

# **BEAT TRIATHLON**

# **FEET**

**WATERVILLE AREA BOYS & GIRLS CLUB AND YMCA**

# **2009**

**Race Date: August 22<sup>nd</sup>, 2009**  
**Transition Opens for Setup: 7:30am - Race Start Time: 9:00am**

**\*\*\*\*\*IMPORTANT INFO - MUST READ THIS WHOLE PACKET\*\*\*\*\***

## **Beat Feet Triathlon 101:**

A triathlon is a race that is comprised of three events, a swim, a bike, and finally a run. All events are done consecutively, switching from one event to the next as fast as possible because the transitions are also included in the final race times.

## **Starting the Race:**

Beat Feet is separated into four age groups, Little Beat Feets (4-6 years), Junior Challengers (7-10 years), Senior Challengers (11-15 years), and Iron Challengers (16 years to the high school graduating class of 2009.) We will start each age group separately beginning with the older group because they have the longer course. That way everyone will be finishing around the same time for the awards picnic that will follow directly after the race in the park.

## **Mandatory Pre-Race Meeting:**

All competitors will gather in the transition area 20 minutes before the first swim wave. Parents and/or guardians are encouraged to sit with their competitor for this meeting so you know how the race will go and you can help guide your child through the transitions between events.

## **Swim:**

This is when the official race time will begin. The swim is in the Waterville Outdoor Public Pool. It will be an in-pool wall start. We will have four main swim waves, first wave: Iron Challengers, second wave: Senior Challengers, third wave: Junior Challengers, fourth wave: Little Beat Feets. The individual age groups will then also be broken down male and female. All swimmers will get in the pool, up to 2 competitors per lane, one group at a time. Each competitor is allotted 15 minutes to complete the swim. It is ok for the swimmer to use the wall to take a short rest but he/she must finish within the time limit. We ask that each child's parent is stationed at the finish end of the pool to count laps and assist them out of the pool. When he/she has completed the required distance, the competitor will run CAREFULLY out of the pool area to transition, located in the parking lot next to the pool. Any swimmers left in the pool when their age group time is up must swim to the nearest wall and exit the pool so the next group can start. They are still welcome to complete the race although their time will be unofficial and will not be eligible to place for top age group awards.

**#1. First Wave- Iron Challengers: (16-H.S. Class of '09)**

Start Time: 9:00am

Distance: 175 meters (or 7 lengths)

**#2. Second Wave- Senior Challengers: (11-15 years)**

Start Time: Determined on race day

Distance: 125 meters (or 5 lengths)

**Third Wave- Junior Challengers: (7-10 years)**

Start Time: Determined on race day

Distance: 75 meters (or 3 lengths)

**#4. Fourth Wave- Little Beat Feets: (4-6 years)**

Start Time: Determined on race day

Distance: 25 meters (or 1 length)

## **First Transition (T-1):**

Transition is in the parking lot next to the pool. Each competitor will run to their bike. Once at their bike they can dry off, put on biking clothes, if they want to, over their swim gear as there will be no privacy in the T-1 area. They are welcome to bike and run in their swimsuits to cut down on their race times. Riders must wear closed toe shoes that tie micro for safety reasons, and HELMETS. Helmets and shoes are REQUIRED and the competitors will not be allowed out of transition without them securely fastened. The Little Beat Feets age group ONLY is allowed to have ONE parent/guardian in transition to assist them with their bike gear and lead them out. Do not reenter the transition area until your child does for T-2. Transition will be a little chaotic so please make sure your child knows where they left their gear. We want the kids to have a blast so if you see your child is really struggling with gear, go ahead and help them but one parent only please.

## **Bike:**

Racers will walk/run their bikes out the marked T-1 exit to the "Bike Start" line where they will get on their bikes and GO! All distances are an out and back distance and will be clearly marked as to where your child is supposed to go.

### **Iron Challenger Distance: 5 Miles**

Leave T-1, cross the street, and take a LEFT onto North Street (racers will bike always on the right side of the road.) Follow all the way to the bridge and take a RIGHT onto County Road, then a LEFT onto Marston Road. Travel to the end of Marston road and the turn around at the stop sign. Racers will cross to the other side of the street at the turn around. Return back to the YMCA, following the same route, dismount their bikes at the "Bike Finish" line, and walk/run their bike back into the transition area through the "Bike Entrance."

### **Senior Challenger Distance: 4 Miles**

Leave T-1, cross the street, and take a LEFT onto North Street (racers will bike always on the right side of the road.) Follow all the way to the bridge and take a RIGHT onto County Road, then a LEFT onto Marston Road. Travel down Marston road and the turn around is at the Kennebec Baptist Church, racers will cross to the other side of the street at the turn around. Return back to the YMCA, following the same route, dismount their bikes at the "Bike Finish" line, and walk/run their bike back into the transition area through the "Bike Entrance."

### **Junior Challenger Distance: 2 Miles**

Leave T-1, cross the street, and take a LEFT onto North Street (racers will bike always on the right side of the road.) Follow all the way to the bridge and take a RIGHT onto County Road. Turn around is at the highway overpass, racers will cross to the other side of the street at the turn around. Return back to the YMCA, following the same route, dismount their bikes at the "Bike Finish" line, and walk/run their bike back into the transition area through the "Bike Entrance."

### **Little Beat Feets Distance: 1/2 Mile**

Leave T-1, cross the street, and take a LEFT onto North Street (racers will bike always on the right side of the road.) Follow to the beginning of the soccer field, turn around (crossing the street again) and return back to the YMCA, following the same route, dismount their bikes at the "Bike Finish" line, and walk/run their bike back into the transition area through the "Bike Entrance."

## **Second Transition (T-2):**

Racers will return their bikes to their assigned rack. At this point they can remove their helmets and exit transition to begin the run.

## **Run/Walk:**

Yahoo the final leg! As competitors leave T-2 be cautious of others who will be entering with bikes to avoid collisions. The run starts heading LEFT out of T-2 onto North Street, running on the LEFT side of the road, staying on the sidewalk to avoid the oncoming cyclists that will be finishing the bike leg. Racers are encouraged to run as much as they can but can also walk if they need to.

### **Iron Challengers: 2 miles**

Turn around is at the highway overpass on the County Road.

### **Senior Challengers: 1 mile**

Turn around is at the end of North Street before the overpass and the steep hill to Colby.

### **Junior Challengers: 1/2 mile**

Turn around is at the beginning of the soccer field.

### **Little Beat Feets: 1/4 mile**

Turn around is at the parking lot to the playground.

All runners will run back to the transition area following their same route and cross the FINISH LINE!

## **Post Race:**

After your athlete has finished the race we will start gathering at the finish line area. Parents are responsible for helping gather their child's gear from the transition area after the race is over. We've asked that you bring a picnic lunch with you or snacks that you can sit and have while we tally up the results for the awards.

## **Awards Picnic:**

We will be holding the awards at the finish line. Lunch is a bring-your-own picnic. If weather doesn't cooperate (fingers crossed) we will have the awards picnic in the gym of the YMCA. Every athlete that crosses the finish line will receive a Beat Feet Triathlete award for amazing effort! There will also be special awards for Male and Female 1st, 2nd, and 3rd place in each age group.

## **Volunteers:**

This race would not be possible without HELP! We're asking for at least one volunteer per family to make this race a super success. Volunteers can be anyone you know from age 5 to 500, no race experience necessary!

## **Sponsor our race:**

Your business can be a sponsor! Prize donation, gear donation, monetary donation, any kind of assistance is welcome and fully appreciated! All sponsors will have their names/logos printed on the back of the race shirts, be listed on the awards certificates, and may put up advertising banners at the event. Not to mention you will be aiding in a great effort for kids health!

## **PRE-RACE Free Bike Safety Check:**

All triathletes MUST have a safe bike. Mathieu's Cycle has offered all racers a free safety check before the race. There is a safety check form attached for you to bring with you to the shop. We are highly recommending this as we won't be able to do any major bike repairs the day of the race and will have to disqualify athletes who have unsafe gear. Bring both bikes and helmets along with inspection sheet to the bike shop.

**Mathieu's Cycle & Fitness Store: 20 Main Street, Oakland, Maine Ph: (207)465-7564**

## **Entry:**

All entry forms will be accepted on a first come first serve basis. Every child is welcome to participate, there will be no one turned away, but our race capacity is 120 racers so sign up as soon as you can!

## **Entry fee: \$20.00 per family**

Family is defined as children who share the same adult guardian. Fee includes entry into the race, a race bag of goodies, award, and a Beat Feet t-shirt. If your child needs an adult size shirt, there will be a small \$3.00 fee added to accommodate higher shirt cost. Additional shirts are available as well for \$15.00 each payable with registration form.

**Race proceeds to benefit the future Beat Feet Triathlon races, promoting health and fitness for our youth. If your child has a special cause close to their heart, they are welcome to use the event to raise money through their own sponsorship efforts.**

**Please fill out and return attached registration form and waiver with race fees and t-shirt order.  
Make checks payable to: Lauren Downie, Beat Feet Tri**

## **Mail to:**

**Beat Feet Triathlon  
6 Maketu Drive  
Fairfield, Maine 04937**

## **Or drop off:**

**Yerville YMCA attention Aaron Greene.**

**Any questions about the race may be directed to:**

**Lauren Downie, Race Director  
Email: cfcFierceFitness@yahoo.com  
Phone: 207-680-0358**