



**2008 Swim for Smiles Youth Triathlon
RACE INFORMATION**

Race Start Time: 8:05AM (Everyone MUST be set up and ready by 7:50am)

WHAT IS A TRIATHLON? -- If you've never raced in or watched a triathlon, read this section as it may help you to understand what your kids are about to do – and it will help you explain it to them: Simply stated, it's fun! A triathlon is a combination of swimming, biking and running – in one race. In triathlons, you are really performing in FOUR separate races, however. How? Well, triathlons are timed as three separate races (swim, bike and run) and then the final time is the combination of each of those three races together as well as your "transition time". The transition time refers to the time it takes a participant to get out of the pool and on to their bike as well as the time it takes him/her to get off their bike and on to the running course. So, you will see the results of each time broken out individually, as well as the total time for the race to complete everything from starting the swim to crossing the finish line.

So, the document below covers all the details you need to know about each of those segments of the triathlon (swim, bike, run) as well as everything you need to know about what happens when you get there. So, please read through this carefully and review it with your kids – it will help make them feel comfortable about the total course. And, we end this document with a suggested list of things to bring to the Triathlon.

And, finally, thank you for participating in the first, ever, Swim for Smiles Youth Triathlon!

IMPORTANT NOTE: *This is a Youth-only Triathlon, but we are allowing parents to bike and run with their kids (in fact, we encourage it in the case of very young kids participating – i.e. those under age 10). This may help kids stay on course.*

Remember, although this triathlon is USA-T (USA-Triathlon) certified, this is meant to be FUN. Your times will be recorded, but winning should not be the ultimate goal – finishing should be. As you participate in this triathlon in years to come, you will be able to measure your success.

Finally, have fun! Enjoy the experience and excitement of something new and encourage your fellow triathletes as you see them on the course. Everyone who finishes will be awarded a finishing medal and, of course, you will receive a bag of goodies when you check in – including an event t-shirt.

Your Start Time is based on your Swim Time:

When you registered for the triathlon, you entered a 100 yard freestyle swim time. This swim time will be used to determine your triathlon start time. Swim Start times will be posted by 7:00am the day of the event (Sunday, June 1). All those who pre-registered for the triathlon will start in order of their swim time (fastest to slowest). However, each participant will be timed separately (see Timing Chip Information Below) based on their start and finish time – times are tracked automatically.

We will start the Short Course race first (with either a 15- second separation between kids) and then take a 15-minute break. After the 15-minute break, we will start the Long Course Race (again, with either a 15-second separation between kids). Remember, the swim is the first part of the race.

Keep in mind, each participant is timed separately (based on their start time) so the order in which they finish has nothing to do with their place of finish. The time in which they complete the entire course is their individual time. Participants who register Sunday morning will start their swim time at the end of their appropriate age group heat.

Packet Pick-Up/Registration:

Saturday (May 31): **3:00 PM – 6:00 PM** @
Chapel Hill Country Club (CHCC)
103 Lancaster Dr.
Chapel Hill, NC 27517 – Map can be found at www.swimforsmiles.org

Sunday (June 1): **6:30 AM – 7:30 AM**

NOTE: Regardless of when you begin the race – you must pick up your race packet and your timing chip by 7:40AM on Sunday June 3. DO NOT BE LATE (remember, you need time to park, unload your bike and get set-up.

You also MUST have your bike in the transition area by 7:55AM. There is a meeting at 7:55AM inside the CHCC pool area. All participants (and available parents) need to attend this meeting, as we will review safety, the course and the finish area.

Parking: Parking for everyone will be in the CHCC Parking lots off Lancaster Drive (these entrances will be open until the race starts). After the start of the race or if the CHCC lots fill up, parking will be on Lancaster Dr. on the OPPOSITE side of the street as the clubhouse – this will keep the bike course free of any parked cars.

Body Marking:

In triathlons, each participant is marked (with Sharpies) with their age and their bib number (see Race Number below). This will be done from 6:30am Sunday until race time. Please make sure you get marked as soon as you pick up your packet and receive your number or as soon as you arrive Sunday morning (if you pick up your packet on Saturday afternoon).

Pre-Race Instructions/Meeting:

We will hold a pre-race meeting on Sunday morning at 7:55am inside the CHCC gated pool area. All participants and their parents are encouraged to attend. This meeting will cover all aspects of the course (swim, bike and run) as well as safety, rules and how to have fun!

Race Bib/Number:

Every participant is assigned a number automatically by our registration system. When you collect your race packet at registration on Saturday afternoon or Sunday morning, you will receive this number – it's called a race bib. This is the same number that is to be marked on your body (see Body Marking above). The bib NEEDS to be attached (we will give you pins to attach them) to the kid's shirts (whatever they will put on after their swim). Please attach this for them during set-up.

ChampionChip™ Timing:

This race will be timed using the ChampionChip timing method. As most of you are new to triathlons, let us explain what this means. Each participant will be issued a chip that matches your bib (the number you put on you shirt) number. This chip (which will be strapped to your left ankle – the ankle strap will be supplied on race day) will track the participant on each course and actually record separate swim, bike and run times (as well as the amount of time they spend in the transition area (the area where you grab your bike from its rack and go – and the area

where you replace your bike on the rack and then run). Please make sure you read the ChampionChip timing instruction sheet that will be inserted into race packets. All participants will be issued a ChampionChip timing chip on race morning.

NOTE: You will be required to have your race number (run number) with you in order to get your timing chip. If you pick up your packet on Saturday, make sure you bring your run number with you on race morning in order to be issued your chip. All timing chips must be picked up by 7:45AM.

Results & Awards (See specific awards below in the Prizes section):

Results will be posted at the finish line within 20 minutes after the final racer arrives.

Every racer will receive a Triathlon Finisher Medal. In addition, we will award both medals and prizes to the top three (3) finishers of each age group (7-8, 9-10, 11-12, 13-14, 15-18). And, the top three finishers in each age group will be entered in a drawing to win the Grand Prize (see Prizes section below).

Bike/Run Transition Area (See Map):

The transition area (TA) is located behind the CHCC pool (this is where the bike racks are and where you place your bike and run gear (shoes, helmets, etc.))

- ◆ The transition area will have three entrances/exits. One entrance/exit will be for Swim In & Run Start. The second entrance/exit will be for Bike Start & Bike Finish. The third entrance/exit will be designed for participants to enter and exit the T.A. before and after their race – without using the other two entrances/exits. In other words, please use the side entrance only. This will leave the other two entrances/exits exclusively for participants who are currently racing.
- ◆ All participants will have their own numbered bike slot. Find your numbered bike rack and then find your specific space on that rack. You'll notice that half the numbers on the bike rack face one direction and the other half face the other direction. Place your bike on the rack centered on your number and facing the same direction as your number. This will allow for more space between bikes for placing your gear. Each rack accommodates six bikes - three bikes on one side and three bikes on the other side.
- ◆ No bike storage the night before the race.
- ◆ Participants only in the transition area once the race has started. Parents who are helping younger kids will be allowed, however.
- ◆ Participants will not be allowed to mount bikes inside transition area – and will be made to dismount at transition area entrance following the bike segment. This is for safety. So, please remember to have your kids walk their bikes to the road (outside the transition area) – HELMETS are required for ALL participants – No kid will be able to start without a helmet.
- ◆ A water station will be in the transition area.

Swim (See Map):

- ◆ The pool will be open from 7:00 AM to 7:40 AM for warm-up.
- ◆ The diving well will be open throughout the race for warm-up.
- ◆ Be prepared to line up for the swim start a minimum of 10 minutes before your specific starting time.
- ◆ Participants will go of individually in either 15-second increments.
- ◆ When lining up for the swim – remember your specific swim start time.

Bike (See Map):

IMPORTANT NOTE: The bike course for the 2008 Swim for Smiles Triathlon is fairly easy. They will be making ALL RIGHT TURNS (to ensure safety) and there are only three inclines. The Short Course participants will be making one loop around the 2.5 mile bike course. The Long Course Participants will make two loops (for a total of 5 miles).

- ◆ Bike Course map is below as well as on the web site (www.swimforsmiles.org)
- ◆ Hard shell helmets must be worn and fastened before leaving the transition area.
- ◆ Stay to the right to allow faster cyclists to pass on the left.
- ◆ Bike frame numbers that are provided must be attached to the top tube of the bike near the handlebars.
- ◆ For safety reasons, no headphones, earphones or any radio-type devices will be allowed.
- ◆ There are plenty of volunteers and police officers along the course but please review the course with your kids to make sure they know and understand it.
- ◆ There are speed bumps along the course. Four of the speed bumps on Pinehurst and three on Nottingham. Be prepared to look for these "alleys" on the right side of the speed bumps. None of the speed bumps are severe – just be alert that they're on the course.

Run (See Map):

The run course is totally flat. It's a simple out & back course - with most of it being on the sidewalk of Lancaster Drive (Short Course participants run 1km and Long Course participants run 3km). The course will be well marked. All participants are to remain on the sidewalk.

- ◆ A water station will be located on the run course
- ◆ For safety reasons, no headphones, earphones or any radio-type devices will be allowed.
- ◆ Please make sure your kids have their run number visible as they cross the finish line.

What are the PRIZES?

Results will be posted for each age group as soon as the final racer crosses the Finish Line. Then, we will be awarding prizes in the following age groups (separate prizes for boys and girls):

- ◆ 7-8 Year Olds
- ◆ 9-10 Year olds
- ◆ 11-12 Year Olds
- ◆ 13-14 Year Olds
- ◆ 15-18 Year olds

We will be awarding prizes for 1st, 2nd and 3rd places. However, all race finishes will be entered in a drawing for two (one girl and one boy) Grand Prizes to be given at the finish of both races. ****Remember, all finishers will receive both a triathlon t-shirt as well as a Triathlon medal!

What do you need to bring for a triathlon?

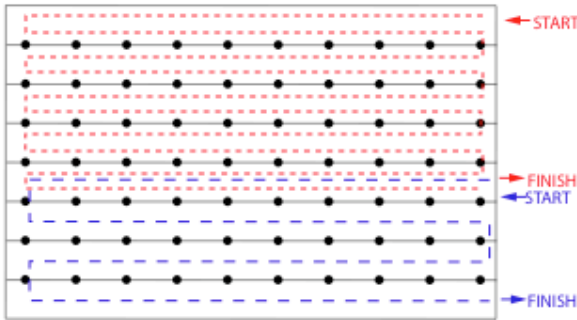
- ◆ Bike Helmet
- ◆ Swimsuit
- ◆ Goggles
- ◆ Towel
- ◆ Bike shoes
- ◆ Bike
- ◆ Running shoes and socks
- ◆ Sunscreen
- ◆ Water or Gatorade
- ◆ Pina Bar, PowerBar or snack bag
- ◆ Race number (if you pick it up on Saturday, bring it Sunday)
- ◆ Excitement and pride!

Finally, a THANK YOU!

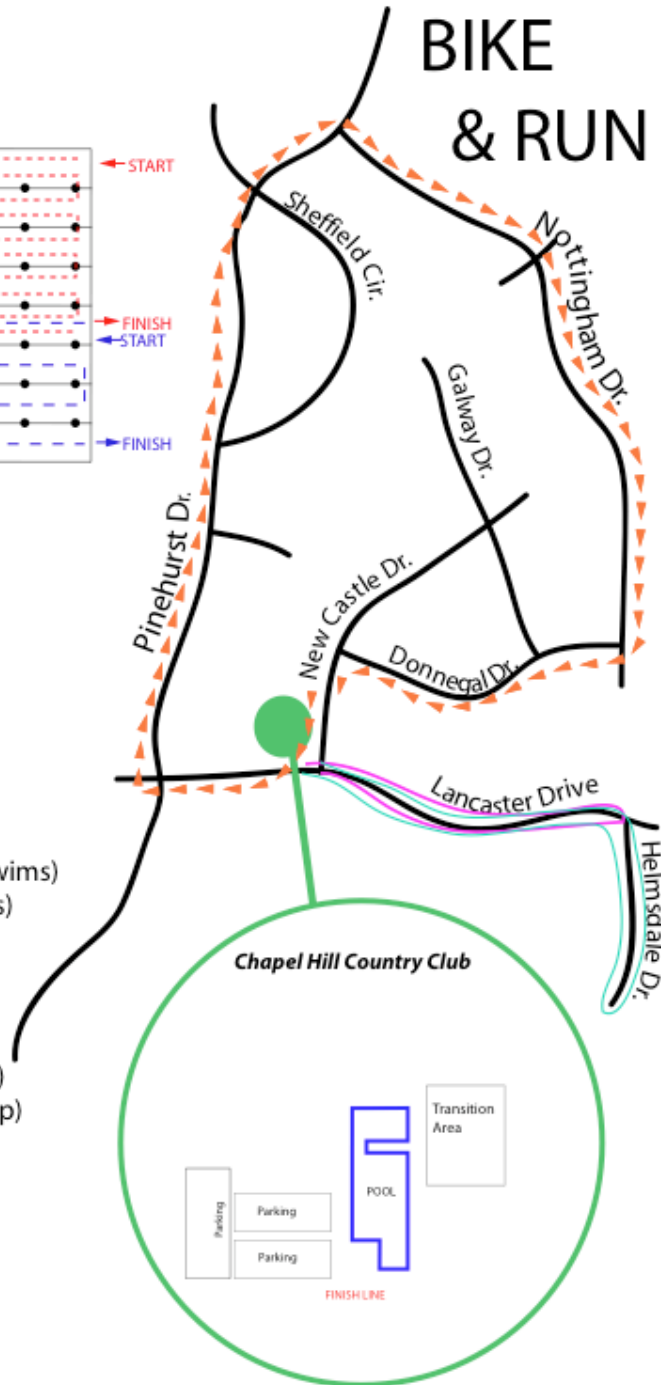
The Swim for Smiles Foundation would like to thank you for your support in this, our inaugural Swim for Smiles Youth Triathlon. We hope your experience is one that you will want to race in this triathlon every year and that you bring two friends with you next year to compete too!

Have fun and drink lots of water!

SWIM



BIKE & RUN



- Long Course**
- - - Swim (250m - 5 circle swims)
 - ▶▶▶ Bike (5 miles - two loops)
 - Run (3 k)

- Short Course**
- - - Swim (100m - 4 lengths)
 - ▶▶▶ Bike (2.5 miles - one loop)
 - Run (1 k)