



PRE-RACE INFORMATION

We are getting close to the 8th annual Kids of Steel (KOS) – Triathlon des Jeunes, so we wanted to provide some pre-event information that will help prepare you and your young athlete(s).

Hopefully, the weather for race day is good, but please be prepared.

2018 MIKE'S BIKE SHOP KIDS OF STEEL (KOS) TRIATHLON

Where: Dieppe Aquatic Centre, Dieppe, New Brunswick

When: Sunday June 17th, 2018

Start Time: 10:00 AM

On-line Registration: <http://kos.trisoutheaststorm.com/>

Race Day Registration: 8:45 AM to 9:00 AM; if registration is not closed before race day. Only 150 spots available.

Website: <http://kos.trisoutheaststorm.com/>

RACE KIT PICKUP:

Friday, June 15th, 2018 - 5:30 PM - 8:00 PM

Mike's Bike Shop, 67 Englehart St, Dieppe, NB

Sunday, June 17th, 2018 - 8:45 AM to 9:30 AM

Dieppe Aquatic Centre (doors open at 8:30 AM)



We are really excited to offer this event to our young athletes to participate in a healthy and sport filled lifestyle to provide an enriching experience that hopefully create the spark for future.

What to Expect - Please read the "What to expect" information below so you can prepare all the necessary equipment/supplies required for the race.

Parking – Please use the rue PASCAL Street entrance (between 97 & 105 Pascal) to the Dieppe Aquatic Centre to minimize traffic on the race course.

Registration – **Doors open at 8:30 AM.** Registration will **open at 8:45 AM** at the front entrance to the Dieppe Aquatic Centre. Prior to the KOS event you can register with Triathlon NB for a free membership and to stay in contact with what's happening with the growing sport of triathlon in N.B.

As parent/legal guardian you will have to register your child and sign a Race Waiver. Upon signing the Waiver your child will receive a t-shirt. Your child will also be eligible for the pre-race draw to win a bike from Mike's Bike Shop. Your child will also receive a race number (body marking) prior to the race for ID purposes.

Course Information – The Race Director will explain the course to all Age Groups during the pre-race meeting. Please listen for the pre-race meeting announcement. Also look at the maps outlining the course for the various distances the athletes must complete as well as the setup of the Pre-Transition (for parental help) and Transition Area (where bikes are set up).

Pool swim – Parents can help their children get ready for the pool swim and then guide them to their Age Group Leader. Parents must have suitable footwear to enter pool deck area. Upon leaving the child with the Age Group Leader prior to their race start, they can go to the viewing area or be ready at the back door of the pool near the Pre-Transition Area to help prepare for the Bike Segment (see What To Expect – below).

Withdrawing from the Triathlon – Triathlon is a demanding endurance sport and if the child is not ready to complete the course for any reason, please let us know, so we are aware of an athlete withdrawing.

Race Finish – Please be present to see your child complete the race course after their run segment. Upon completion of the race, you will have to accompany your child at the finish line to receive the race medal and certificate to make sure we reunite parent & children.

What to expect at the Kids of Steel?

The information below is for parents or guardians that are supporting an athlete participating at the Mike's Bike Shop Kids of Steel Triathlon/Triathlon des Jeunes and are wondering what to expect with this event. Here are some of the answers to questions you might be asking yourself.

Question #1: What do I need to get ready for the athlete participating in the event?

First, a triathlon is an event that consists of three sports therefore; you will have to get the equipment ready for all three sports. Here's what the athlete will need for:

SWIMMING: Swim cap (TriNB will supply), bathing suit, goggles, towel, flip flop (optional – for getting from pool to outside Transition Area), CSA approved life jackets are mandatory for 5 Years Old & Under and are optional for all other ages. These will be available pool side.

BIKING: Safe bike (IMPORTANT – it is the parents responsibility to ensure their child has a safe and functional bike), properly fitted CSA approved helmet, sunglasses (optional), water bottle, running shoes, t-shirt (a KOS t-shirt will be provided based on available sizes), shorts (suitable for biking and then running), sneakers (suitable for biking and then running) and socks. Most triathletes do all 3 events in the same suit they swim in or put a pair of biking shorts over the swim suit to bike and run in. Sections of the bike routes, for ages 8 and over, will be on walking/biking trails; bikers should have suitable tires. Training wheels are allowed.

RUNNING: Same gear as what the athlete will be wearing on the bike.

Question #2: What should I expect before the event starts?

When you first get there, the athlete will have to go through the registration process with a parent or legal guardian and pick up his/her Race Kit (t-shirt, race bib with colored sticker to identify Age Group, safety pins and bathing cap) at the registration (Already Registered) desk. The race Id number will be marked on the athlete's body with a permanent ink marker (can be washed off with dish washing soap post-race – permanent marker is used since most other inks fade quickly when wet in the pool or through sweat). Then you will be able to set up the equipment in the Transition Area (designated for the athlete to transit from one sport to the other, see below for more explanations). You will be allowed to use the dressing room at the Dieppe Aquatic Centre to get ready for the race. Before starting the race, all athletes will have to attend the pre-race meeting to go over general rules, safety rules, maps with course layout and other important race issues.

Question #3: What should I expect during the race?

The race will start according to the different Age Group waves every 3 – 5 minutes beginning with the 5 & Under participants. As for the swimming part, which is the first segment of the race, it will be held in the 25 meters pool at the Dieppe Aquatic Centre. Therefore, every age group will have a respective start time that will allow all athletes from the previous category to finish their length of the swim. Once the Age Group swim is finished, the athlete will have to exit the pool and head outside the building towards the Pre-Transition Area, where a parent can assist the athlete according to the rules of the race (see below for more information). The athlete will then get ready for the second section of the race; biking. After getting dressed for the bike (including helmet with attached strap mandatory), he/she will then grab their bike and run towards the exit of the transition area and proceed towards the mount/dismount line. That is the point where the athlete can get on his/her bike and start the second part of the race. The athlete will then bike along the course, which will be marked by cones and supervised by volunteers providing directions and traffic management. After completing the bike segment, the athlete will then come back to the transition area and then drop their bike equipment INSIDE the Transition Area (color-coded for their Age Group). The helmet can only be removed when the bike is safely placed on the ground. The athlete can then get ready for the running segment of the triathlon, which is the last part of the race by exiting the Transition Area and run towards the Run Course. The finish line will be located near the Transition Area on the front side of the Dieppe Aquatic Centre, so everyone can cheer for the athlete coming in.

Question #4: Will my child be able to participate if they have a disability?

Yes, participants with disabilities are allowed to race down to any age group based on their ability. Please contact the race directors for help in placing your child in an appropriate category. Our goal is to make it all about fun, participation and inclusion for all children.

Question #5: What is a Transition Area?

The transition area is a cordoned-off section reserved for the athletes to allow them to transit from one sport to another, which means from swimming to biking and from biking to running. The athlete can find a spot in transition where he/she can leave all of his/her equipment laid out in an orderly fashion to easily find their own equipment – a colored towel is a popular place to lay equipment. In the transition, there is only one entrance and one exit, therefore all athletes have to proceed in the same direction to enter and exit transition (see map).

Tip – Make sure your child leaves the sunglasses (optional) safely inside the helmet before the bike segment – they could be damaged by someone else stepping on them in the rush to exit the transition Area.

Question #6 : Will I be able to help my athlete during the race

Parents of participants 5 & under are allowed to participate, on foot, with their child through the bike and run portion. For all other age groups, the athlete is not allowed to have outside assistance during the race, there will be a section just before entering transition, which we call the Pre-Transition Area, where parents will be allowed to assist the athlete in transitioning from swimming to biking to make sure they are safety outfitted with helmet and other gear for the bike segment and towelled off after the swim. Remember, only the athletes are allowed in Transition Area where the bikes are stored, except in the section reserved for parent's assistance (Pre-Transition). For that reason, the parents can assist the athlete with the equipment needed (helmet, race t-shirt, towel and clothing/ shoes, etc...) with them in the Pre-Transition Area. You will only be allowed to help with drying up and dressing the athlete, he/she will still have to run thru transition to get his/her bike and helmet and then proceed to the bike course. If required, exceptions for parental assistance will be made for participants with disabilities upon prior approval from the race directors.

Question #7: What is the race course for my athlete?

Maps of the course will be on display at the event so you can review the course layout with your athlete. Each Age Group will be provided with a numbered race bib with a colored sticker identifying their Age Group which should be pinned to their bike/running shirt. This will allow the volunteers to identify the athletes during the race and direct them through the course based on their Age Group. During the Bike segment, a bike leader (front of the Age Group pack) and bike sweeper (back of the Age Group pack) will be present to lead the Age Group cyclist.

Question #8: Who counts the loops for the athletes doing multiple loops?

It is the responsibility of parents and athletes to count the loops. We suggest choosing a place to stand that best suits you and your athlete so that you can call out how many loops your child needs to complete. Attend the pre-race meeting with your athlete so everyone understands how bike looping works.

In the past, we heard a lot of "THREE MORE TO GO-GREAT JOB!" and "LAST LOOP-KEEP IT UP!"

Make sure you and your young athlete attend the Pre-Race Meeting to get important information and instruction prior to the race.

For more information, please contact one of the race officials on-site.

Race Directors, Southeast Storm Triathlon Club

Lennie MacDonald & Manon Lévesque