Mandatory Registration & Race Packet Pick-up

August 21st, 2009
Any Time Between 4pm - 7pm
Waterville Boy's & Girl's Club lobby

All racers MUST come to registration to confirm participation and to pick up their race packet. This is when they will receive their goody bags, numbers, race shirts and race schedule. If you opted to have the bike safety inspection, please bring the completed form so we can mark the racer's number.

If you haven't yet signed up, bring your completed registration form and entry fee to packet pick-up. Race capacity is limited to 120 participants so it is HIGHLY recommended that you sign up before this date.

Sorry, race day registration is not allowed. We have to have all entry forms in by 7pm on 08-21-09.

If you can't make this date:
Contact Lauren ASAP before the 21st and we can make other arrangements.

Lauren Downie
207-680-0358
cfcFiercefitness@yahoo.com

Dear parents/ guardians,

We are very excited to be putting on the second annual Beat Feet Tri Race! It is so rewarding for all involved to see each child cross the finish line regardless of place. This is why we are doing it. In a video game age, childhood fitness, or lack there of, is becoming a very real issue. It makes events like this that much more important. Children have amazing abilities to push their own limits when they are given the opportunity. Our event is a fun and safe way for them to do just that. Getting an event like this together takes a lot of hard work and support, and I'm not talking about financial backing. As parents, I can't stress the importance of positive feedback and encouragement for all your child does in preparation for this race and about their performance during and upon completion. So that said, there are a few things you can do to help support your blossoming triathlete.

1. Make sure they know that this race is a personal challenge. It's not about winning; it's about achieving a goal and doing the best they can. Once they've set their own bar, it's about coming back next year and doing it even better! Everyone will walk away with an award and title of "Beat Feet Triathlete!"
2. Help make race day come off with out a hitch. You can do this by making sure you help pack your athlete. We've included a list in the packet you will receive at the mandatory packet pickup the day prior to the race. Also make sure your child's bike is in good, safe working order. Mathieu's Cycle in Oakland is offering FREE bike inspections so bring your child's bike in to make sure it's up to snuff for race day. We will have a spot check at the race but not a lot of repair ability or time and we would hate to have to turn down a registrant because of unsafe gear.
3. Familiarize your child with the course ahead of time. Take them to the pool; let them swim the distance so they're ready. Show them the turn around spots on the bike and run, even train with them on the course! Anything you can do to help their confidence will ensure an awesome race for your child.
4. On race day, please try not to interfere with the race volunteers and/or staff. We have your child's safety at the top of our list.
5. We would also love it if you'd volunteer! Nothing will mean more to your child than the feeling of doing this together. Email me if you want to help and your t-shirt size at: cfcFierceFitness@yahoo.com and you will be given a job at the volunteer meeting the day before the event.
6. On race day, practice good sportsmanship. It's great to cheer on your child but there is a fine line between cheering and yelling. Be encouraging to ALL athletes, please do not harass and get frustrated at the kids, that's not helpful.
7. We ask that only one parent per family accompany the athletes into the transition area to help set up their gear. It'll get a little crowded and confusing otherwise. And please exit in a timely manner when it's announced that the transition area is closed for the pre-race meeting. We will also announce when it's ok to reenter to collect your things when the race is over. And please take everything with you; we want to be invited back next year.
8. KEEP THE MOMENTUM! The major purpose of this event is to promote a healthy, active, and fun lifestyle for your child. Even though the race is over, there's always training to beat their time next year!
9. Finally, thanks for being a part of this great race. If you get the chance, also thank all those volunteers, staff and sponsors who made the race possible.

I hope this year's event is a smashing success, but with every major endeavor, there is a slight learning curve. Please contact me with any concerns or questions you might have and I'll address them accordingly. Also please give us feedback! After the race we want to know what you thought, the good, the bad, and the ugly. It's the only way we can fix stuff and make each year better than the last. Any major concerns on race day, please direct to me, I shouldn't be hard to find, I'll be the blonde one with the bull horn. The volunteers are there to help out of the goodness of their hearts and should be spared the added stress.

Again, thank you for being an active part of the health of our community and kids. And enjoy the race!

Lauren Downie
Race Director
cfcFierceFitness@yahoo.com
207-680-0358

Beat Feet Triathlon Race Registration Form

1st Registration Deadline: August 8, 2009

Entry forms received AFTER August 8th can still enter up until August 22nd but MAY not get shirts on race day. Late entry shirts will be available for pick up at the YMCA September 1st.

Triathlete's Name: .....
(First) (M.I.) (Last)

Gender: **Female** **Male**

D.O.B: ...../...../..... **Age:** .....

Address (Street, City, State, Zip): .....

Email Address: .....

Health/ Allergy Problems: .....

Parent/Guardian Name: ..... **Phone (H):** .....

Phone (W): ..... **Phone (C):** .....

Emergency Contact: ..... **Phone (H):** .....

Phone (W): ..... **Phone (C):** .....

Triathlete's T-shirt order: (Circle one)
Youth T-Shirt Size: **S** **M** **L** **XL**
Adult T-Shirt Size ($3.00): **S** **M** **L** **XL**

Additional Shirts: (Include quantity, size, adult or youth, and additional $15 per shirt with entry fee, if you volunteer you will receive a free shirt):
1. _____
2. _____
3. _____

Liability Release: This is to certify that I, as a parent/guardian with legal responsibility for this participant, do consent and agree to his/her release and agree to indemnify and hold harmless the Alfond Youth Center and the Beat Feet Triathlon and all staff and/or volunteers from any liability incidents to my minor child's involvement or participation in these programs, even if arising from negligence of the Alfond Youth Center and the Beat Feet Triathlon and all staff and/or volunteers, to the fullest extent of the law.

Parent/Guardian Signature: .....
(Date)

"If you rest, you rust."