

TINKER FAQ'S

Is this a competitive race?

No! The beauty of this event is that it is all about getting out and being active. We don't keep track of any of the results. Everyone wins, everyone gets a medal!

What order are the events in?

Swim first, then bike then run.

Is the course closed?

Partially. Leota Street will be closed for the bikes. We cannot restrict local traffic so please instruct your child to stay to the side of the street and to watch for traffic. There will be course guards but we all must work together to keep the kids safe. We will be using the South Platte River Trail for the run so there will be no need to worry about cars – yea!

What if my child gets hurt on the course?

All of our course guards have first aid supplies and we will have an on-site ambulance on standby.

PRE-RACE

What time do I need to arrive?

The pre-race meeting starts at 5:30 p.m. but we will be ready with the packets by 4:30 p.m.. Be sure and give yourself lots of time to park your car, take your child's bike to the staging area (the South parking lot of the Rec. Center), and pick up your race packet.

Where do I park my car?

The main parking lot is on the NE side of the Rec. Center.

Where do I leave my bike?

Once you have parked your car, bring your bike to the bike staging area (the South parking lot of the Rec. Center).

Where do I get my race packet?

The Rec. Center gym will be our main meeting area. Your packet is there! You may also pick up your packet on Thursday at the Rec. Center between 6:30 and 8:00 p.m. if you would like to have it early.

What is in my race packet?

Along with a few goodies, your race packet will include a t-shirt, your race number, and a course map. **Please make yourself familiar with the course before the race begins!**

Where do I pin my number?

You want to pin the number on the front of the piece of clothing that your child will be finishing the race with. Your child will also have the number written on each arm and lower leg. Even though this is a non-competitive event we still want the kids to feel official!

Do I need to be at the pre-race meeting?

Yes! This meeting is mandatory. We will also be giving out our door prizes at this time so that you are free to leave when your child has finished the race.

Where do I leave my clothes? Dry, Wet, Others...

Dry: You may leave your child's dry clothes in the Rec. Center pool area (this is especially good if it's cold outside) so when your child's swim is over they simply pull their dry clothes, shoes, etc. over their swim suit. It is also a good idea to **bring a towel for them to dry off** as much as possible before they put their clothes on. Some people like to leave their dry race clothes by their bikes and then pull them on just before they get on their bike.

Wet: Believe it or not, the wet clothes stay on! When the race is done the Rec. Center change rooms and showers are available if your child would like to change.

Others: The Rec. Center change rooms have lockers in them and are available for your use. Please bring your own lock. Should you happen to misplace something there will be a 'Lost & Found' in the Rec Center for race-day items.

Can I race with my child?

This is the coolest part of this race: kids aged 4 through 10 may have an adult/parent do the entire race with them. The kids in the age 11-14 category are encouraged to race independently. Please note that only one adult/parent may be in the pool and in the bike staging area with your child.

Will the Rec. Center be open to the public during the race?

Yes! Please, as much as you can, be considerate of the general public's use of the facilities. If you are not a triathlete you must either have a membership or purchase a day pass to use the Rec. Center

Will there be concessions?

Yes! The participants will have a complimentary refreshment table and the Rec. Center concession stand will be open for everyone else.

SWIM

Can my young child wear arm floaties?

No. They may only wear a life jacket if they need one. Please instruct your child to grab the lane rope if they get into trouble. A lifeguard will also be on duty. Remember, you may get in the water with your young child.

Which heat will my child be in?

When you pick up your race packet there will be a list of the heats posted by race number, not name. There will be 2 swimmers per lane. Guys and girls swim together. Some part of your child's body must be touching the wall at the start.

Where do we wait for our swim heat?

Everyone waits in the swim area. Be sure to stay away from the start/finish area until your number is called on the PA system.

BIKE

Can my child have training wheels?

Absolutely!

Does my child need to wear a helmet?

Yes! Your child will not be allowed to leave the bike staging area without their helmet on and buckled.

Will there be drinking water on the course?

No. Be sure your 11-14 year olds have a nice full water bottle on board their bike before they take off.

RUN

What happens at the finish line?

Each child will receive a medal at the finish line. If your child is the swimmer or biker in their relay, be sure to have them get their medal at the finish line as well.



Remember: dress for the weather, cheer for the other participants, say thank you to the volunteers and door prize donors, and

HAVE FUN!!!