

TriKids Swim, Bike, Run, Inc., presents

2nd Annual Ottawa Optimist Club

Midwest Iron Kid Triathlon

to benefit Childhood Cancer Camps

(Part of the KC Tri club 2018 Midwest Youth Triathlon series)

July 28th, 2018

7:00 AM Forest Park in Ottawa Kansas



Athletes Guide—Rules and Regulations

TriKids Mini-Junior-Intermediate-Long Distance-Elite Courses

Boys and Girls ages 3-17

For more information please visit <https://www.midwestironkid.com/> or email to midwestironkid@gmail.com





Getting Started

First time participants and parents are **REQUIRED** to attend a pre-race orientation session. The Pre-Race Orientation/packet pick-up will be held in Forest Park just before our free pool party at the city pool in Ottawa, KS on Friday, July 27 at 5:00 p.m. The free pool party will start right after the Pre-Race Orientation/packet pick-up. The Ottawa Optimist Club will be serving hotdogs and refreshments for all the race participants and their families. For our Kansas City area participants, we will have a packet pickup on Thursday July 26th from 3pm to 7pm at The KC Running Company, 4760 W 135th St Leawood KS 66224. Participants will receive a participant packet, event T-shirt, course information, and tips on various aspects of the event.

- The event takes place at Forest Park in Ottawa Kansas.
- Check in no earlier than 6:00 am and no later than 6:45 am. Volunteers will be available to help park your equipment. All equipment must be in place no later than 6:45 am.
- Parking is available at Kansas State Bank's parking lot and across the street from Forest Park.
- Volunteers will guide you to the check-in table near the transition area. The transition area will be the parking lot in front of the swimming pool.
- Volunteers will assist you in "parking" your equipment - bike, helmet, shoes and socks - in the proper place.
- Stay in the check-in area before the event to listen for race instructions over the loudspeaker.
- Results will be available at <http://timerguys.com/results/>
- The Ottawa Optimist and Midwest Iron Kid Triathlon are committed to accessibility and inclusion. Please let us know in advance if you have accommodation needs.

IMPORTANT INFORMATION: No one is allowed into the transition area after it closes race morning at 6:45 am, except participants and staff/volunteers. The transition area will re-open after the last age group has finished. This will be strictly enforced. This is per USA Triathlon rules and safety guidelines. This means children who have completed the race may not return to the transition area until it re-opens. It also means parents cannot retrieve equipment until after the transition area re-opens. We thank you ahead of time for your cooperation.

Rules during the Event

- **Unsportsman-Like Conduct - Foul, harsh, argumentative, abusive language or other unsportsman-like conduct is strictly forbidden. PENALTY: DISQUALIFICATION**
- **Outside Assistance - No assistance other than that offered by race and medical officials may be used. Parents are NOT allowed on the course or transition area after the event has begun (except the Tri Kids Mini Course for 3-5 year olds). PENALTY: DISQUALIFICATION –If you child needs assistance, please contact a volunteer to assist them.**
- **Race Numbers - All athletes are required to wear race numbers at all times during the event and they must be visible from the front. You may only wear the number that was given to you during orientation or at check-in. DO NOT fold, decorate or alter your number.**
- **Helmets - No modifications may be made to the helmet. Helmets must be worn as they were purchased. Helmets must be worn at all times while on your bike.**
- **Chinstraps - Chinstraps must be buckled at all times when on a bicycle. DO NOT unbuckle your chinstrap unless you are off your bicycle.**
- **Headphones - Headphones, headsets, walkmans, ipods, mp3 players, etc. are prohibited.**
- **Transition Area - All equipment must be placed in the bike corral that is assigned to you, return your bike to an upright position in your bike corral. You may not interfere with another participant's equipment or progress. You may not bring ANY glass containers into the transition area.**
- **Course - All competitors are required to follow the course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue.**

For Your Safety

- **The greatest danger to participants is when spectators get too close or attempt to enter the racecourse. PARENTS and FAMILY MEMBERS, please remain in viewing areas and make certain that friends and other members do the same! Parents may assist with the Tri Kids Mini Course. There will be only one parent allowed in the pool area during the Tri Kids Mini Course swim, other Family and Spectators will need to remain outside the pool. Viewing will be available from outside the fence.**
- **The Midwest Iron Kid is a USA Triathlon - sanctioned event, meaning that triathlon professionals have approved safety plans.**
- **To ensure your safety, no vehicles will be allowed in Forest Park.**
- **A paramedic will be on site to provide emergency medical assistance if needed.**
- **Trained volunteers will be strategically positioned throughout the course to provide directions and assist as needed.**
- **If you become tired, dizzy or feel sick during ANY part of the event, STOP and ask a volunteer for help.**

- **If you become tired when you are in the swimming pool, you may hold onto the side of the pool or the lane ropes.**
- **Apply plenty of sunscreen before the event.**
- **Drink plenty of water before and after the event.**

Security

The safety and security of everyone participating is always a top priority for us. In coordination with the Ottawa Police Department, and other authorities, there will be an increased level of protection, both visibly and behind the scenes, for all youths, families and spectators at this year's Youth Triathlon. Report any suspicious behavior to a uniformed officer, to a Staff Member or authorized volunteer, and thank you for participating in this year's event.



Age groups and distances

All swimming will take place at the Forest Park Swimming Pool. Athletes will be directed to the appropriate start area.

TriKids Mini course 3-5 years

walk/splash 25 yards opt #1
walk/swim 25 yards opt #2
bike .75 miles
run .25 miles

Intermediate course 9-10 years

swim 100 yards
bike 3 miles
run .75 mile

Junior course 6-8 years

swim 50 yards
bike 1.5 miles
run .5 miles

Long course 11-14 years

swim 200 yards
bike 6 miles
run 1.5 miles

Elite Course 15 to 17 years

swim 250 yards
bike 6 miles
run 2.3 miles



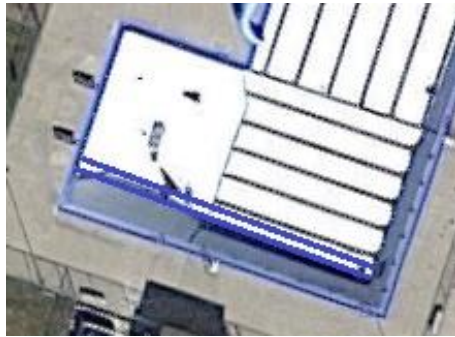
Transition area



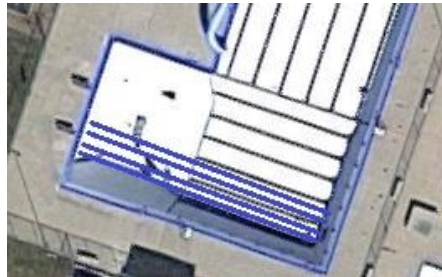
3 to 5 swim option #1



3 to 5 swim option #2



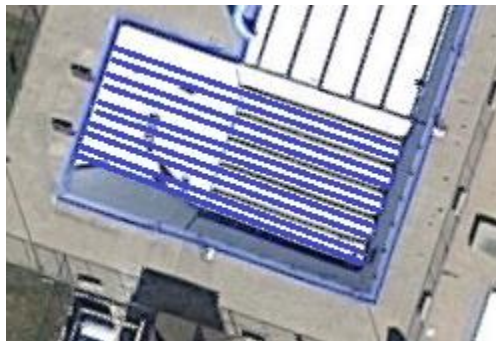
6 to 8 swim



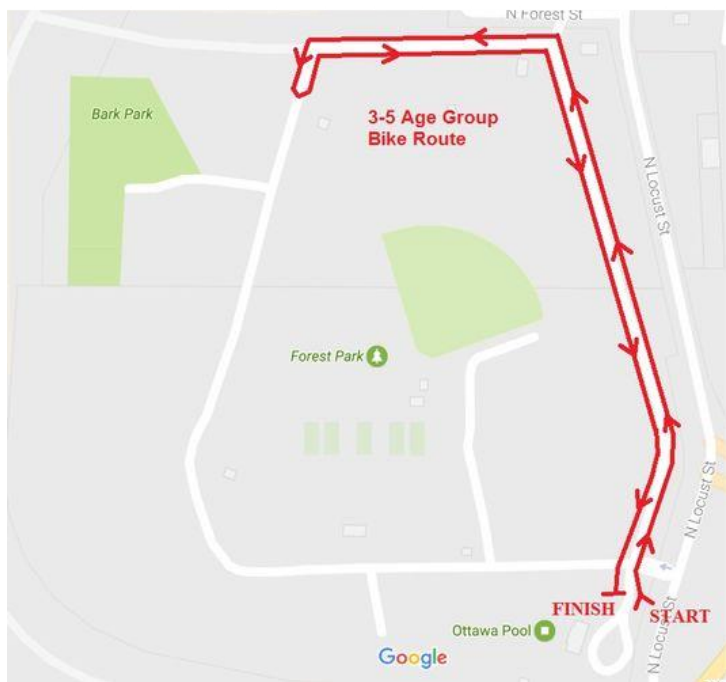
9 to 10 swim



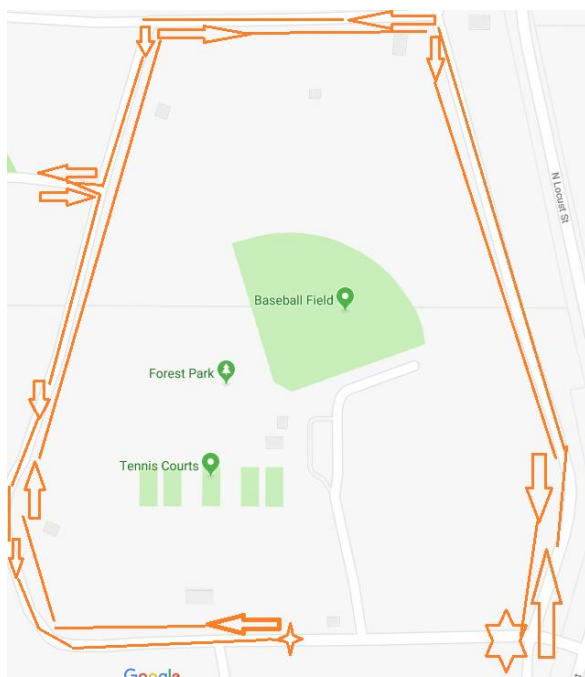
11 to 14 swim



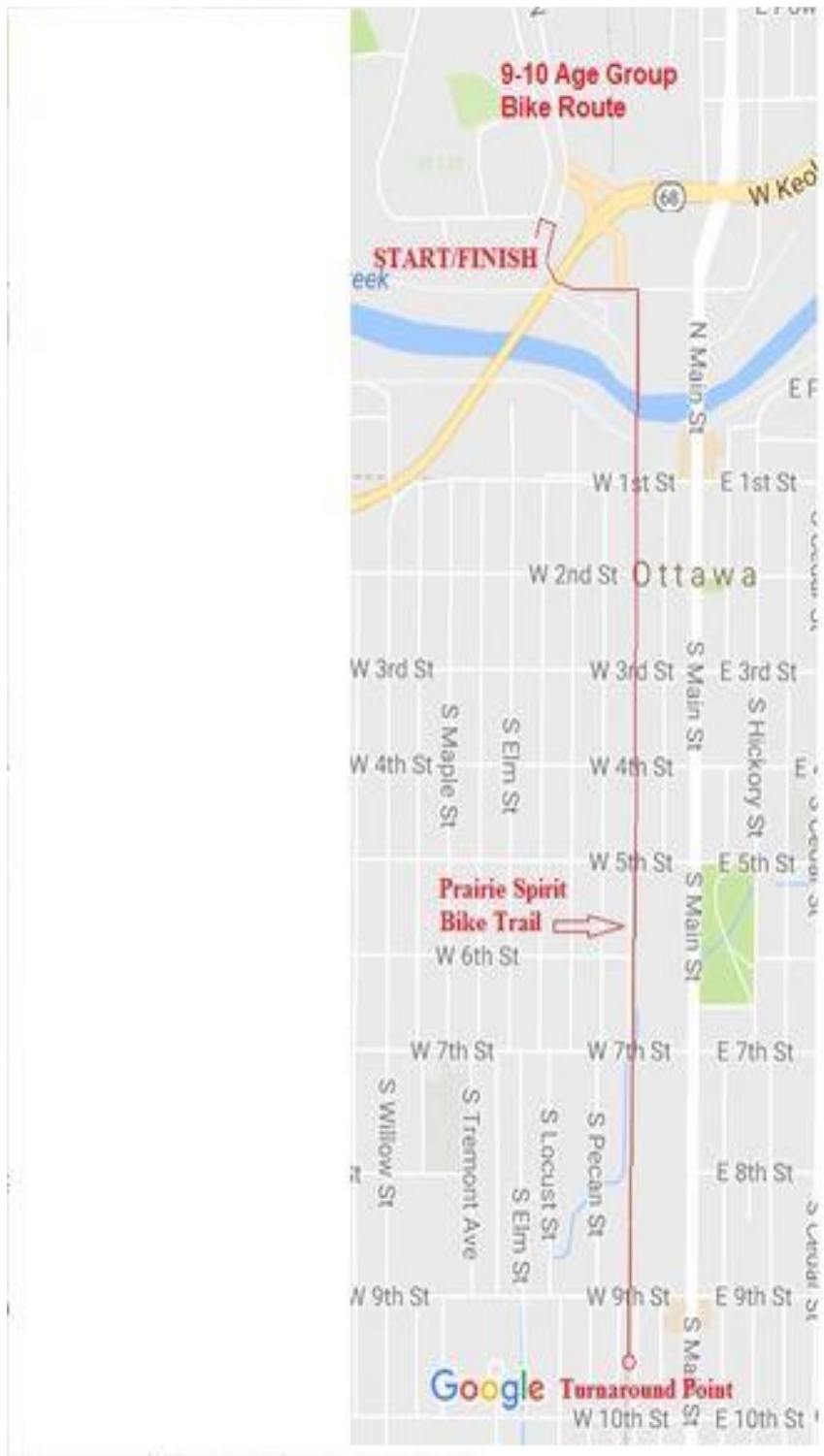
15 to 17 swim



3-5 Age Group Bike Route



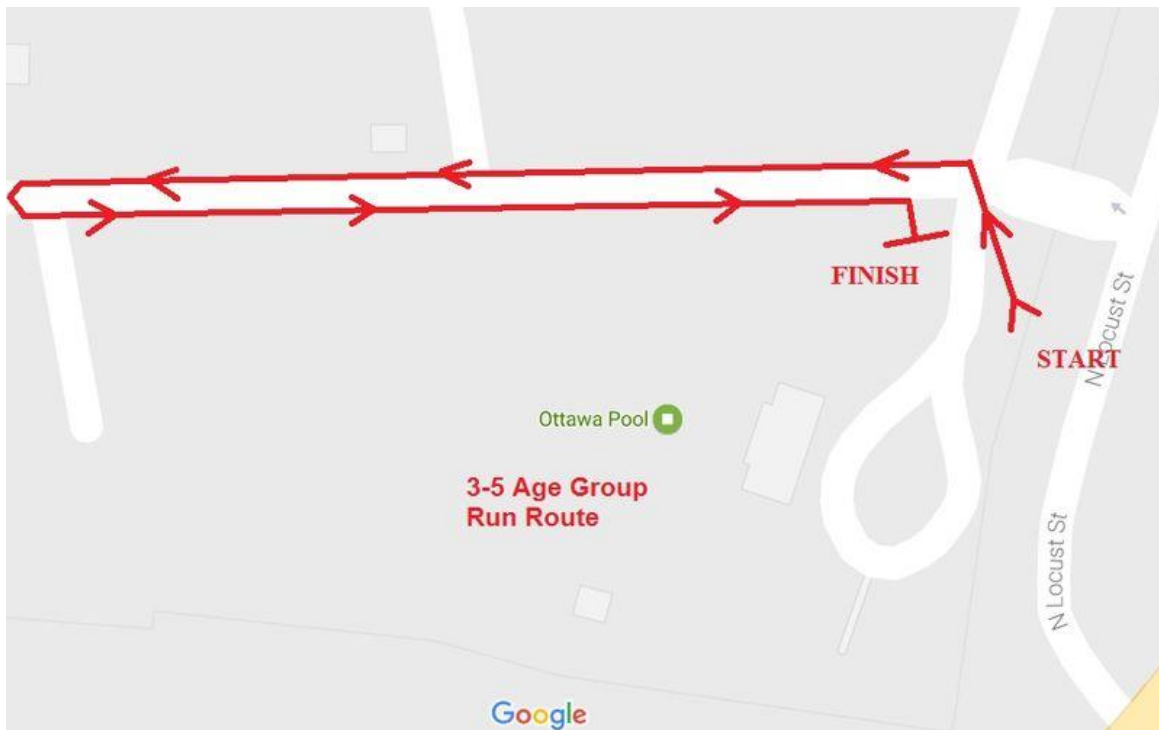
6 to 8 Age Group Bike Route



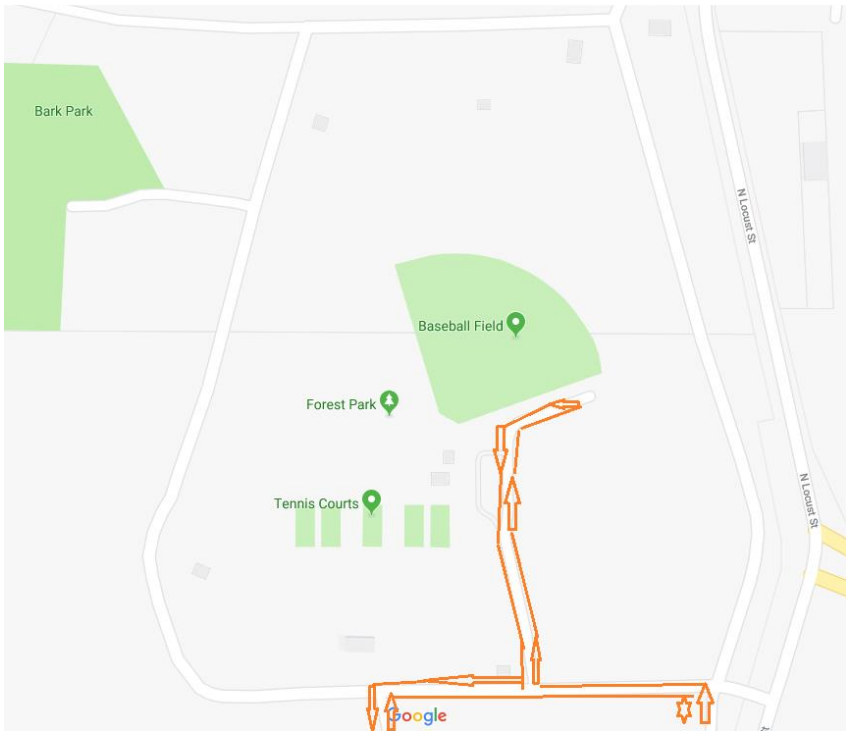
9-10 Age Group Bike Route



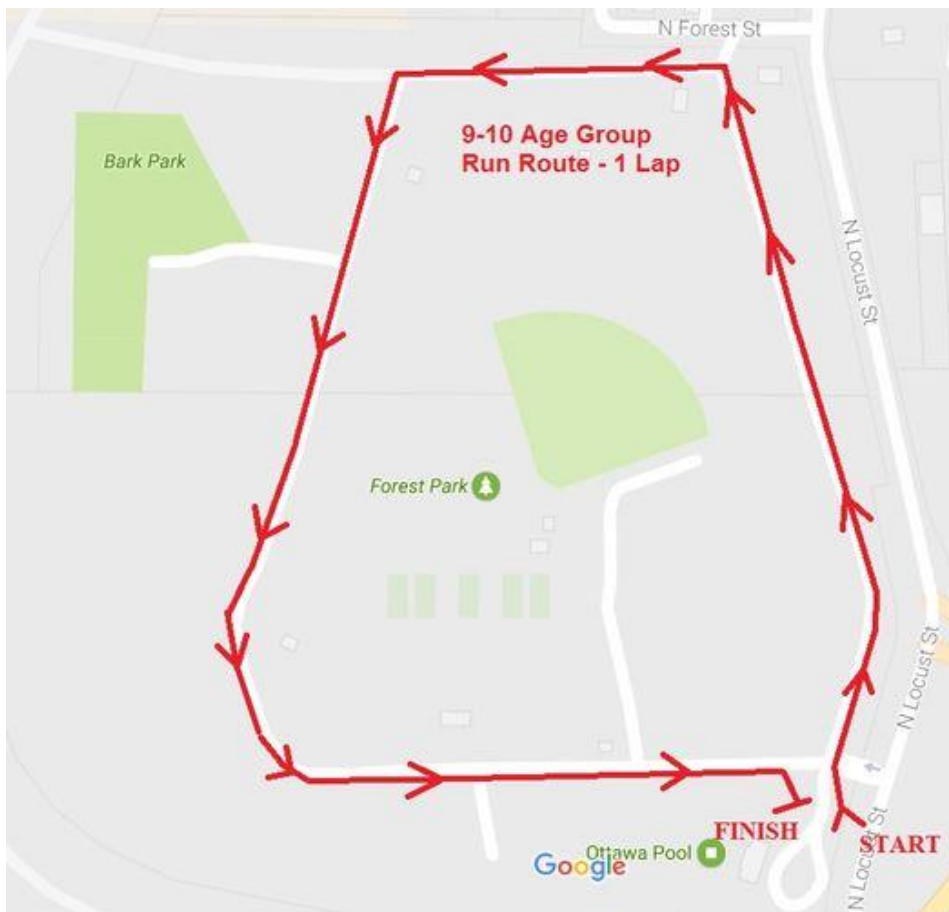
11-14 and 15-17 Age Group Bike Route



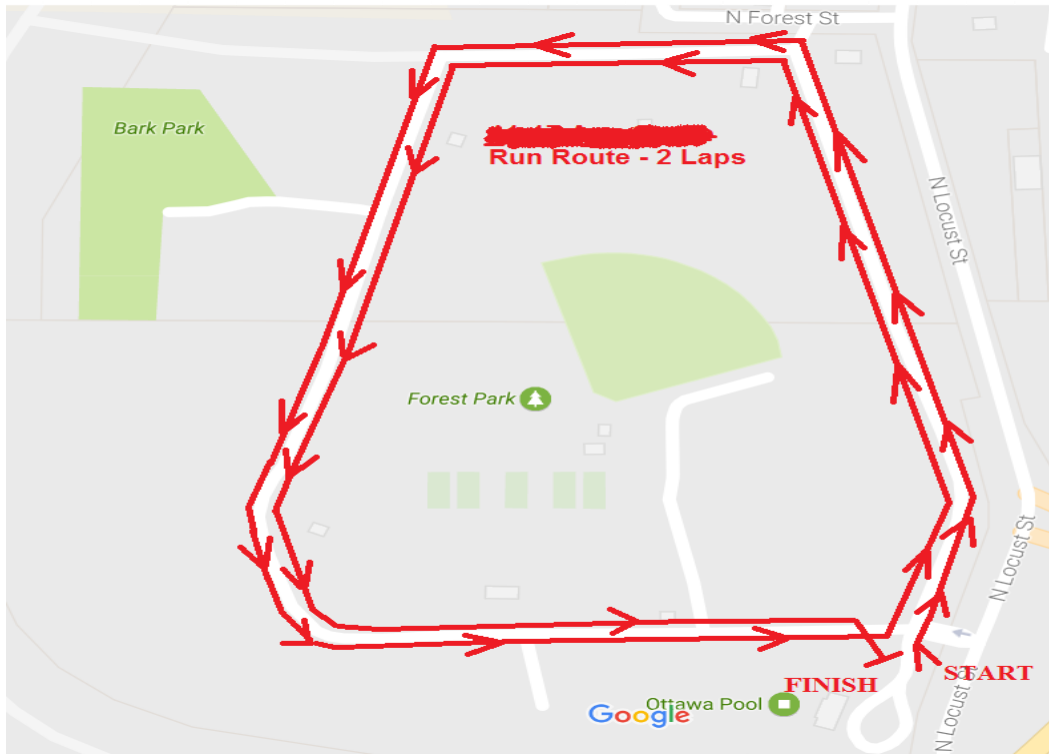
3-5 Age Group Run Route



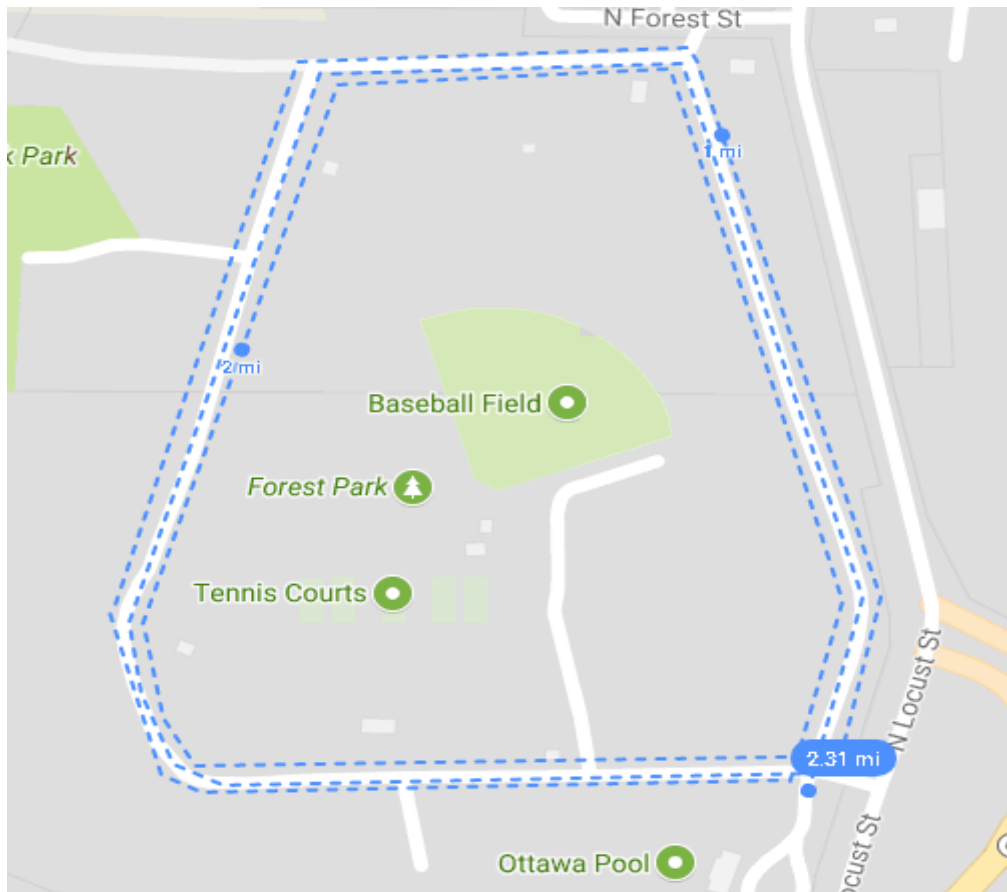
6-8 Age Group Run Route



9-10 Age Group Run Route



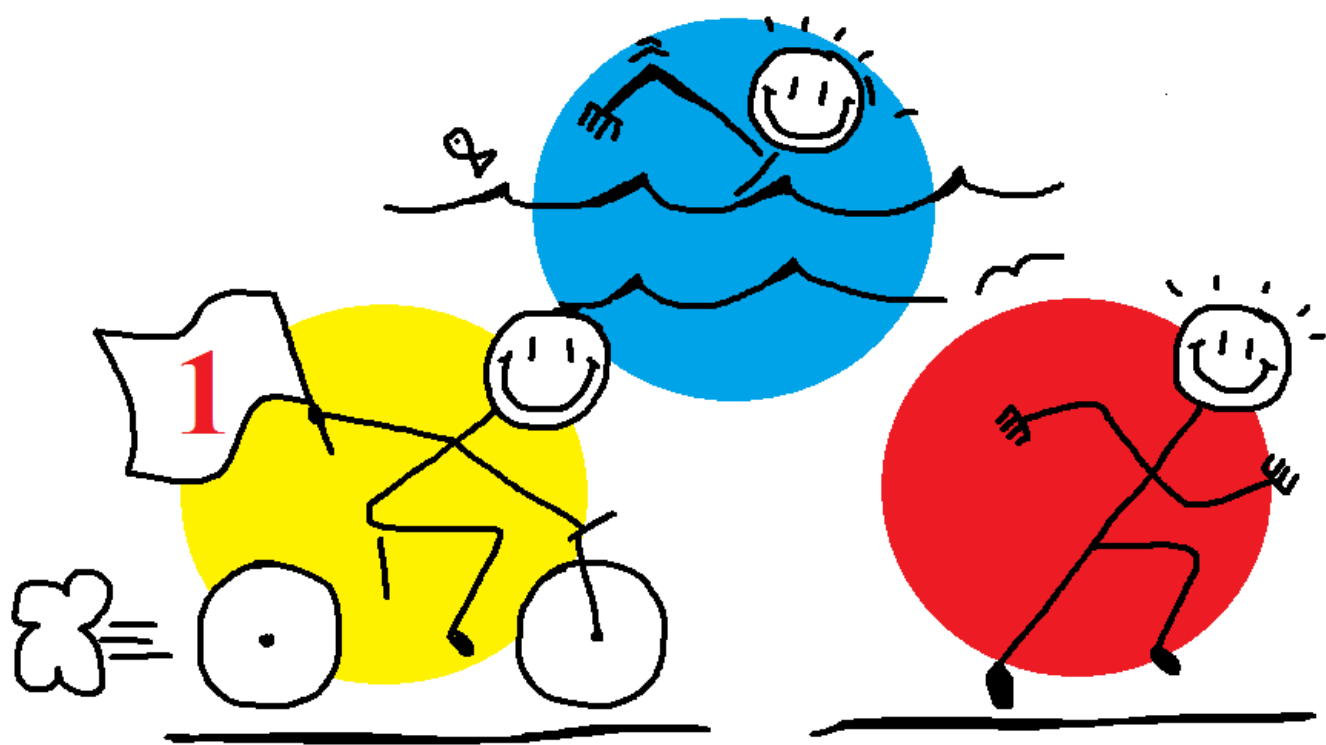
11 to 14 Age Group Run Route



15 to 17 Age Group Run Route

Next year's race date will be announced soon!!!

We hope to see all of you return.



**Thank you for participating
in the 2018 Midwest Iron Kid Triathlon**

**.....Trikids, Swim, Bike, Run, Inc
& the Ottawa Optimist Club**