



Burgess Pool and Park Area  
501 Laurel Street  
Menlo Park, CA 94025

## ATHLETE GUIDE & RACE INFORMATION

Please read to the end. Additional information available online at [www.bayareakidstriseries.org](http://www.bayareakidstriseries.org)

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**Please Arrive at Least 1 Hour Before Your Wave Start**

### Parking



## PARTICIPANT & WAVE LISTS:

Below is a **TENTATIVE** Wave Time List with start times for each wave based on different age groups. Waves are organized by age with the oldest kids starting first and then each wave gets younger as the race goes on. Participants **MUST** start with their assigned wave (no exceptions).

The **FINAL PARTICIPANT WAVE LIST**, with your child's name, specific wave assignment, and bib number, will be sent out a few days before the race. **E-mail** [racedirector@bayareakidstriseries.org](mailto:racedirector@bayareakidstriseries.org) **if there is an error.**

### Tentative Wave List

Subject to Change

Final Wave List Will be Available Closer to Race Day

Wave	Wave Time	Age	Bib Range	Swim	Bike Laps	Run Laps
1	8:00	13 to 15	101-200	200 Yards/8	6	3
2	8:10	13	101-200	200 Yards/8	6	3
3	8:20	12	201-400	200 Yards/8	6	3
4	8:30	12	201-400	200 Yards/8	6	3
5	8:40	11	201-400	200 Yards/8	6	3
6	8:50	11	201-400	200 Yards/8	6	3
7	9:00	11	201-400	200 Yards/8	6	3
8	9:10	10	401-650	100 Yards/4	4	2
9	9:20	10	401-650	100 Yards/4	4	2
10	9:30	10	401-650	100 Yards/4	4	2
11	9:40	9 & 10	401-650	100 Yards/4	4	2
12	9:50	9	401-650	100 Yards/4	4	2
13	10:00	9	401-650	100 Yards/4	4	2
14	10:10	9	401-650	100 Yards/4	4	2
15	10:20	8	651-900	50 Yards/2	2	1
16	10:30	8	651-900	50 Yards/2	2	1
17	10:40	8	651-900	50 Yards/2	2	1
18	10:50	8	651-900	50 Yards/2	2	1
19	11:00	7 & 8	651-900	50 Yards/2	2	1
20	11:10	7	651-900	50 Yards/2	2	1
21	11:20	7	651-900	50 Yards/2	2	1
22	11:30	7	651-900	50 Yards/2	2	1
23	11:40	6	901-1100	25 Yards/1	1	1
24	11:50	6	901-1100	25 Yards/1	1	1
25	12:00	5 & 6	901-1100	25 Yards/1	1	1
26	12:10	5	901-1100	25 Yards/1	1	1
27	12:20	5 & Under	901-1100	25 Yards/1	1	1

# PRE-RACE RECOMMENDED BIKE AND HELMET CHECK



Show this checklist at Sports Basement for 20% off! Discount SKU: 699658 Followed by: 2050008070442 Expiration Date: 7/8/17

**Sports Basement** is offering a free Safety Check at all of their store locations. The check is not mandatory but Sports Basement is offering 20% off all in-store purchases if you bring in the checklist shown above.

\* No flip-flops or sandals or other open-toed shoes.

\*\* No aero bars on bicycles

## Parent Access

- Parents must go around the back of the pool to move from Transition to the Finish Area
- Parents can NOT access the run or bike course from Burgess Drive
- No Parents on the pool deck except 6&Under. There is a viewing area next to the pool
- One Parent is allowed to help set up transition prior to the race for any athlete for 15 minutes
- One Parent is allowed in the transition during the race for ages 8 and under
- One parent is allowed on the entire course for age 6 and under, but no parents riding bikes



# RACE DAY

Bring your child to the event **NO LESS than one (1) hour before** his/her age-group wave start time. One hour should give you time to pick up your packet, t-shirt and goodie bag, set up your transition area, and get ready for your swim wave. **If you are late and miss your assigned wave, we cannot guarantee your child will be able to participate.**

**PACKET PICK-UP:** OPENS AT 7AM (corner of Laurel and Burgess)

**TRANSITION AREA:** OPENS AT 7AM (no assigned spots in transition)

**BODY MARKING:** We recommend self-body marking bike and run laps.  
**LEFT HAND = BIKE LAPS                      RIGHT HAND = RUN LAPS**

**LAP COUNTING:** Lap counts are on your bibs, but please cross check against the Wave List. Ultimately swim, bike and run lap counts are the responsibility of the athlete. Volunteers will not count laps for you. Timing chips will record missed laps!

**TIMING CHIP:** Place the timing chip securely around your ankle. The timing chip is always active so do not cross ANY timing mats until you are racing. Be sure to cross every mat near its center. Return the timing chip at the finish line.

## **GENERAL RULES:**

- Bibs must be worn at all times during the bike and run legs either on a race belt or on the front of the shirt
- Bibs must be visible on the front when crossing the Finish Line.
- No nudity in the transition
- Upper torso must be covered during the bike and run portion (shirt or full swim suit)
- Bike helmets must be worn at all times on the bike with the chinstrap buckled
- No riding bikes in the transition area
- Cyclists must stay two bike lengths behind the participant in front, except when passing
- Pass on the left, slower cyclists stay on right
- Do not interfere / block other children (Parents and Grandparents Included)

## **AWARDS:**

- Awards are based on race day age
- Results are reported to USAT as year-end age
- Awards will be given 5 deep for each age, male and female
- Award ceremonies will take place when results are verified

## **AMENITIES:**

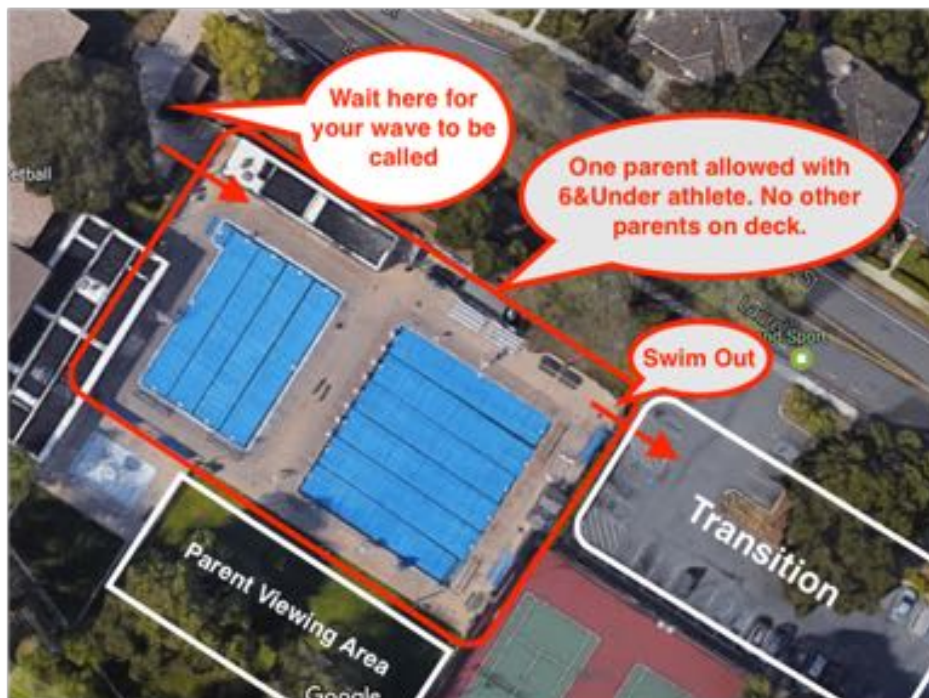
- Water, Bananas, Oranges, Granola Bars
- Race Shirt
- Finisher Medal!

**MENLO SWIM WEBSITE:** <http://www.menloswim.com/menlo/facility.html>

## THE RACE!

**\*DO NOT CROSS THE TIMING PADS UNLESS YOU ARE IN THE MIDDLE OF RACING\***

## THE SWIM



No parents on the pool deck except as permitted by the Swim Venue Leader. This is for the safety of the participants. For the younger athletes **6 & Under**, **ONE** parent who is prepared to swim with him/her will be permitted; no others will have pool deck access.

It is under the discretion of the Lifeguards and Swim Volunteers to pull your child from the pool if they do not think it is safe. **NO CHILD WILL BE FORCED TO SWIM.** They will be allowed to continue the triathlon once everyone in their wave has exited the water. Any child that is pulled from the swim is **NOT** eligible for awards but will still receive a medal.

If a swim aid is used, you must bring it. We will not provide swim aids. **The only permitted swim aids are a personal flotation device (swim vest) or a kick board; be sure your child can swim if he/she loses grip on the kick board.**

### **IMPORTANT SWIM INFO**

1. Athlete should wear snug fitting swim suit only (no cotton or loose fitting shirts)
  - Cotton gets wet and is heavy and a swim hazard in the water
  - Snug fitting rash guards are ok as long as the athlete has experience swimming with them beforehand
2. Athlete should be prepared to swim with their own goggles or swim cap if they use them
3. Don't leave shoes on deck
4. Pool area is not shaded, be sure to apply sunscreen before dropping off athlete
5. Make sure athlete is well hydrated
6. Make use of the porta-potties **BEFORE** entering the pool area
7. Two athletes to a lane; Any swim stroke is allowed; flip turns are allowed
8. Lifeguards and/or volunteers will be assigned to monitor the lanes

## Non-Swimmers

We encourage all athletes to participate and have FUN, however on occasion some become apprehensive with the swim and change their mind about doing it at the last minute. This is OK, NO ONE has to get in the water for any reason if they don't want to swim.

**ANY Parent/guardian trying to force an unwilling athlete to swim will be immediately removed.**

Anyone not wanting to swim will simply be held on the swim deck until the last person in their wave has exited the water. The non-swimmer will then be allowed to continue the event by moving from the swim deck to the transition area. (Their race number will be noted and they will not be eligible for awards)

## THE TRANSITION AREA



In the sport of triathlon, the Transition Area is like home base for the swim, bike, and run. The athlete passes through the Transition Area twice during the event: Swim to Bike and Bike to Run.

Every athlete has a spot in the Transition Area (not assigned) where their bike, helmet, shoes/socks, shirt, shorts, towel, and other essentials are located. The transition area is set up **BEFORE** the race starts.

The triathlon race itself begins at the pool. Following the swim, the athlete moves to the Transition Area where they remove any swim equipment such as goggles, quickly dries off, puts on their helmet and shirt, and walks the bike to the Transition Area exit following the sign that says "Bike Out".

**Bathing suit removal is not permitted.** Athletes put on shorts and a shirt over their bathing suit with their race number pinned on in advance. Some athletes prefer to just put on a shirt (with number) and ride with bathing suits instead of shorts-over-suits.

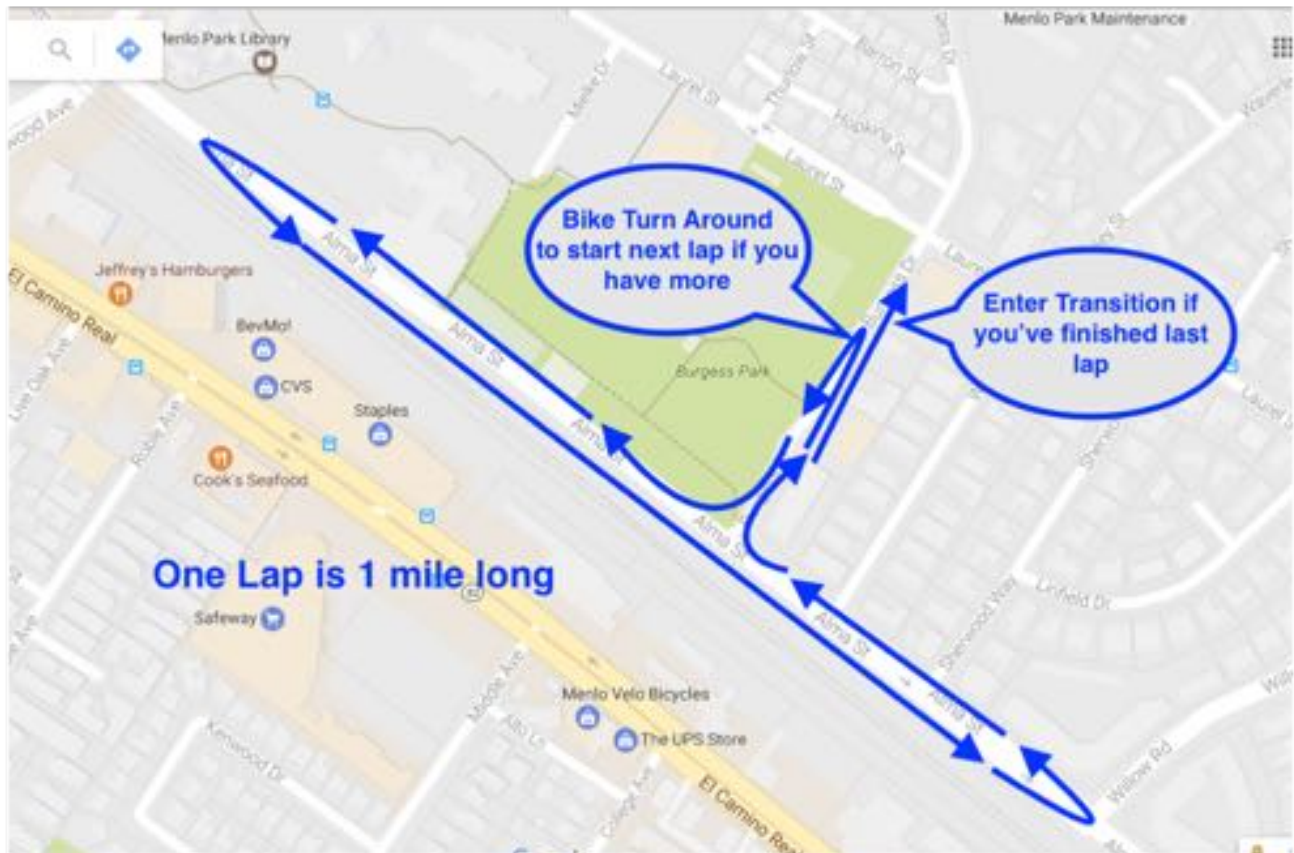
After the bike ride the athlete returns to the Transition Area and walks the bike back to where their equipment is located. The bike is placed in the rack, helmet, and other riding equipment are removed, and the athlete prepares to run. Generally, young athletes ride their bikes in their running shoes so after removing the bike equipment they are ready for the run. Runners may jog to the "Run Out" sign in the Transition Area, watching for bikes and other runners.

## THE BIKE

After the swim, the athlete will ride his/her bike around the course. The number of loops is determined by age. **ALL ATHLETES MUST** wear their helmet the entire time they are on the bike. Please also make sure shoe laces are not undone or loose. Also, no aero bars on bikes.

Be sure to go out the “Bike Out” funnel to start the bike leg. Be sure to enter the “Bike In” funnel when you are finished with your bike leg.

Please slow down at all Turns and U-Turns, particularly the U-Turn near transition. Listen to all volunteers, they are there to help.



## THE RUN

Out of transition, stay to the right, preferably on the sidewalk to enter the “Run Out” funnel. Take a sharp right to begin your first lap. Be sure to cross the timing mat. One lap is 0.5 Miles.

At the end of your final lap enter the chute on your left to finish under the arch.

**YOU MUST RETURN THE TIMING CHIP AT THE FINISH LINE**





# AFTER THE RACE

## RE-FUEL & RE-HYDRATE:



There will be a recovery table with water, fruits and other amenities donated by Whole Foods near the Finish line.

## AWARDS:

Awards are handed out to the TOP 5 boy and girl in EVERY AGE!! PLEASE be patient for results as we must wait for all participants in the age to finish before we can begin processing the results. Listen for announcements at the finish line for upcoming award categories. Unofficial results can be viewed at [www.svetiming.com](http://www.svetiming.com). You can change the age group view on that website at the very bottom of the page.

## PACKING UP:

Parents/Athletes will not be allowed to remove a bike from the Transition Area without showing the volunteers that the race number on the bike matches the race number on the athlete or bib. This is to prevent inadvertent removal of the wrong bike. **When leaving the Transition Area watch out for those who may still be racing. Please be considerate.**

## GENERAL NOTES:

We will have food products at the finish line area that may contain nut products. **If your child has any food allergies, please monitor what they eat.**

We understand your enthusiasm for your child's participation, but we ask that you be courteous to other parents and to participants. Please be aware of the race course flow and **DO NOT go onto the race course or into the transition area**, and please follow the directions of the VOLUNTEERS.

Use sun block, 30 SPF or higher is recommended. Bring some water to hydrate your child before the event.

## **THANK YOU FOR PARTICIPATING!**

We are looking forward to seeing you all, rain or shine on Race Day.

If you have any questions you can e-mail us at: [racedirector@bayareakidstriseries.org](mailto:racedirector@bayareakidstriseries.org)

**Also, please support our wonderful sponsors! There is a complete list below, or go to our website under sponsors.**

(Print this page to help make sure you don't forget something important for race day!)

# KID'S TRIATHLON RACE DAY CHECKLIST

brought to you by

**ATHLETE LAW**  
YOUR LEGAL HELMET



powered by **LEVINE**  
LAW OFFICES

## RACE-MORNING

- Warm clothing
- Swimsuit
- Sunscreen
- Go to Registration for Race Numbers & Body Marking

## SWIM

- Goggles
- Swim Cap
- Earplugs (optional)

## RUN

- Running shoes
- Hat or Visor (optional)
- Sunglasses (optional)

## SET-UP & TRANSITION

- Brightly Colored Towel
- Dry Clothing to Put Over Swimsuit
- More Sunscreen

## BIKE

- Bike & Helmet
- Shoes & Socks
- Sunglasses (optional)

## POST-RACE

- Clean Towel
- Change of clothes
- Awards Ceremony and Snacks at the Expo

## ADULT'S CHECKLIST

- Trust
- Will
- Appointment of Guardians for Children
- Health Care Directive
- Financial Power of Attorney

**WHAT IS ATHLETE LAW?** Athlete Law, a division of Levine Law Offices, focuses on the documents individuals and families need to be protected legally, so they can concentrate on the activities and hobbies they love, and know that those they love are protected. These important documents include: trusts, wills, healthcare directives, and powers of attorney. Contact the office today to set up a free consultation.

1501 The Alameda, Suite 100, San Jose, California 95126 (408) 350-2380 [cgl@athletelaw.com](mailto:cgl@athletelaw.com)

This information is intended to convey general information. It should not be construed as legal advice or opinion. It is not an offer to represent you, nor is it intended to create an attorney-client relationship. Additional costs might apply. This constitutes advertising for legal services.

# BayArea Kids Triathlon Series Partner Charities

Series proceeds will support the following local charities which provide support and services to youth in our community.

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Girls on the Run is a physical activity-based, positive youth development program for girls in the 3rd through 8th grade. Girls on the Run inspires girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running. The Girls on the Run program combines training for a 5K (3.1 miles) running event with lessons that encourage positive emotional, social, mental and physical development. Girls on the Run of Silicon Valley has 92 program sites this spring throughout Santa Clara and Santa Cruz counties. At Girls on the Run, the finish line is just the beginning, as our ultimate goal is to provide the girls with tools and resources that develop their ability to think critically, a skill that will serve them well for a lifetime. To learn more, please visit our website at [www.gotrsv.org](http://www.gotrsv.org).

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The mission of the Silicon Valley Children's Fund is to improve educational and life outcomes for foster youth. Our programs offer scholarships, academic coaching and mentorship support to help our youth successfully complete high school, achieve their higher education dreams and become self-reliant contributing members of our community as adults. <http://svcf.org/>

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In 2010, Caroline "Liner" Lee was on the TV show, Wipeout. In 2012, she was diagnosed with stage 4 colon cancer. In 2013, she decided she wanted to give back and founded Wipeout Cancer. Wipeout Cancer started as an initiative to increase cancer awareness and give back to the cancer community with a goal of raising \$50,000 in 5 years. Why \$50,000? That's how much Liner won on Wipeout. Why 5 years? This is the standard time measure of cancer survival rates. Within 3 years, Wipeout Cancer reached the fundraising goal of \$50,000! In 2016, Wipeout Cancer shifted from purely fundraising to providing sporting opportunities for kids with cancer. Wipeout Cancer's primary fundraising event is Sports Day for Charity with 3 unique events to choose from. Participants can choose from a Bike Ride, Reverse Coed Quads Grass Volleyball Tournament or Kids Obstacle Course. Join us on July, 30, 2016 in Santa Clara, CA to raise funds and have fun! Visit [wipeout-cancer.org](http://wipeout-cancer.org) for more information.

# BayArea Kids Triathlon Series Sponsors



Our 2017 BayArea Kids Triathlon Series PRESENTING Sponsor this year is once again UBS! Thank you for your very generous support. Individuals around the world look to UBS to provide them with the advice, expertise and opportunities they need to protect and grow their wealth. Leading companies and institutions in more than 50 countries rely on their financial resources, expertise and infrastructure to help them grow their businesses, manage their risks and invest for the future. See how their unique global presence and capabilities can help you achieve your financial goals.

[www.ubs.com/us/en.html](http://www.ubs.com/us/en.html)

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Firstwave Events creates major recreational sporting events that offer participants a compelling athletic experience. The company aspires to achieve this by offering a combination of physical challenge, entertainment, celebration and a unique theme at each event. By focusing on only a few large event projects every year (like this one!), Firstwave Events attempts to maximize the quality of each event. Check out their amazing races at [www.firstwave-events.com](http://www.firstwave-events.com)

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Threshold Racing is a collaboration of Race Directors, Professional Triathletes, and Amateur Triathletes, all striving towards developing the best races for the triathlon community. Threshold Racing along with the Silicon Valley Triathlon Club are proud to bring you the BayArea Kids Triathlon Series to further the introduction of triathlon to children in the community. This year they proudly present three separate kids' triathlons. This one, Menlo Park Kids Triathlon and Santa Clara Kids Triathlon. Check out all of their amazing races at [www.thresholdracinginc.com](http://www.thresholdracinginc.com)

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Athlete Law, part of LeVine Law Offices, focuses on the documents individuals and families need to be protected legally, so they can concentrate on the activities and hobbies they love, and know that those they love are protected. These important documents include: trusts, wills, healthcare directives, and powers of attorney. Call for a free consultation (408) 350-2380, or email: [cgl@athletelaw.com](mailto:cgl@athletelaw.com).

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The Silicon Valley Triathlon Club started the Silicon Valley Kids Triathlon 17 years ago right here at De Anza College. Silicon Valley Triathlon Club ("SVTC") serves multi-sport athletes of all ages and abilities. Their goals are to provide education and training through coached programs and clinics, in a supportive, inclusive and socially engaging team environment. Visit them on-line at [www.svtriclub.org](http://www.svtriclub.org)

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Whole Foods seeks out the finest natural and organic foods available, maintains the strictest quality standards in the industry, and has an unshakeable commitment to sustainable agriculture. Add to that the excitement and fun they bring to shopping for groceries, and you start to get a sense of what they're all about.

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Sports Basement is a sporting-goods retailer with six locations in the San Francisco Bay Area. They take pride in selling the best brands at basement prices. Thank you Sports Basement for providing our kids with bike and helmet safety checks again this year! Find a local store at [www.sportsbasement.com](http://www.sportsbasement.com)

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CLIF KID ZBARs are an organic baked whole grain snack made with a nutritious blend of carbohydrates, fiber, protein, and fat to maintain kids' energy so kids can keep zipping and zooming along. Thank you Clif Kids for donating ZBARs to the kids' goodie bags. Visit them on-line at [www.clifbar.com](http://www.clifbar.com)

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COMEBUY is our racing bib sponsor! Bring in your bib to the Santa Clara store within the next 2 weeks and receive 20% off your order. They offer, bubble pearl drinks, authentic brewed-to-order teas, espresso drinks, and more. They proudly use healthy organic milk & soy milk.

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TriSports.com is an online and retail triathlon store created for triathletes by triathletes. Their goal is to provide the newest, highest quality and most essential products to triathletes. They are dedicated to customer service and satisfaction, as well as to offering reasonable prices on unique products specifically designed to enhance your performance. Learn more and sign up for email specials at [www.trisports.com](http://www.trisports.com). Thank you TriSports for the very generous prizes for our age group winners. This sport is hard enough - your shopping shouldn't be!

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Inspired by active girls and created by lululemon athletica in Vancouver, BC in 2009, Ivivva celebrates girls by designing beautiful athletic wear and experiences that connect girls through movement and encourage them to dream big. Ivivva sparks and connects a global community of brave, compassionate and adventurous girls – to get involved, support each other and impact the world around them in their own unique way. Visit them at [www.ivivva.com](http://www.ivivva.com)

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The RoadID mission is two-fold: One, to educate outdoor enthusiasts about the importance of wearing ID. Two, to provide these athletes with innovative identification products that they will want to include as part of their gear. Thank you RoadID for the gift certificates that are awarded to age group winners. RoadID, It's Who I am. [www.RoadID.com](http://www.RoadID.com)

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PODIATRIST, Dr. Douglas Robinson, has been sponsoring this event since its beginning. He also has supported SVTC from its inception. Located in Campbell on Hamilton Ave, He specializes in keeping your feet and ankles healthy and in MOTION!!! Visit him on-line at [www.drrobinson.net/](http://www.drrobinson.net/)

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Thank you Noah's Bagels for the generous bagel donation for our kids today! Noah's provides guests with freshly baked bagels, breakfast sandwiches, lunch sandwiches, coffee, catering and so much more. Stop on in. They'll have a fresh bagel and cup of coffee ready for you. Locate a local store on their website: [www.noahs.com/](http://www.noahs.com/)