

## Things You Should Know About the Junior Triathlon

To our Young Triathletes and their parents → this may be your first triathlon, so here are some things you should know as you prepare for the event:

- Get there early, even if you have already registered for the triathlon. The race starts at 9:00 am sharp, and you need plenty of time to get your number, swim cap, t-shirt, get race numbers and age marked on your arms and legs, and setting up your bike and gear in transition. Plan on getting there by 8:00 am at the latest. We'll be there for registration by 7:00 am.
- Although some of you swim team guys might be able to just about sprint the swim, you won't be able to sprint the bike or run...be sure to pace yourself with the idea of going hard but finishing the race.
- You will be given a brightly colored swim cap that you must wear during the swim.
- Seed yourself appropriately for the swim...if you are not one of the faster swimmers, do not get in the front row at the swim start.
- Chances are you are going to get bumped or bump someone else during the swim...stay calm and don't let it bother you. Adjust your swim line slightly to get clear.
- If you get in any trouble during the swim, raise your hand and an adult (lifeguard, swimmer, or kayaker) will come help you. After you get a short rest or take care of the problem, you can continue the swim.
- Exit the water at the finish and move quickly to the transition area to get your bike.
- We would like you to finish the race with your race number on the front of your shirt...after finishing the swim it would be a great time in the transition area to put your shirt with pre-pinned number on.
- You must put your helmet on and buckle the chin strap BEFORE you get on your bike.
- Follow directions on the bike course, and always stay to the right side of the bike path, except when you are passing. Keep alert on the bike path for other people and other triathletes. Only pass when it is safe to do so. No drafting on the bike in front of you...I'll explain what that is at the meeting before the race.
- Finish the bike where you started...leave your helmet on until you are off the bike.
- Follow directions on the run course and always stay to the right on the foot path, except to pass. As on the bike course, stay alert to other people on the path.
- SMILE FOR THE CAMERA AT THE FINISH
- The award ceremony will happen as soon as possible after the race...stick around, you might have placed in your age group!

- Other questions that haven't been answered here? Contact Eric at [sageg@charter.net](mailto:sageg@charter.net)