Dear Parent(s):

The Lakewalk Surgery Center and the Burrito Union welcome you to the Root Beer Kids Triathlon! We are excited and proud to have your child(ren) racing with us today! The info in this letter will help you prepare your little athletes for a safe and fun-filled day; please take the time to read through it entirely.

The Rootbeer Kids Tri will run **from 1:30-3:30,** Minnesota Power Island Lake Park

Location: Minnesota Power Recrational Beach Area
7204 Rice Lake Road, Duluth, MN

What to Bring?

Your racer(s) will need the following:

- **Biking Helmet** – no approved helmet, no race.
- **Swimsuit**
- **Comfortable clothes to wear while running and biking**
- **Tennis shoes/socks (Putting on socks when wet is hard!)**
- **Bike**
- **Towel**

Other Things To Bring:

- **Snacks** – especially helpful if you have multiple racers and will be there all afternoon
- **Water and/or water bottles**
- **Camera**
- **Sun Screen**
- **Camp Chair**
- **Your Friends & Family!**

Lakewalk Surgery Center

FRANDSEN BANK & TRUST
Real people. Real results.

We will have sign-up and packet pick-up on Saturday from 12-2pm at the Brewhouse Barrel Room, 600 East Superior Street Duluth, MN 55802 and from from 4 to 6 pm on Saturday afternoon at the race site**.** We will also have packet pick-up and registration starting at 12:30pm on Sunday afternoon the MN Power Recreational Area Gazebo. .

PARKING

Parking is within walking distance of the venue, but PLEASE follow the expert guidance of our parking personnel as they direct you towards where to park. Parking is in the MN Power Gravel pit and along the gravel parts of Boulder Lake Road. ONLY PARK ON THE RIGHT as you drive onto the road.

NO PARKING ALLOWED ON THE TARRED SECTIONS OF BOULDER LAKE/DAM ROADS!
NO EXCEPTIONS!

Saint Louis County maintains the right to tow any/all vehicles parked in the tarred area in order to maintain traffic safety. **Don't let this be you!**

SUNDAY AUGUST 2nd - RaCe DaY!

- **12:30 AM -2:30 PM – Race Registration and Packet Pick-up.**

  Check-in at least one hour prior to your child's race start time to ensure your child is ready to race with their wave.

- **12: 30 PM** - The transition area opens, where your racer(s) will set up their gear to transition between the swim and bike and run, opens at 12:30 PM.

  Transition volunteers will direct you where to place your gear, and where your child can rack his or her bike. **PLEASE NOTE:** Parents are encouraged to help set up the transition area, but for the safety of racers, we will close the transition area to parents and spectators prior to the start of the race.

- **12:30-2:30 – Body Marking near the Finish Line**. All racers must be body marked with their race number prior to their race start time. **Timing chips** should be affixed to your child's left ankle.

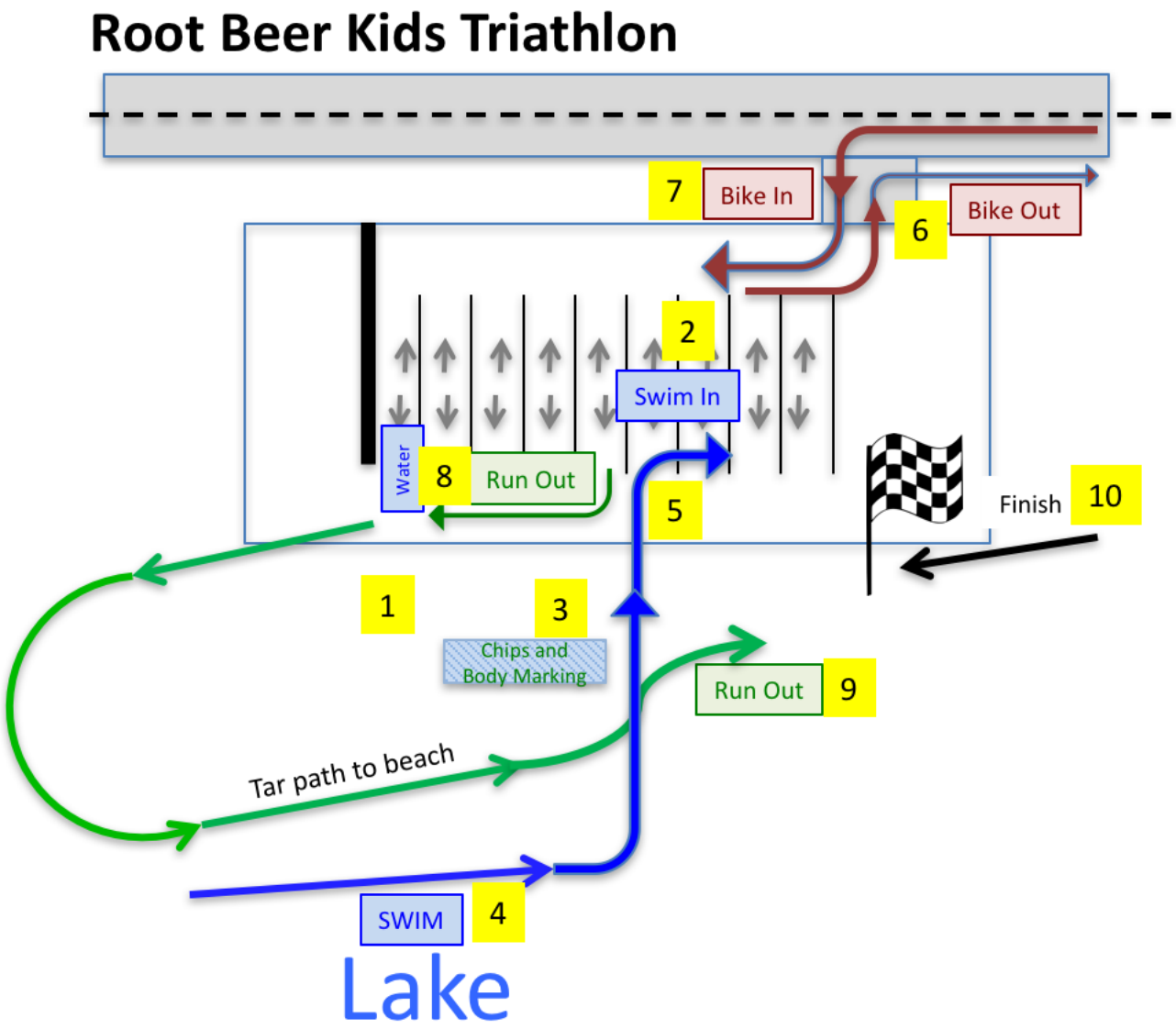
Starting Times: Times are *approximate* and based on your racer(s) age ON THE DAY OF THE EVENT. The run course will be cleared of the previous wave of participants before the next group begins the swim. Note we may be combining smaller waves and splitting larger waves to keep the swim safe so show up at the start of your color band.

1:30 PM:	**14 year olds**	**Waves 1 & 2. Waves may be combined**
1:30 PM:	**13 year olds**	**Waves 3 & 4**
1:30 PM:	**12 year olds**	**Waves 5& 6**
2:10 PM:	**11 year olds**	**Waves 7 & 8**
2:10 PM:	**10 year olds**	**Waves 9 & 10**
2:10 PM:	**9 year olds**	**Waves 11 & 12**
2:50 PM:	**8 year olds**	**Waves 13 & 14**
2:50 PM:	**7 year olds**	**Waves 15 & 16**
2:50 PM:	**6 year olds**	**Waves 17 & 18**

We will have awards for the top 3 in each age group and we will have a finisher mug to fill with some fantastically awesome, super-tasty, summer-in-a-glass Fitger's Brewhouse Root Beer for all kids!

Awards will be announced at the end of all races.

Venue Layout

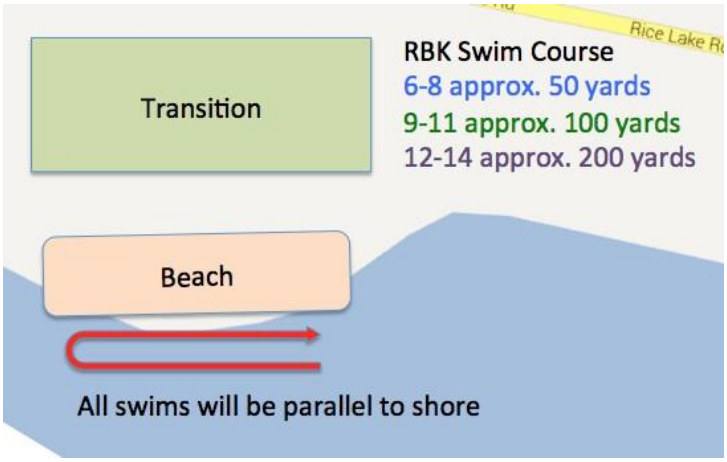


1. Registration and Packet Pick-up (no need to stop here if you picked up your packet Saturday)
2. Place bike and shoes in the transition area. Make sure your child knows where their bike is!
3. Pick up timing chip and get body marked with your number!
4. Race start will be the beach in groups 1:30 12-14 year olds, approx. 2:10 9-11 year olds, 2:50 6-8 year olds
5. After exiting the water the kids will run up the path to their bikes
6. They will walk or run bikes to the road and get on at the parking lot exit
7. The older kids will do a U-turn for their second lap, and when done enter the transition area
8. The kids will run towards the bathroom structure and down the tar path
9. They will come up the same trail they did when exiting the water and take a right turn to run out along the bluff
10. Finish Line!

During the race parents are not allowed in the transition area. (For the last group of 6, 7, & 8 there is an exception for these youngest athletes)

SWIM Course Info

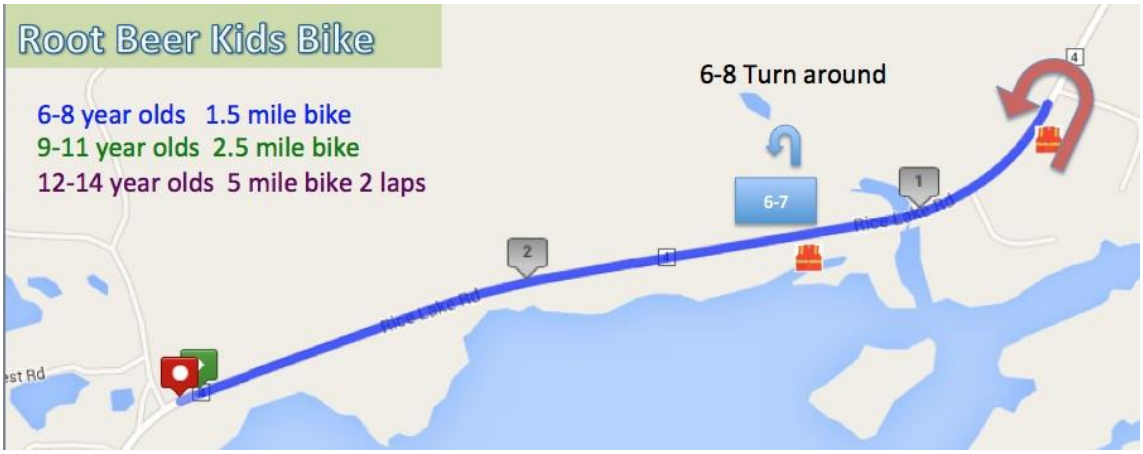
The swim course is set up so that the kids should be able to touch the entire swim. The course will have guards on the outside (deep side) to prevent children from venturing out too far. Kids will exit the water on a mat and run up the tar path on the right side of the beach. Life vests are allowed, but not required, and swim caps are not required, but allowed.



Bike Course Info

The bike course this year will be closed to cars, and will be an out-and-back stretch on paved roads. The distance each racer will ride depends on his/her age.

- Kids MUST have their helmet on before getting on their bike
- They must walk or run their bike to where someone will tell them to get on their bike
- Racers aged 6-8 will do a 1.5 mile bike ride
- Racers aged 9-11 will do a 2.5 mile bike ride
- Racers aged 12-14 will do a 5 mile ride, or two laps (we will move the turn around point appropriately)



RUN Course Info

After returning to the transition area and parking their bikes the kids will run towards the South side of the transition, down the long tar section towards the beach, up the same place they came out for the swim and then along the lake. They will head out the dirt road and turn around depending on their age.

RESULTS! Pickle Events

Race Etiquette & Your Athlete(s)

For the safety and respect of all racers in the Root Beer Kids Triathlon, we ask that you please talk to your racer(s) about riding his/her bike as close to the right side of the road as is safely possible, and to make sure their focus is on the course. If they are not riding steady, other riders cannot see where to go, and it could cause a crash. It is also good practice to call out 'On Your Left' when you are passing another rider.

Please note: If your child is being passed on the bike by another racer, USAT rules state that you must let the rider pass; DO NOT attempt to race the other child.

Parents, please also remember that this is the first triathlon for many of the kids participating, and **everyone** should be encouraged and cheered! We are very proud of all of the athletes that finish - and they are, too! - no matter what their time or place, so please help us keep this a positive and exciting event for everyone.

Good Luck & Have An Awesome Race!

Renee Saamanen, Rod Raymond & Matt Evans,
Root Beer Kids Triathlon Race Directors