



2019 Race Information Package

Sunday, June 23th, 2019, 8:30am start

Wilmot Recreation Complex

1291 Nafziger Road, Baden, ON (corner of Hwy 7/8 and Nafziger Road)

No entrance to from Gingerich Road on the day of triathlon due to road closure for bike course.

What to Bring

Bicycle (road bike or mountain bike). Training wheels are allowed. For safety, we suggest that you visit your local bike store to have a pre-race bike inspection to ensure that your bike is in good working order.

There will be a limited bike inspection station at race kit pickup, Saturday June 22nd 3-5pm and Sunday, June 23rd 7:30am-10:30am. These are inspections only, should repairs be needed, unfortunately they cannot be performed onsite due to the volume of participants. Our local bike shop, Wheels on Peel, have generously agreed to perform free bike checks prior to race weekend for our triathlon participants. For more thorough inspections and repairs please visit www.wheelsonpeel.com for hours and contact information.

Helmet. Please check the helmet for cracks and chips and ensure that the straps are adjusted so the helmet fits securely. A sticker with bib number (provided) should be placed on the front of the helmet.

Swimsuit and goggles (optional). Athletes should use the change rooms to change into their swimsuits prior to being marshalled.

Running shoes (no sandals) and **socks** (optional), extra shoes or sandals to wear before race time.

Shirt. All athletes must wear a shirt while on the bike and run portions of the race with official race bib (provided) fixed to the front of the shirt.

Water bottle, hat (optional), **shorts** (optional), **sunglasses** (optional) and **sunscreen** (based on weather)

Towels. One to dry off and one to put on the ground beside your bike to hold your race items (shoes, socks, etc.) You may also want to leave a water bottle with your gear so you can take a drink before and/or after the bike ride (There is a water station on the run route).

When to Arrive

One hour before wave start.

To create a safe race, we are using wave starts to limit the number of athletes at one time on the course. It is imperative that athletes arrive at least one hour before their wave start time to ensure they have time to pick up their registration kit and set up their gear in Transition Zone. We cannot make provisions for athletes that arrive late. Athletes should be in the marshalling area for their wave 15-20 minutes prior to the wave start times. Once numbers are finalized wave times will be adjusted.

THESE ARE TENTATIVE TIMES

When you pick up your race kit more accurate wave times will be posted.

Age Group	Wave Start Time
Ages 3-5	8:30am
Ages 6-7	8:50am
Ages 8-9	9:15am
Ages 10-11	9:45am
Ages 12-13	10:40am
Ages 14-15	11:15am

Race Kit Pickup

Pre Race Kit pick up will be available at the race site on Saturday, June 22nd from 3-5pm and again on race morning starting at 7:30am. All racers must be checked in 1 hour before their wave start time. **We encourage participants to pickup their race kits on Saturday to avoid delays race day.** Each athlete will receive a race kit, which will include a t-shirt and a race bib with number.

Transition Zone

The Transition Zone is an enclosed area where the kids transition from the pool to the bike and from the bike to the run. The Transition Zone is in the parking lot behind the recreation center. Before the race, each athlete must take their bike to the Transition Zone where they will place it on a marked rack with their helmet and other bike and run gear. Look for the wave number signs to see where your bike and other gear should be placed. Volunteers will be available in the Transition Zone to help the kids before, during and after the race.

Only one parent of the 3-5 yr olds will be permitted in the transition zone during the race.

Bike helmets are to be on and fastened prior to taking the bikes off of the bike rack. Volunteers will stop athletes who do not have their helmets on correctly. Helmets are to remain on and fastened until the bike is racked in transition.

Athletes will run or walk their bike out of the Transition Zone towards the "BIKE ON" line where they can mount and begin the bike course. After finishing the bike course, the athlete will be instructed to dismount their bike prior to crossing the "BIKE OFF" line. From there, they will walk or run their bike back to the Transition Zone and rack it in the same location. With the bike course completed, the athlete prepares for the run and exits the Transition Zone under the Run Exit sign, which leads to the final leg of their race. Volunteers will be available to assist the athletes throughout the race.

Once the race starts at 8:30am, the Transition Zone will have limited access to all parents. Older racers with later wave start times will be permitted in the Transition Zone to rack their bikes accompanied by a volunteer.

Swim Course

The swim course will be inside the Wilmot Recreation Center pool. Athletes will be marshalled onto the pool deck and have their timing chip attached with Velcro to their ankle prior to entering the pool. After the swim has been completed, athletes will exit the side door of pool and follow a well-marked path to the Transition area.

Age Group	Swim course length	Laps
Ages 3-5 **	25m	1
Ages 6-7	25m	1
Ages 8-9	50m	2
Ages 10-11	150m	6
Ages 12-13	300m	12
Ages 14-15	400m	16

Athletes competing in the duathlon will be marshalled through the pool area directly to the bike start line.

Bike Course

The bike course will be held on the access road to the east of the pool. This road will be closed to traffic. Please note there are 3 speed bumps on this course. Speed bumps will be well marked, and volunteers will be at each one to advise kids of same. Older athletes (see below) will complete multiple loops of the bike course. The bike route map is posted online and at the site on race day.

Age Group	Bike course length	Loops
Ages 3-5 **	500m	1
Ages 6-7	1.5km	1
Ages 8-9	2km	1
Ages 10-11	4km	2
Ages 12-13	6km	3
Ages 14-15	8km	4

Run Course

The run course will take place on the Wilmot Trails Schmidt Woods trail, directly behind the Wilmot recreation center. All run courses end under the finish line (located next to transition) to the cheering of family, friends and spectators. There will be one water station on the run course. The run route map is posted online and at the site on race day

Age Group	Run course length	Loops
Ages 3-5 **	200m	1
Ages 6-7	500m	1
Ages 8-9	1km	1
Ages 10-11	2km	2
Ages 12-13	2km	2
Ages 14-15	3km	3

** One parent may accompany children aged 3-5 throughout the race.

Weather

The race will be run rain or shine. If there are severe weather conditions, the race director may stop the race immediately or delay it until the conditions have improved. If the road conditions are deemed unsafe, the bike portion of the race may be cancelled. If the event is cancelled or shortened, as this is a fundraiser for the swim team, we will be unable to offer a refund. Athletes will receive their race kits and medals. **Safety comes first.**

General Information

All athletes compete in the age group based on their age on December 31, 2019 as per Ontario Triathlon sanctioning rules.

Parents are reminded that the Wilmot ACES Kids Triathlon is a **non-competitive event**. We want the kids to have fun and be active rather than thinking about winning and losing. For this reason, everyone gets a medal for finishing the race. We will not be disqualifying any participant who does not complete their required distance but reserve the right to make time adjustments to those who do not do the required distances.