

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



Staff/Volunteer Race Guide —Rules and Regulations

TriKids Mini-Junior-Intermediate-Long Distance-Elite Course Maps



- Check in no earlier than 6:00 am and no later than 6:45 am 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 you need to guide participants to the check-in table near the transition area. After check in the participants will move to get marked with their race number. The transition area will be the parking lot in front of the swimming pool.
- Volunteers will need to be available to assist in "parking" participant's equipment - bike, helmet, shoes and socks - in the proper place.
- Participants will need to 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/>

Volunteers- This is very important!!!!

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.

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 a child needs assistance, a volunteer will assist them. Parents may not help, with the exception of the 3-5 year old age group. Parents assisting racers is a disqualification.
- **Race Numbers** - All athletes are required to wear race numbers at all times during the event and they must be visible from the front. Participants may only wear the number that was given to them during orientation or at check-in. They may NOT fold, decorate or alter their 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 the bike.
- **Chinstraps** - Chinstraps must be buckled at all times when on a bicycle. Participants may NOT unbuckle their chinstrap unless they are off the 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 the participant. When done with the bike course they must return the bike to an upright position in their bike corral. They may not interfere with another participant's equipment or progress. Participants 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 the participant's Safety

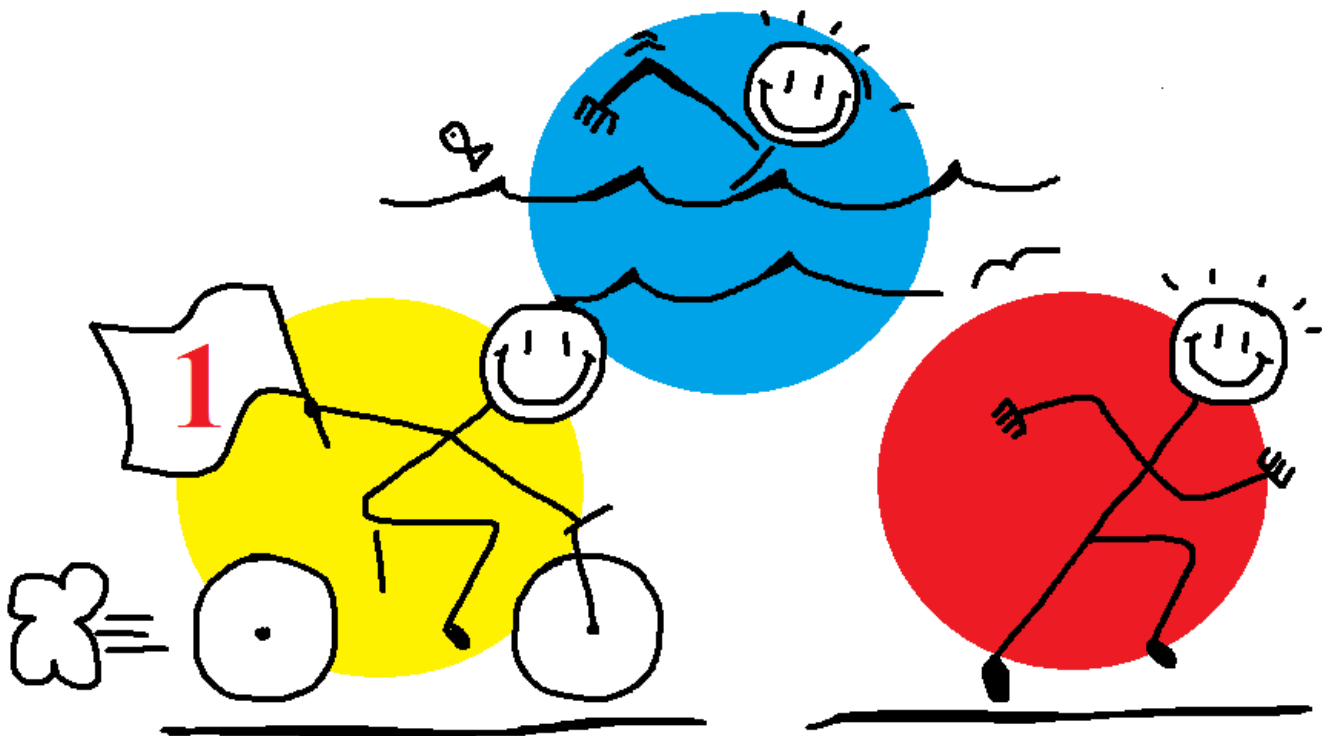
● The greatest danger to participants is when spectators get too close or attempt to enter the racecourse. **PARENTS** and **FAMILY MEMBERS** must remain in viewing areas and make certain that friends and other members do the same! **Volunteers please keep a close eye on this and ask parents/spectators to move when necessary.** **Exception: Parents may assist and be on the course for the Tri Kids Mini Course ONLY.**

● 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.

● If participants become tired, dizzy or feel sick during **ANY** part of the event, they are to **STOP** and ask a volunteer for help.

● If participants become tired when they are in the swimming pool, they may hold onto the side of the pool or the lane ropes.



Age groups and distances

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



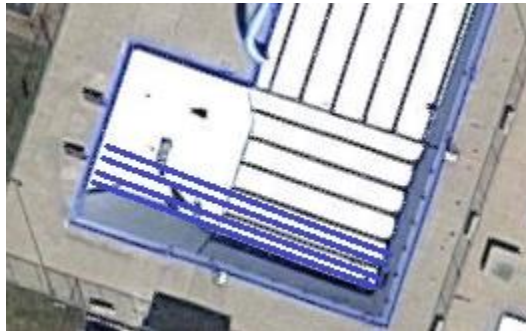
3 to 5 swim option #1



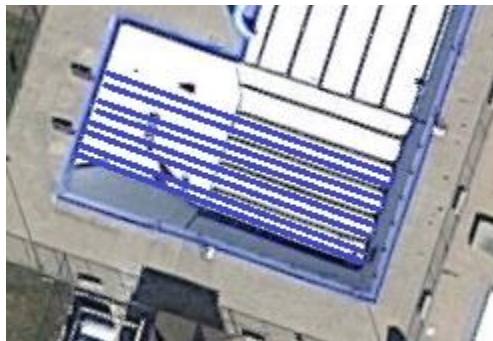
3 to 5 swim option #2



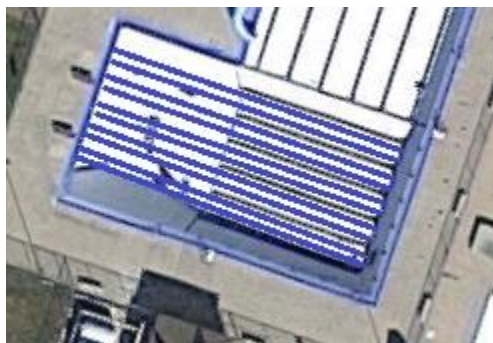
6 to 8 swim



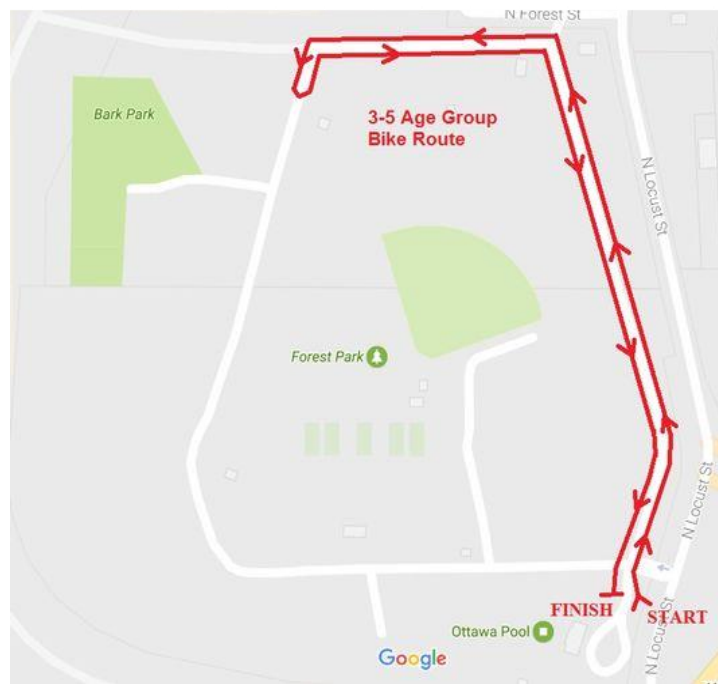
9 to 10 swim



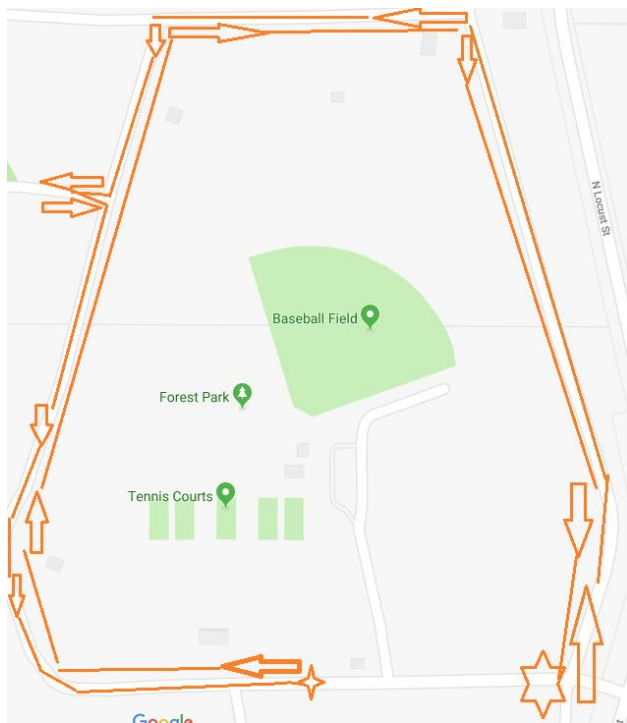
11 to 14 swim



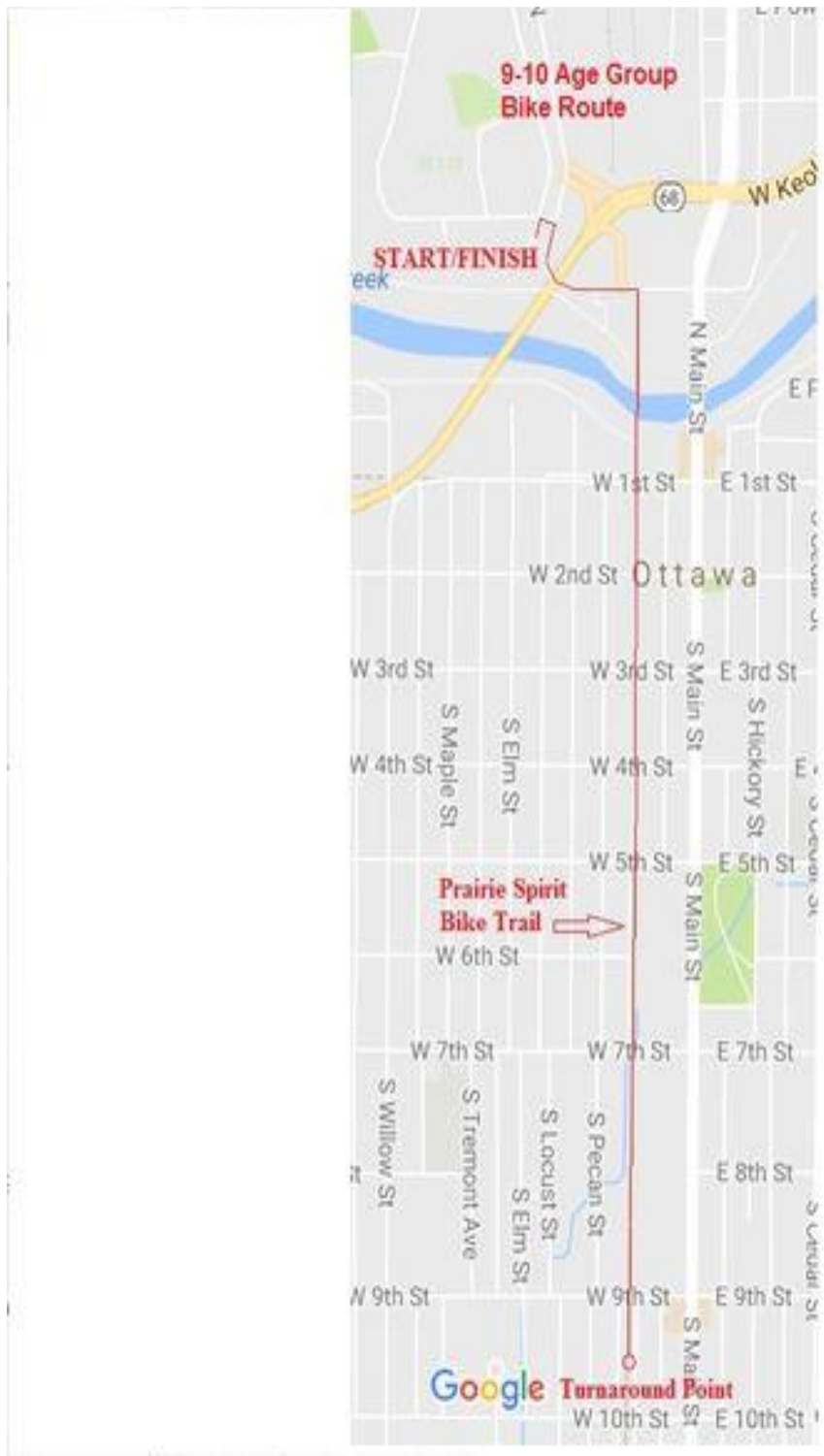
15 to 17 swim



3-5 Age Group Bike Route



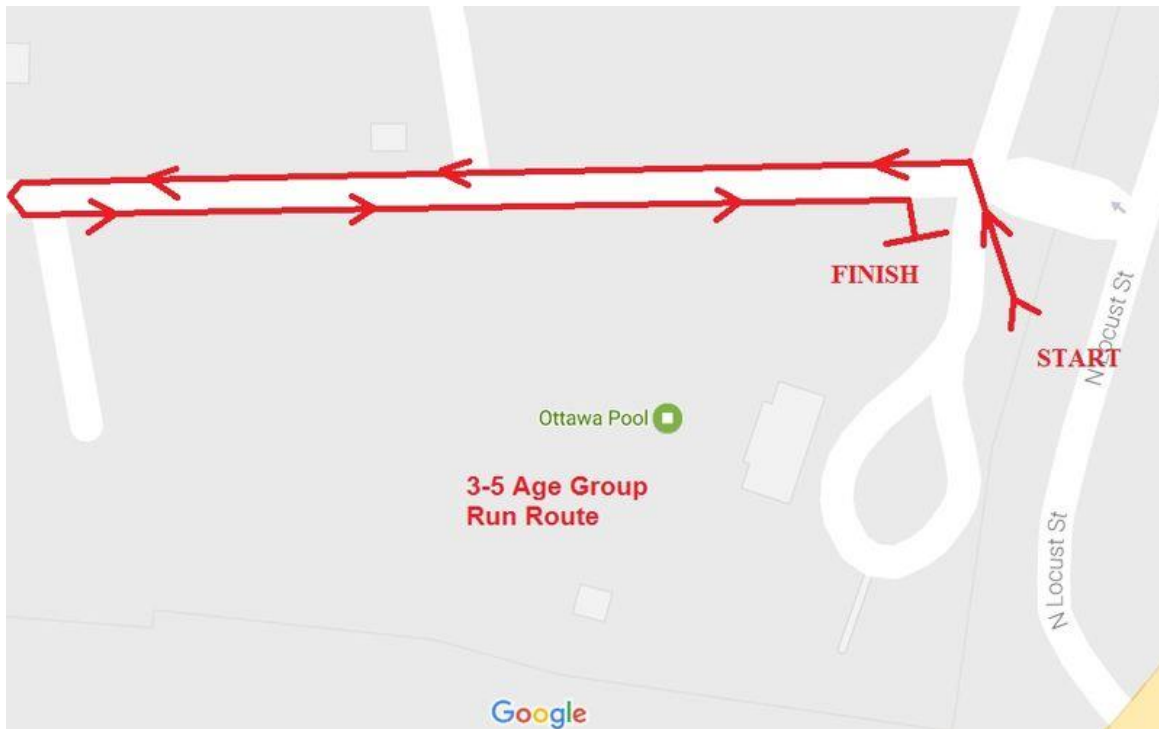
6 to 8 bike route



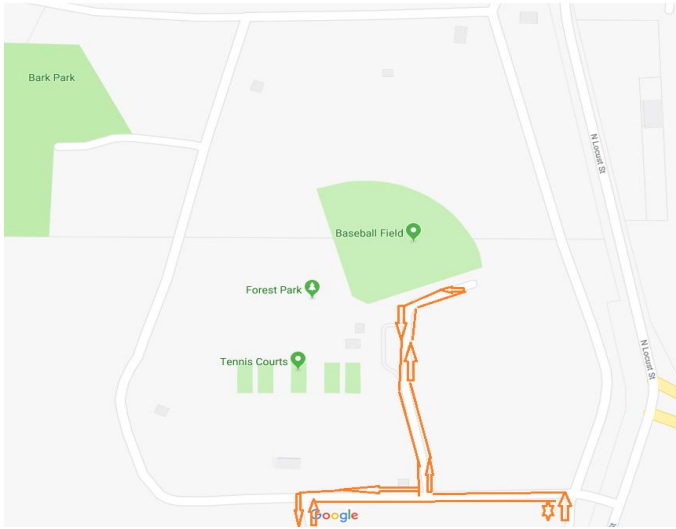
9-10 Age Group Bike Route



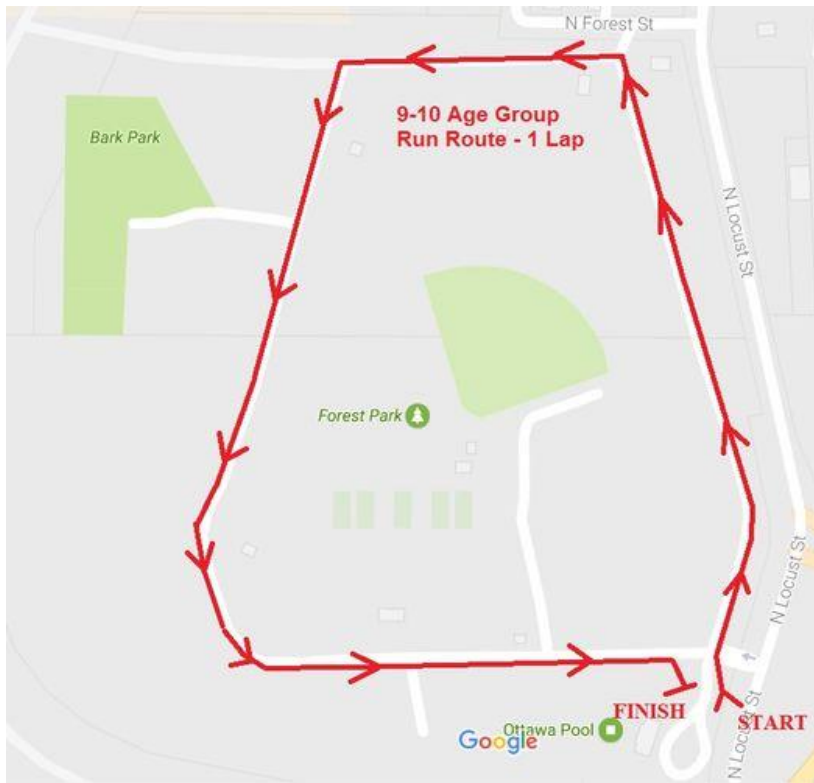
11-14 and 15-17 Age Group Bike Route



3-5 Age Group Run Route



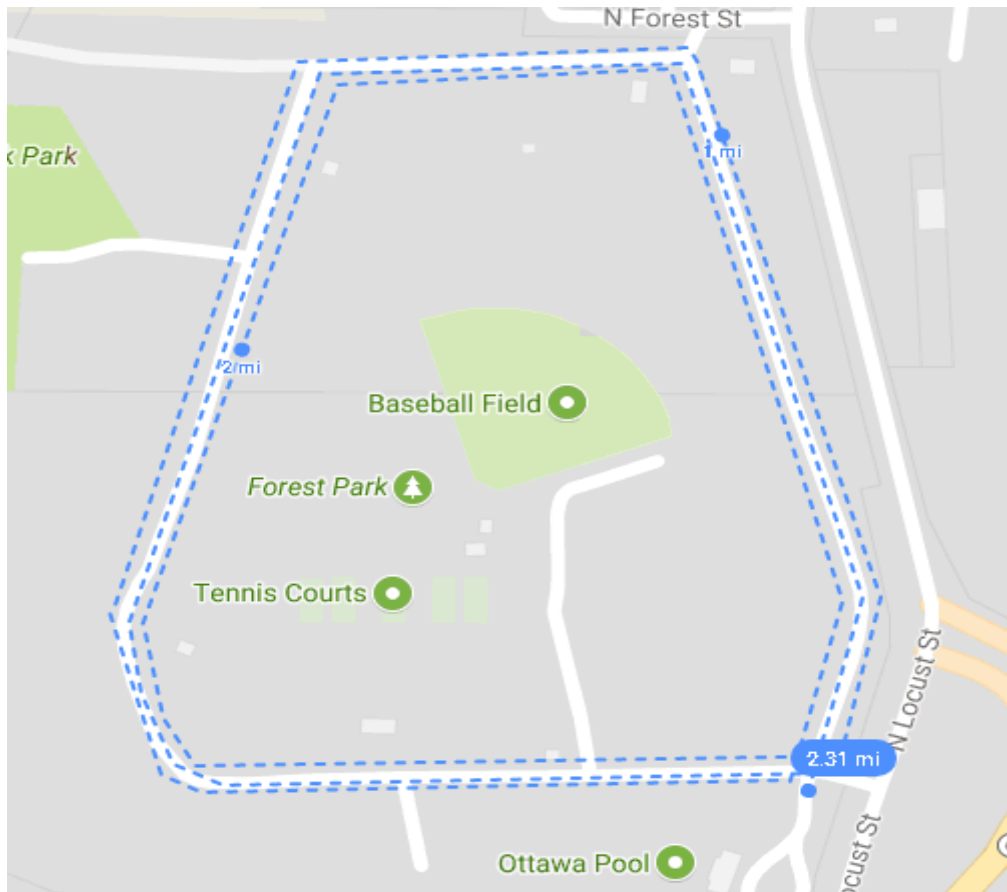
6-8 Age Group Run Route



9-10 Age Group Run Route



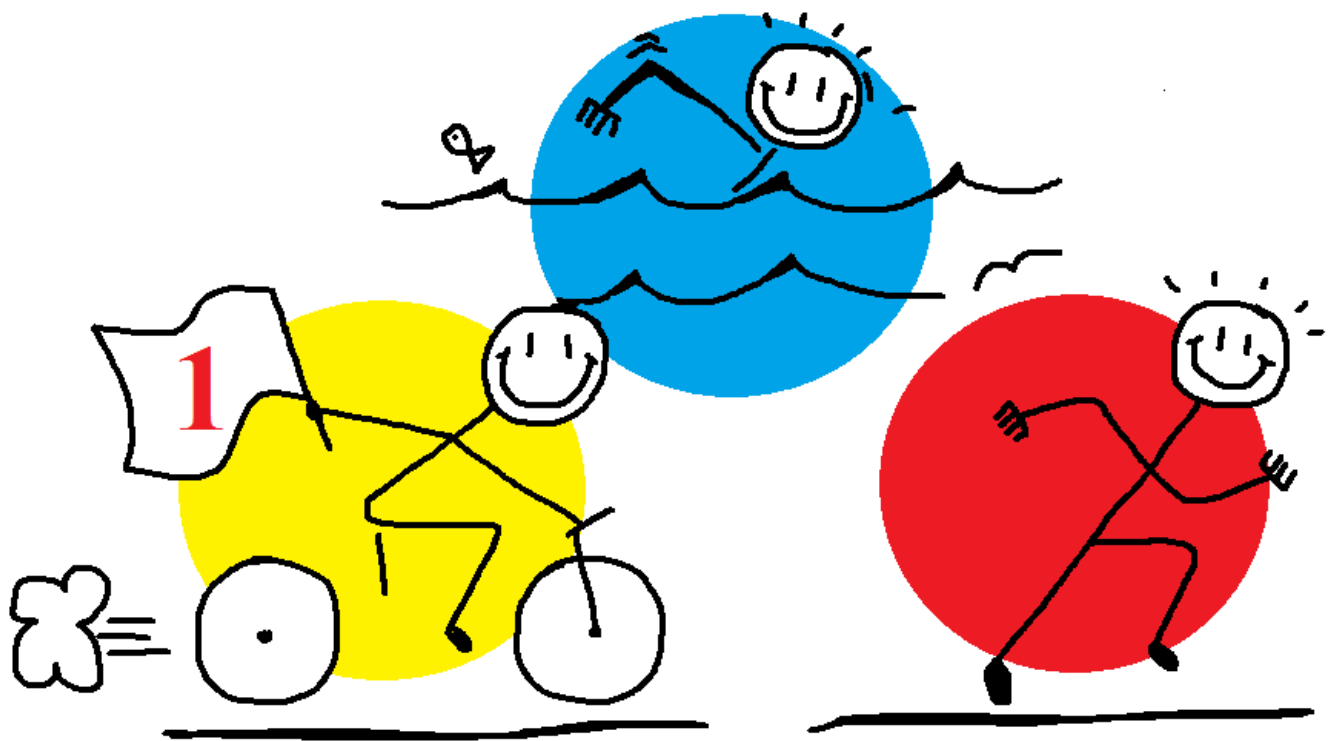
11 to 14 Age Group Run Route



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 volunteering
in the 2018 Midwest Iron Kid Triathlon**

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