

Beat Feet Triathlon 2013 Race Procedure:

Entry Confirmation, Mandatory Packet Pick-up & Final Registration: FRIDAY, August 16, 2013 - between 4pm-7pm:

All competitors are required to check in on FRIDAY, August 16, 2013 anytime between 4pm-7pm, it's just a pop-in when it works for you kind of thing to pick up your kid(s) race bags and shirts. If this is not possible for you to make it to this mandatory check-in, like if you live too far away from Waterville, you MUST call Lauren to make other arrangements. Thanks!

Cell: 207-877-1314

Pre-Race Meeting: 8:40am

All competitors will gather, READY TO RACE, in the transition area 20 minutes before the 9:00am start. 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.

Starting the Race: 9:00am

Beat Feet is separated into four age groups, the Honey Bees (4-6 years), the Bear Paws (7-10 years), and the Grizzly Bears (11-15 years.) We will start each age group separately beginning with the older group, the Iron Challengers.

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 three main swim waves, first wave: Grizzly Bears, second wave: Bear Paws, third wave: Honey Bees. 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- Grizzly Bears: (11-15 years)

Start Time: Determined on race day

Distance: 125 meters (or 5 lengths)

#2. Second Wave- Bear Paws: (7-10 years)

Start Time: Determined on race day

Distance: 75 meters (or 3 lengths)

#3. Third Wave- Honey Bees: (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 or velcro for safety reasons, and HELMETS. Helmets and shoes are REQUIRED and the competitors will not be allowed out of transition without them securely fastened. If your child needs assistance, they are allowed to have ONE parent/guardian in transition to assist them in the transition area.

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 but also keep the competition FAIR. So helping is fine! Just try to let them do as much as they are able to do by themselves.

Bike:

Racers will leave transition and stay RIGHT. Walk/run their bikes up the hill 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.

Grizzly Bear 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 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."

Bear Paw 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 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."

Honey Bee 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 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 transition spot re-entering thru the same way they exited for the bike leg. At this point they can remove their helmets and exit transition, using the exit road on the LEFT to avoid collision with bike traffic, to begin the run.

Run/Walk:

Yahoo the final leg! As competitors leave T-2 be cautious of others 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.

Grizzly Bear Distance: 1 mile

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

Bear Paw Distance: 1/2 mile

Turn around is at the beginning of the soccer field.

Honey Bee Distance: 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: 1 mile Family Fun Run!

After your athlete has finished the race we will start gathering at the finish line area. While we organize the finish times and prizes, we are having a Spectator Fun Run! It will follow the Grizzly Bear Run Course.

Post- Awards: Parents are responsible for helping gather their child's gear from the transition area after the race is over.

Awards:

We will be holding the awards at the finish line. Every athlete that crosses the finish line will receive a Beat Feet Triathlete medal! 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 10 to 100, 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. Monetary donations as well as entry fees go toward race costs and growth. Not to mention, you will be aiding in a great effort for kids health!

PRE-RACE Free Bike Safety Check: (Optional)

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

REGISTRATION PROCEDURE:

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 150 racers so sign up as soon as you can! Please use the [ONLINE FORM](#).

Entry Fee:

\$20.00 per Child (Single Entry.)

\$15.00 per Child (Family Discount for 2+ Entries same Parent/ Legal Guardian and/or Household.)

(Registration & Payment is processed online via Active.com.)

Fee includes entry into the race, a race bag of goodies, award, and a Beet Feet t-shirt. Additional shirts are available for \$10.00

Race proceeds to benefit this and 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. I would be happy to help facilitate this!

For help or for Check or Cash Payment Registration information:

Email Lauren Downie: info@beatfeetkids.com

or Call: 207-877-1314