bike course and one aid station on the run course and at the finish. Aid stations will be supplied with water and Gatorade.

MEDALS AND AWARDS:

All finishers will receive commemorative medals.

PHLYTRI KIDS FUN RUN

FUN RUN RACE SITE:

The PHLYTRI KIDS FUN RUN will take place on Sweet Briar Field, the field adjacent to the Please Touch Museum, (Landsdowne Ave. & Sweet Briar Rd.) in Fairmount Park.

AGE DIVISIONS:

Distances for the PHLYTRI KIDS FUN RUN will vary, depending on the age of participants:

- 1-3yrs: Yellow Start, 50 yards
- 4-5yrs: Green Start, 100 yards
- 6-7yrs: Blue Start, 200 yards
- 8-14yrs: Red Start, 1 mile

FUN RUN SCHEDULE:

The runs will start promptly at 1:30 p.m. with the Yellow Start group. Once all the Yellow Start group have finished, we will start the Green Start group. Once all the Green Start group have finished, we will start the Blue Start group. Once all the Blue Start group have finished, we will start the Orange Start group. Please make sure you and your child are in the Start area by 1:30, regardless of which group they are competing in.

RUN CHECK-IN:

Yellow Start: 1:30pm

Participants will meet at finish line and will then be escorted out on course to the 50 yard mark where they will run back to the finish.

Green Start: Immediately following the finish of 50 yard dash/Yellow Start group

Participants will be called to the finish line when the 50 yard dash has been completed where they will be escorted out on the course to the 100 yard mark where they will run back to the finish.

Blue Start: Immediately following the finish of the 100 yard dash/Green Start group

Participants will be called to the finish line when the 100 yard dash has been completed where they will be escorted out on the course to the 200 yard mark where they will run back to the finish.

Red Start: Immediately following the finish of the 200 yard dash/Blue Start group

Participants will be called to the finish line when the 200 yard dash has been completed. The Red Start group will start at the finish line, run ½ mile on the run course to the turn-around, and then run a ½ mile back to the finish.

AID STATIONS:

There will be one aid station at the start and finish of each race as well as at the turn-around for the 1 mile run.

MEDALS AND AWARDS:

All participants will receive commemorative medals.