

2011  
TriColumbia Kidz  
Triathlon  
Athletes Guide



Maryland Youth  
Triathlon Series

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# A Message from the Race Director

Dear Athlete,

I would like to welcome you to the TriColumbia Kidz Triathlon, providing youth ages 7-14 the opportunity to experience a healthy, fit lifestyle in a fun, family-friendly environment. There will be plenty of support and encouragement from staff and friendly volunteers.

This year, The TriColumbia Kidz Triathlon will be one of four youth triathlons participating in a brand new, first of its kind, Maryland Youth Triathlon Series. Participants in at least 2 events will receive a certificate of recognition from the State of Maryland. The Series encourages healthy lifestyle choices and promotes sun-safe practices through multisport. 17 year old triathlete and Series spokesperson, Hunter Lussi, will be present to encourage children through his personal stories of perseverance, and will sign his book, America, Get Off the Couch! Hunter, at age 13, was the youngest person to complete an Ultra Distance Triathlon, TriColumbia's ChesapeakeMan Ultra Distance Triathlon.

So get ready to experience all the thrill of an adult triathlon, complete with chip timing, age group awards, professional photography by ASI, a post race food tent and party, great music and fabulous volunteers.

As a Non-Profit 501-c 3, CTA/TriColumbia provides support to dozens of local and regional charities working to make a difference in the lives of so many in need, and your participation helps us do just that.

Have a great time, don't forget the sunscreen, and remember winning is finishing what you start!

Celebrate LIFE,

Robert Vigorito  
USAT Certified Level 2 Race Director



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**CERTIFIED RACE  
DIRECTOR**

# Schedule of Events

## Friday, July 22, 2011

Start	End	Event	Location
2:00 pm	7:00 pm	Athlete Check-In, Packet Pickup, Parent/Guardian MUST accompany child. <i>*There is no race day check-in</i>	Road Runner Sports, 6630-C Marie Curie Drive, Elkridge, MD 21075

## Saturday, July 23, 2011

9:00 am	3:30 pm	Athlete Check-In, Packet Pickup, Parent/Guardian MUST accompany child. <i>*There is no race day check-in</i>	Road Runner Sports, 6630-C Marie Curie Drive, Elkridge, MD 21075
4:30 pm		Mandatory Pre-Event Race Talk	Clemens Crossing Elementary School - hill between school fields and pool. 10320 Quarterstaff Road Columbia, MD 21044

# Schedule of Events Con't

## Sunday, July 24, 2011 - Race Day!

Start	End	Event	Location
6:30 am	8:00 am	Bike Racking, Gear Set Up and Body Marking (mandatory for all participants regardless of wave start time)	Clemens Crossing Elementary School Grounds, transition area. 10320 Quarterstaff Road Columbia, MD 21044
6:30 am	8:00 am	Chip Timing Band pick up	Clemens Crossing Elementary School Grounds
8:15 am		Swim Check-In Begins	Clemens Crossing Pool
8:25 am		National Anthem	Clemens Crossing Pool
8:25 am		All Athletes Out Of Transition	Transition Area
8:30 am		Ages 7-8 start	Clemens Crossing Pool in Hickory Ridge Village, 6400 Martin Road adjacent to Clemens Crossing Elementary School
8:45 am		Ages 9-10 start	Clemens Crossing Pool
9:00 am		Ages 11-12 start	Clemens Crossing Pool
9:15 am		Ages 13-14 start	Clemens Crossing Pool
9:30 am	10:30 am	Celebration as Athletes Finish	Finish Line - Clemens Crossing Elementary School Grounds
9:30 am	11:00 am	Post Race Party	Clemens Crossing Elementary School Grounds - Tent
10:30 am		Awards Ceremony	Clemens Crossing Elementary School Grounds - Tent
11:30		All Bikes and gear removed from Transition	Transition Area

***All times are approximate***

# General Race Information

## Race Details

**Venue:** Clemens Crossing Pool in Hickory Ridge Village, 6400 Martin Road and Clemens Crossing Elementary School in Columbia, MD.

**Sanctioning:** USAT Sanctioned race

**Race Field Limit:** 400

**Minimum Age:** The minimum age to compete is 7, as of 12/31/2011.

**Maximum Age:** The maximum age to compete is 14 as of 12/31/2011

**Air Temperature:** Typical averages - 78°F - 90°F

**Wave Start Format:** Based upon age, youngest to oldest, in separate waves dependent upon entries

**Timing:** IPICO Timing System, Chiptimes by Sommer Sports is the official CTA event timer.

- Athletes will receive a loaned timing chip on race morning
- Timing chip is to be worn on the ankle at all times during the race
- If the timing chip is lost during the race, report to TriColumbia Staff for replacement
- Timing chips will be removed by volunteers at the finish line
- Athletes who DNF (do not finish) must return timing chips to the timing tent at the finish line
- Failure to return timing chips will result in a \$35.00 charge to the assigned athlete

Links to the official timing results will be posted on the TriColumbia website and at <http://www.chiptimes.com/>

**Photography:** ASI Photography is the official CTA/TriColumbia event photographer. Links to event photographs will be posted on the TriColumbia website and at [www.asiorders.com](http://www.asiorders.com) and photos will be available for purchase. Be sure to have your race number visible at all times and SMILE BIG when you cross the finish line.

**Inclement Weather & Disaster Policy:** There is **NO** rain date. We go rain or shine. In the case of inclement weather, management reserves the right to alter/modify the race/race course to address safety concerns. In the case of a Natural Disaster/Local Incident/Terrorist Act, there will be No Refunds of race entry fees. Each athlete must accept any such risk of their entry fee. Monies for charitable organizations we support have already been pledged, and monies collected are used to develop and produce the event, including all race supplies, staffing, and administration. We pledge to make every effort to produce a fair, safe and exciting event. Any decision made to go forth with the race is based on the overall event/race course safety, and is made in concert with local risk management, police, fire & rescue, and medical personnel.

# Pre-Race Athlete Responsibilities

## Athlete Check-In & Packet Pickup

Athlete check-in and packet pickup will take place on Friday, July 22, 2011 from 2:00 pm - 7:00 pm and on Saturday, July 23, 2011 from 9:00 am - 3:30 pm at the official running store of the TriColumbia Kidz Triathlon, Road Runner Sports, 6630-C Marie Curie Drive, Elkridge, MD 21075, (410) 290-2906

Please note that there is **NO RACE DAY CHECK-IN/PACKET PICKUP**. All registered entrants **MUST** attend packet pickup on Friday or Saturday in person. Per USAT rules, each participant accompanied by a parent/guardian **MUST** pick up his/her own packet. If you do not check in during the designated check-in times in person, you will not be able to participate in the event.

All participants must bring the following to packet pickup:

- A photo ID
- USAT membership card to show proof of annual membership. Note that USAT youth annual memberships are available for only \$5.00 per year and membership were required to sign up for this event.
- Signed Concussion Information Sheet which can be found under the resources tab on the Kidz Triathlon event webpage on the TriColumbia website. Please download, sign and bring this document with you to packet pick up. No child will be permitted to participate without this document.

Your packet will contain your swim cap, bike helmet number, bike number, bib number and unique wristband. All these items **MUST** be brought to the race site and used to identify you.

## Special Notice Regarding USAT membership cards for check-in

Athletes **MUST** bring proof of annual USAT membership. Failure to do so will disallow participation in the race. Athletes who forget their USAT membership card will have the following options:

- Go to your home or hotel and retrieve your card.
- Print a temporary membership card from the USAT website, [www.usatriathlon.org](http://www.usatriathlon.org)
- Show a current membership card on a smart phone or PDA.
- Renew your annual membership online and bring proof of renewal.

Race staff and/or volunteers cannot search for USAT membership information or allow use of staff computers by athletes to retrieve information. ***Please remember to pack your USAT membership card. Don't leave home without it!***

## Athlete Wristband

A unique wristband will be affixed at check-in which must remain on until you have removed your bike from transition after the race. This band will identify you as an official participant, is necessary for medical identification, and allows you access to the transition area. You will not be allowed to remove your belongings from transition without this band in place. If you do not wear your wristband, you may not race due to safety, liability and insurance concerns. **NO EXCUSES!**

# Pre-Race Events

## Pre-Event Mandatory Bike Checks

All entrants are required to have their bikes and helmets checked for safety. Bring your bike to The Columbia Maryland location ONLY of Princeton Sports, the Official Bike Shop to receive a free safety check in the weeks leading up to race day. All bikes must be in sound working order. Helmets must be CPSC approved (look inside the helmet for designation). This is a USAT rule and requirement. The head/brain is your most important possession, and it must be protected at all times while on the bike. Princeton Sports will place an official sticker on your bike to indicate that it has passed the safety check. You are strongly advised to have your bike inspected at Princeton Sports, and not at the venue on race morning to be sure that parts are available should something need to be fixed prior to the event.

If you do not have an approved bike helmet or bike that has been inspected for safety, you will not be permitted to participate.

Princeton Sports Columbia: 10730 Little Patuxent Parkway, Columbia, MD 21044  
Phone (410) 995-1894

## Pre-Race Course Talk

When: Saturday, July 23, 2011, 4:30 pm

Where: Clemens Crossing Elementary School - hill between school fields and pool.

Please attend the above scheduled Pre-Race Course Talk which provides important information about the race, and includes a question and answer segment.

# Mandatory Pre-Race Bike Racking & Transition Area Protocol

When: Sunday, July 24, 2011, 6:30 am - 8:00 am

Where: Clemens Crossing Elementary School Transition Area

On Sunday, proceed to The Clemens Crossing Transition Area to rack your bike. Please note you **MUST** rack your bike on Sunday **ONLY** during the designated time. **To enter the transition area, athletes must wear the unique, security wristband received at packet pickup.** The transition area is **RESTRICTED TO ATHLETES ONLY**. Any accompanying friend, parent or child **WILL NOT BE ALLOWED** into the transition area at any time. Volunteers will be available to assist with racking and set up. Once racked, your bike **cannot** be removed. Full security provided during the event. There are no exceptions to this policy.



## How To Properly Rack Your Bike

- Find the rack number to match your bib number.
- Stand on the side of the rack with your number facing you and so that it is readable.
- Hook the front of the bike seat over the rack so that the rear wheel is elevated and the front of the seat is facing you.
- The rear wheel and seat post should be on the opposite side of where you are standing, and the front wheel should be resting on the ground.
- Place personal items on the ground next to the front wheel.
- There are **NO** balloons, inflatables or personal markers permitted. Please remember your number and rack location and refer to the numbers posted on the end of each rack. (See map below)

CTA/TriColumbia values green, environmentally friendly initiatives. There are no plastic bags or glass permitted in the transition area. Bags inevitably litter the area as they are easily blown by the wind and scattered during the race. Likewise, balloons will not be permitted in the transition area. Our goal is to leave the natural environment beautiful for all to enjoy.

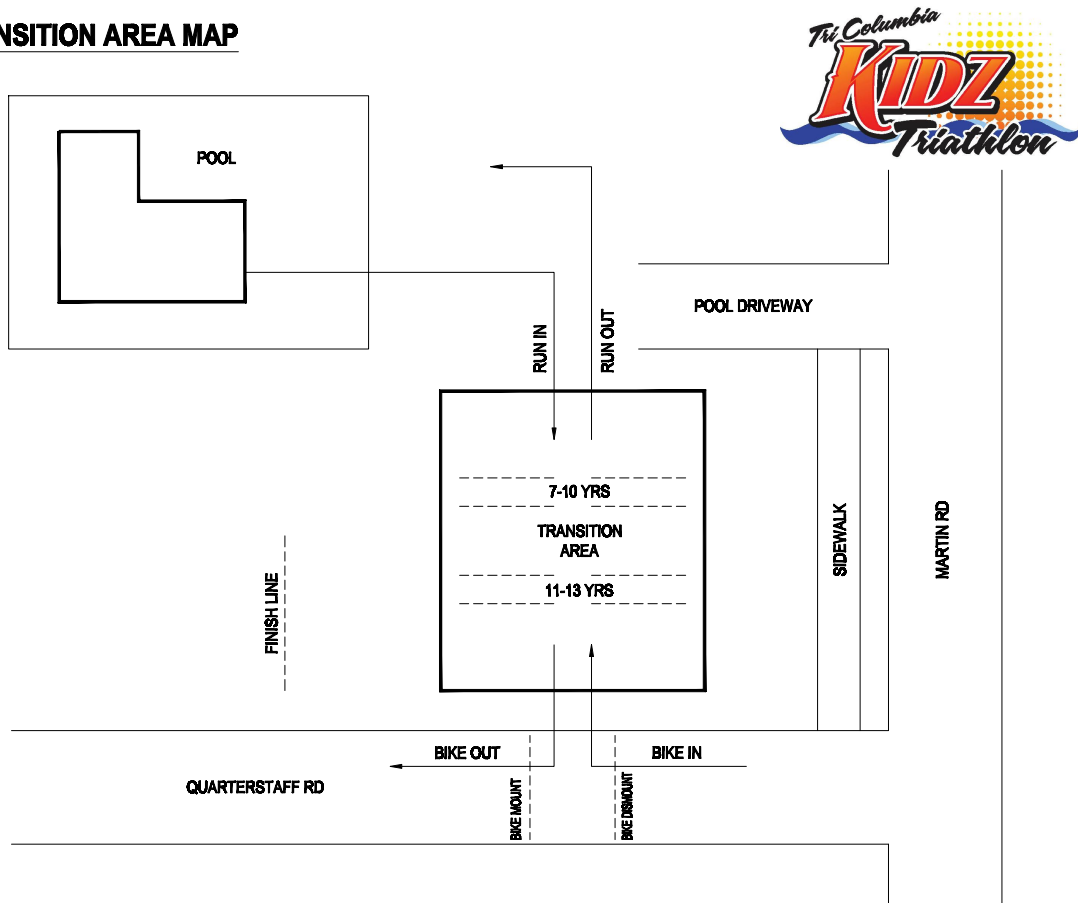


Please note that per USAT rules all equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of

the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area. All personal trash is to be removed and disposed of by each athlete. Please do not litter.

Below is a map of the transition area for your reference.

### TRANSITION AREA MAP



Bike and helmet inspection is MANDATORY. [Princeton Sports](#), The Official Bike Shop of TriColumbia will be inspecting bikes and helmets at their Columbia, MD store in the weeks before the event. We strongly recommend that, you have your bike inspected before race weekend to be sure that parts are available if something should need to be fixed prior to the event. Princeton Sports will also be on hand Sunday morning before the race begins to do last minute checks and to assist with any last minute adjustments.

# Race Day Information

## Race Day Parking

Parking is available at the 7th Day Adventist Chesapeake Conference Center on the corner of Martin Road and Quarterstaff Road. Look for the signs. Note the lots are to the right as you enter the Center. Parking behind the church is prohibited. The church is allowing participants to use the lot for the conference center only. We cannot use the back lot where the school is as there will be church service on Sunday morning. There will be NO parking on the west side of Martin Road from Audubon to Quarterstaff Road, and no parking on Quarterstaff Road along the bike portion of the course. You may park on Martin Road past the Church entrance. Other side streets are open to use as well. Please be respectful of the neighbors.

## What To Bring

Two towels - one for the pool and one to sit on near your bike

Goggles

Swim suit

Swim Cap received at packet pickup

Numbers received at packet pickup

Complementary Race Belt received at packet pickup

Socks

Shirt for after swim to wear for bike and run

Bicycle

Helmet

Shoes for cycling and running

Water bottle to sip from at transitions (we will provide Gatorade Endurance and Water on course)

Dry clothes for after the race

## Race Numbers

The Run Bib # must be worn and visible on the front of your body affixed to a race number belt. This bib number should be worn visible on the front of our body during the bike portion of the race as well, and will assist volunteers in identifying which athletes will need to complete 1, 2 or 3 loops on the bike course.

You will be given a complementary race number belt to use at packet pick up. The Bike # must be placed/wrapped on the top tube of your bike. It is a peel and stick type. There will also be a small, peel and stick, rectangular Helmet number, that should be applied to the front of your bike helmet. This will help the race photographer identify you so that the best photos of you will be taken. *Note - Athletes may not compete without a shirt.*

## Race Morning Instructions

The race venue and transition area will open at 6:30 am. You must be wearing the unique athlete wristband to enter transition. Please be sure to bring along items received at packet pickup including your swim cap, your race numbers (bike, helmet and bib), race belt as well as your bike helmet and other personal gear.

Beginning at 6:30 am you must pick up your **timing chip** at the timing tent adjacent to the transition area. Fasten the chip to your ankle. It must be worn at all times while racing, will be used to record your race times, and will be removed by a volunteer at the finish line. The chip will also allow us to call out your name as you cross the finish line. The chip is not yours to keep. Athletes who fail to return their loaned timing chip will be charged \$35.00. If you lose your chip during the event, please see a member of the TriColumbia staff for replacement.

# Race Day Information Con't

## Transition Area Set Up

**Bike racking** will take place on Sunday morning. There will be bike racks to hang your bikes if needed. You will rack within your age group, male and female separately. Volunteers will assist you in setting up your bike transition area. No dogs/pets or glass are permitted.

**Body marking** will take place in the transition area from 6:30 am - 8:00 am. It is the athletes responsibility to ensure that volunteers mark their age as of December 31 2011, which corresponds to the age division in which the athlete will compete. Your race number will be marked on each arm and thigh. Please do not apply sunscreen, oil, vaseline or lotion until after you have been body marked.

Participants are to proceed to the swim start between 8:10 am and 8:25 am. Please assemble in order of age groups with the youngest being the first to enter the pool, and the oldest being the last waves to enter the pool.

All athletes **MUST** be out of the transition area by 8:25 am. Please note that all participants **MUST** arrive in time to set up their transition area, rack their bike, have their body marked, and obtain their timing chip even if their swim wave takes place during one of later time slots. These activities take place from 6:30 - 8:00 am.

## Bicycle & Gear Retrieval

The transition area will close after the race at 11:30 am. All bikes and gear must be removed by 11:30 am. Please remember that, for security, only those with athlete wristbands will be allowed into transition to retrieve their belongings. If you have finished the event and want to remove your gear, please take care to stay out of the way of athletes who are still competing. Do not impede their progress.

## Aid Stations

There will be Spring Water and Gatorade available after the swim, before you enter the transition area, as well as on the run course. Portapots will be available on site.

## Race Day Medical Services

We will have medical support from local physicians and staff, and Howard County Fire and Rescue on site by the finish line.

# Directions

## To Race Venue, Clemens Crossing Pool and Elementary School

6400 Martin Road Columbia, Maryland 21044

### **From Route 29 N/S, in Howard County:**

Take exit 17, Seneca Drive/Shaker Drive.

**From Route 29 Southbound**, make a right turn onto Seneca Drive at the end of the exit ramp and proceed to the stop sign at Martin Road. Turn right onto Martin Road. The pool, school and race day parking is 1/4 mile down Martin Road.

**From Route 29 Northbound**, bear right after taking the exit, and at the stop sign, turn right onto the overpass bridge onto Seneca Drive. Proceed to the stop sign at Martin Road. Turn right onto Martin Road. The pool, school and race day parking is 1/4 mile down Martin Road.

## To Packet Pick Up, [Road Runner Sports](#)

6630-C Marie Curie Drive, Elkridge, MD 21075

### **From MD-175 Eastbound:**

Turn left at MD-108 W/Waterloo Road  
Turn right at Gateway Overlook Drive  
Turn left at Marie Curie Drive  
Road Runner Sports will be on the left

### **From MD-175 Westbound:**

Turn right at MD-108 W/Waterloo Road  
Turn right at Gateway Overlook Drive  
Turn left at Marie Curie Drive  
Road Runner Sports will be on the left

# Travel And Lodging

## Host Hotel

The [Sheraton Town Center Hotel](#) is the host hotel for the TriColumbia Kidz Triathlon, offering a Special KidzTriathlon rate for participants and conveniently located in downtown Columbia. For reservations call (800) 325-3535 or (410) 730-3900 and mention your participation in the Celebration Triathlon

## Area Maps

[Columbia](#)

[Historic Ellicott City](#)

[Centennial Park Map](#)

## Bike Transportation

If you are traveling from out of town to race with us, you might want to consider utilizing [shipBikes.com](#). The advantages are simplicity, pre-negotiated discounted shipping costs, avoiding hidden costs due to oversized boxes or incorrectly measuring your bike box. Princeton Sports, the Official Bike Shop of the TriColumbia Kidz Triathlon can handle everything for you including accepting your shipment, basic assembly and brake and gear adjustment.

Visit [shipBikes.com](#), 1-877-323-4083 or [Princeton Sports](#), 410-994-1894 to arrange shipping.

## Things To Do

The TriColumbia Kidz Triathlon takes place in beautiful Howard County, conveniently located amidst rolling hills, between Washington, DC and Baltimore, MD and rated by Money Magazine 2010 as the second best place to live in the USA.

Explore recreation, restaurants, and lodging in the area with the below links:

[Howard County Tourism](#)

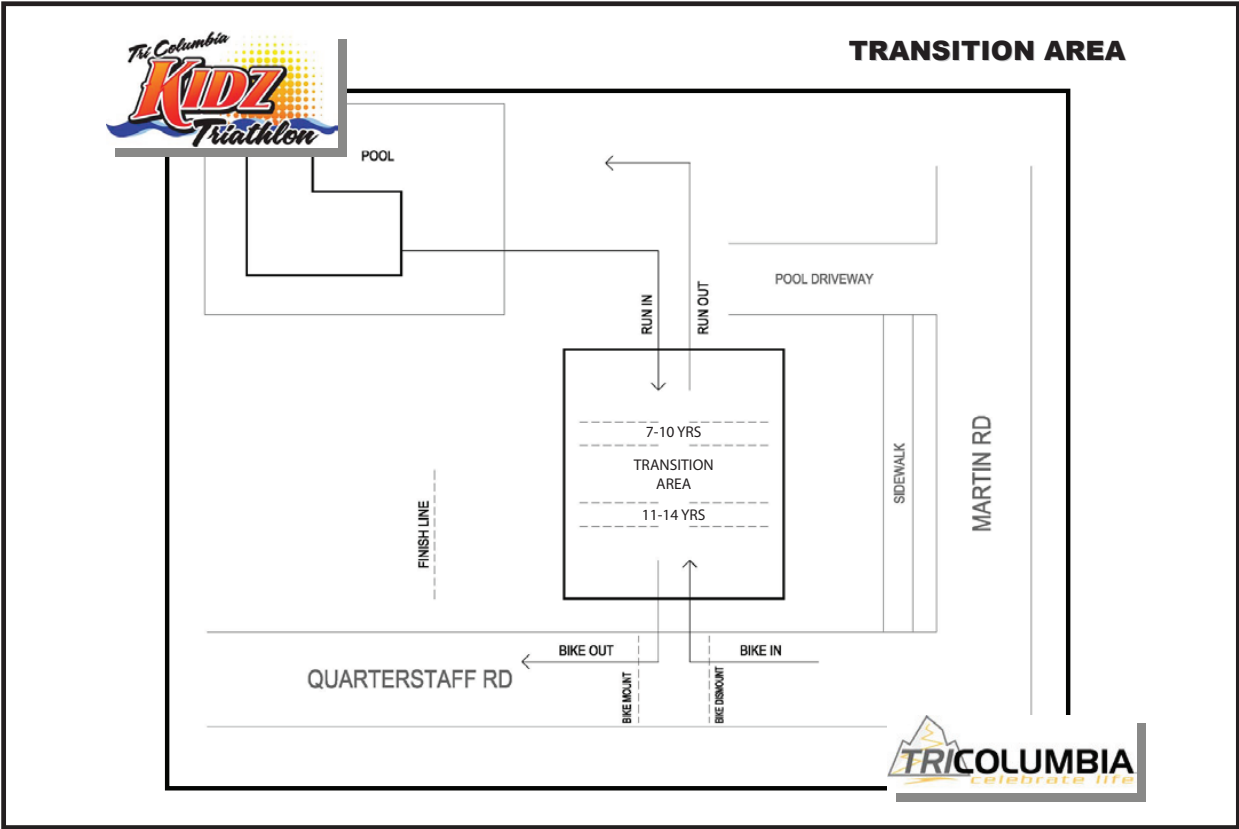
[Washington, DC Tourism](#)

[Baltimore, MD Tourism](#)

## Airport & Train

Columbia Maryland is easily accessed via [BWI Airport](#), and the [Amtrak BWI Station](#). [Car rentals and shuttle services](#) are available.

# Venue Map



Please note the triathlon order of events is SWIM - BIKE- RUN. In the above map, the “RUN IN” denotes the swim to bike transition, the “RUN OUT” denotes the bike to run transition. The “FINISH LINE” is the last leg run and overall finish.

# 2011 Kidz Triathlon Swim Start Times

Time	Group	Cap Color	Swim Distance (1 lap = swimming up & back; each lane is 25 yards long)
8:30 AM	Ages 7-8	White	50 yards = 1 lap
8:45 AM	Ages 9-10	Yellow	100 yards = 2 laps
9:00 AM	Ages 11-12	Red	150 yards = 3 laps
9:15 AM	Ages 13-14	Light Blue	200 yards = 4 laps

Please note that start times are approximate, and children will be swimming in groups of 16 at a time. Athletes waiting to start should assemble in the area behind the diving board.

## Swim Course Description & Rules

### Course Summary

The swim portion of the triathlon will take place in the Clemens Crossing Pool. Youngest children will go into the pool first, followed by the remaining children in ascending order of age group. Each age group will have its own colored swim cap, which is provided in the athlete registration packet obtained at packet pickup. Participants **MUST** wear the cap provided while racing. There will be 5 minute intervals between each swim start group, and children will be swimming in groups of 16 at a time. **The swim will be an in water start; diving or jumping in is not allowed. There will be two swimmers assigned to each swim lane and swimmers will stay in their half of the lane as they swim out and back.**

Swim distances vary depending on age of participant, and are as follows:

Ages 7 - 8: 50 yards

Ages 9 - 10: 100 yards

Ages 11 - 12: 150 yards

Ages 13 - 14: 200 yards

Upon exiting the swim, you will proceed out of the pool area, and down the hill to the bike transition area.

# Bike Course Description & Rules

## Course Description

After entering the transition area from the swim, proceed to your racked bike. Towel off, put on your bike/run shoes, your race belt with bib number attached, and fasten your helmet, and then walk your bike to the bike start point on Quarterstaff Road. Volunteers will tell you when to mount your bike. Be careful and pace yourself. **You must ALWAYS ride on the right side of the road, and NEVER cross the center line of the street.** There will be police and volunteers at each key intersection pointing you in the right direction. There are NO ipods, headphones or other similar devices permitted during the race. The course is open to traffic, so please use caution.

Please review the maps and course descriptions posted on the TriColumbia website (under course maps,) and in this guide. Bike distances increase with age as follows:

**Age 7 - 8: Ride 2 miles or one loop of the bike course.** This age group should stay on the right side of the bike lane as they complete the one loop, so they may safely dismount, and allow any older children to proceed around the course again.

**Age 9 - 10: Ride 2 miles or one loop of the bike course.** This age group should stay on the right side of the bike lane as they complete the one loop, so they may safely dismount, and allow any older children to proceed around the course again.

**Age 11 - 12: Ride 4 miles or two loops of the bike course.** This age group should stay on the right side of the bike lane as they complete the second of two loops, so they may safely dismount and allow any older children to proceed around the course again.

**Age 13 - 14: Ride 6 miles or three loops of the bike course.** This age group should move to the right side of the bike lane as they complete the third loop in order to dismount.

After returning to the bike start and finish area, you will dismount on Quarterstaff Road and walk your bike back to your place in the transition area, and prepare for the run portion of the race.

## Rules

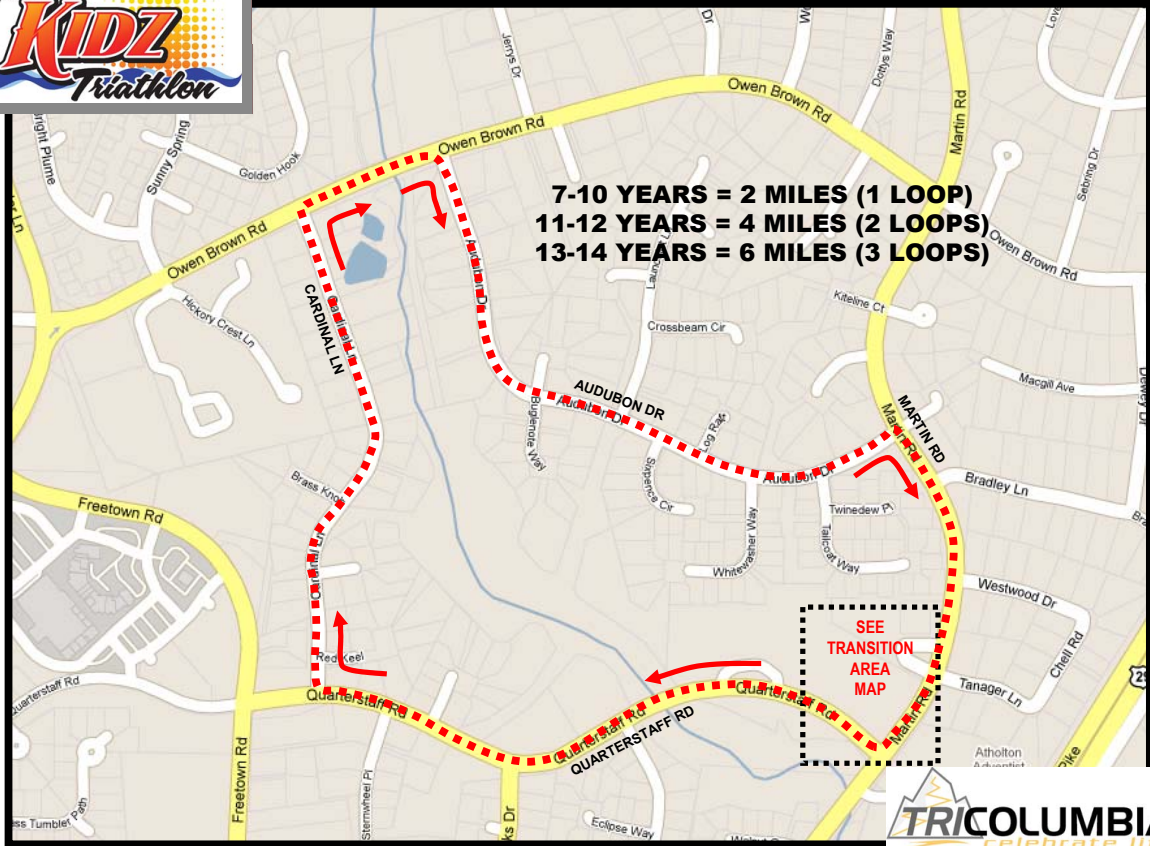
Please note that the bike course is open to traffic during the course of the race. All competitors are required to follow the prescribed course and to stay within all coned lanes. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times.

1. Athletes must remember to wear a bike helmet number on the front of their helmet.
2. Athletes must have a bike frame number fixed to their bike and visible from the left side.
3. Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used, and helmets must be worn at all times while on your bike before, during and after the event. Violation will result in disqualification.
4. Chin straps must be buckled at all times when on your bike. DO NOT unbuckle your chin strap unless you are off your bicycle. Violation while on the course will result in disqualification.
5. DO NOT LITTER! Any item that needs to be discarded, including but not limited to water bottles, gel wrappers, energy supplement wrappers, bike parts or clothing, may ONLY be discarded at aid stations.
6. Parents may not "pace" their children by running or biking alongside them.

# Bike Course Map



## BIKE COURSES



# Bike Course Description

## Kid's Triathlon Bike Course Directions: (1 loop=2 miles)

**1. Walk bike out of transition area at "bike out" to "dismount line". Get on bike at dismount line.**

**2. Turn right onto Quarterstaff Rd.**

**3. Follow Quarterstaff Rd. then turn right onto Cardinal Lane.**

**4. Follow Cardinal Lane to the end, then turn right onto Owen Brown Rd.**

**5. Turn right at your first street on the right (1/2 block) onto Audubon Rd.**

**6. Follow Audubon Rd. to the end at Martin Rd. and turn right.**

**7. Turn right onto Quarterstaff Rd.**

**8. 7-10 yr. old: Stay on the far right side of the street. Stop at dismount line and get off your bike. Walk your bike into the transition area at the "bike in". Do not remove your helmet until your bike is in YOUR transition area!**

**9. 11-14 yr. old: Stay on the left side of the bike lane when passing the dismount line. (DO NOT CROSS THE YELLOW TRAFFIC LANE LINE!).**

**11-12 year olds -Repeat the bike loop 1 more time until you are back to the dismount line.**

**13-14 year olds - Repeat the bike loop 2 more times until you are back to the dismount line.**

**Stay to the far right side of the street at the dismount line and get off your bike. Walk your bike into the transition area at the "bike in". Do not remove your helmet until your bike is in YOUR transition area!**

# Run Course Description and Rules

## Course Description

Once you have racked your bike back at your assigned transition spot, put on a hat or sunglasses, if you wish, and be sure your bib number is visible facing front at your waist. Then head out on the run. All athletes must wear a shirt.

You will go out the same way you came into transition from the swim. You will run across a portion of the pool lot and onto the running path alongside the pool. You will follow the path, and the route as described in the course map and description on the TriColumbia website (under course maps) and in this guide.

There will be a water stop at about the half way point of the run. Follow the orange cones, which will mark the route. Be sure to stop and drink water while running.

Run Distances increase with age as follows:

Age 7-8 & 9-10: Run one loop of 0.5 miles

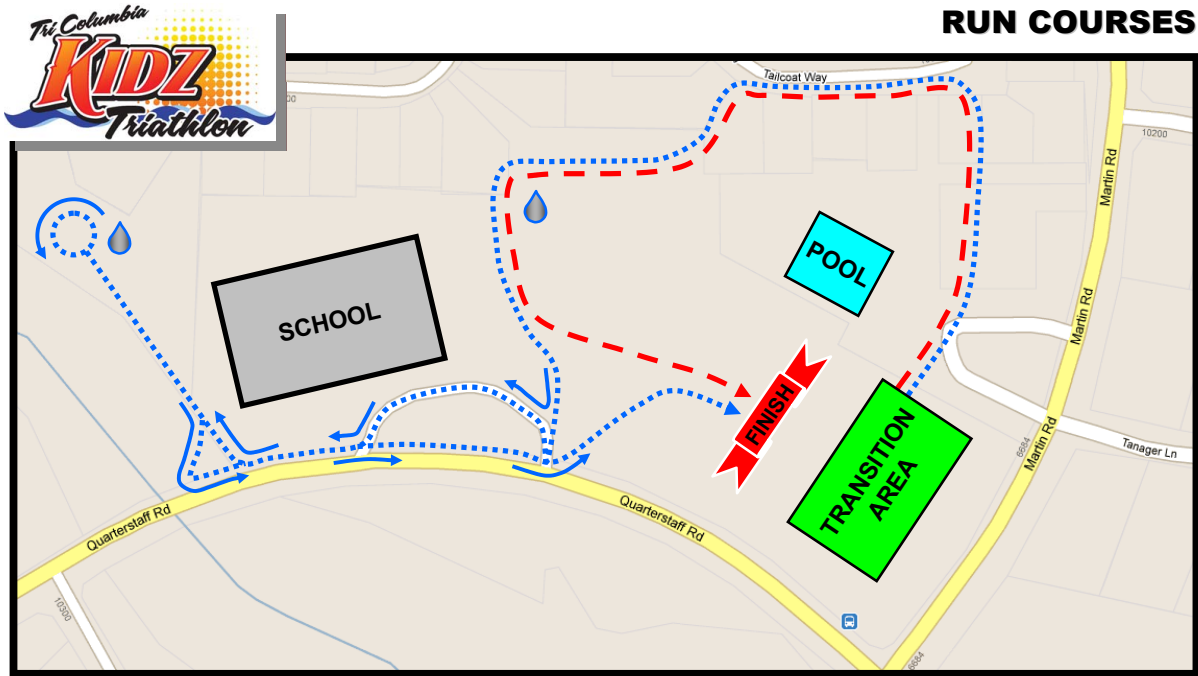
Age 11-12 & 13-14: Run a full loop of 1.0 mile

As you complete your run course, you will enter the decorated finish line chute. As you cross over the timing mat at the finish line to the cheers of your fans, your name will be announced, and you will receive a custom finisher's medal. Congratulations! You are a winner!!

## Rules

1. All athletes are required to wear race numbers at all times during the run. Numbers must face the front and be clearly visible at all times. Numbers may not be cut or folded or altered in any way. DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.
2. Headphones, headsets, Walkmans, ipods, mp3 players or personal audio devices, etc. are not to be carried or worn at any time during the race.
3. The responsibility of knowing and following the prescribed course rests with each participant.

# Run Course Map



--- 7-10 YEARS OLD – ½ MILE

..... 11+ YEARS OLD – 1 MILE



WATER STOP



# Run Course Description

## Kids' Triathlon Run Course Directions

1. Leave the transition area at the "run out".
2. Make a left turn to go onto the path in front of the pool entrance and go right down the path to the end.
3. Turn left and follow the sidewalk to the bike path.
4. Turn left onto the bike path and follow it to the grass triangle. WATER STOP HERE

### 5. 7-10 yr. olds:

Turn left and follow the course markers on the grass and turn left on the grass to go to the FINISH LINE!!

**YOU ARE A TRIATHLETE!!**

### 6. 11+ yr. olds:

Turn left and follow the course markers on the grass to the sidewalk along Quarterstaff Rd. Turn right into the parking lot in front of Clemen's Crossing Elementary School.

Turn right onto the bike path and follow it to the first bridge. Turnaround at the bridge and follow the bike path back to the sidewalk and turn left.

Follow the sidewalk until you get to the grass field.

Turn left onto the grass and then right following the course markers to the FINISH LINE!!

**YOU ARE A TRIATHLETE!!**

# Medical Information & Coverage

## USAT Athlete Excess Medical Policy

The athlete excess medical coverage protects each participant for the day of the event at USAT sanctioned races, camps and clinics.

When athletes purchase a USAT annual membership or one day permit, a portion of those fees cover the cost to provide them with excess medical insurance. This coverage only extends to their participation in a USA Triathlon sanctioned event and is only available after the injured party has filed with any primary insurance policies. A deductible does apply for this excess coverage.

If an athlete is injured while participating in a USA Triathlon sanctioned event the following steps must be followed:

- Athletes must file with their primary healthcare provider (i.e. United Healthcare, Blue Cross Blue Shield, Aetna, traveler's insurance, etc.).
- Athlete completes a medical claim form.
- For serious incidents or for athletes requesting coverage, either the race director or USAT can provide them with a medical claim form. The medical claim form along with all explanation of benefit documents should be sent directly from the athlete to the insurance company as indicated on the claim form. Please email [sanction@usatriathlon.org](mailto:sanction@usatriathlon.org) for a copy of the form.
- Athletes will pay a deductible. All athletes using USA Triathlon insurance will pay anywhere from \$250 (two-hundred and fifty U.S. dollars) to \$1,000 (one thousand U.S. dollars) out of pocket and possibly more for uncovered expenses.

Coverage limitations - Be advised that coverage may not apply to each and every claim. Additionally, coverage only extends to participants that have purchased a USA Triathlon annual membership or one-day permit and were injured through participation in a USA Triathlon sanctioned event.

Please email questions to [sanction@usatriathlon.org](mailto:sanction@usatriathlon.org) or call the group benefits department at 770-449-5559

# Medical Information & Coverage

## Important Medical Information

Please be advised that all medical expenses incurred are the sole responsibility of the athlete, not CTA/TriColumbia. USAT provides secondary coverage via USAT annual membership or the purchase of one day event insurance.

Please be aware that participation in endurance events poses particular dangers and risks. Athletes should realize that running, bicycling, swimming and other portions of such events are inherently dangerous and represent an extreme test of a person's physical and mental limits. These dangers include, without limitation, dehydration, hyponatremia, sunburn exhaustion, the potential for serious bodily injury, permanent disability, paralysis and death; loss or damage to property; exposure to extreme conditions and circumstances; accidents, illness, contact or collision with other participants, spectators, vehicles or other natural or manmade objects; dangers arising from adverse weather conditions; imperfect course conditions; water, road and surface hazards; equipment failure; inadequate safety measures; participants of varying skill levels; and other situations beyond the immediate control of the Event Organizers.

Please ask for medical assistance if you have any inkling that you might need help. Medical personnel will evaluate you, and will do all they can to keep you in the race. They will withdraw you only if you require transportation, IV fluids or if medical personnel feel that your continued participation will result in serious harm or death. Please be advised that medical personnel shall have the ultimate and final authority to remove a participant from the race if the participant is judged to be incapable of continuing the race without risk of serious injury or death.

## Race Day Medical Services

We will have medical support from local physicians and staff, and Howard County Fire and Rescue on site by the finish line.

## Concussion Information Sheet

All athletes and parents download, and sign the Concussion Information Sheet which can be found under the resources tab on the Kidz Triathlon event webpage on the TriColumbia website. Please bring this document with you to packet pick up. No child will be permitted to participate without this document.

# Personal Safety

## Safety Tips

Please follow the following safety tips to help reduce the odds of illness or injury.

- 🕒 Please trim your fingernails and toenails prior to the start of the race to avoid injury to other athletes.
- 🕒 Rinse goggles of any excess defogger solutions to avoid eye irritation.
- 🕒 If you spend the months before an event in a cooler climate than the race location, consider an acclimation period prior to the race to reduce the chance of dehydration and electrolyte imbalance.
- 🕒 Do not deviate significantly from your familiar and proven routine for training, nutrition and equipment prior to the race, and remember to obtain adequate salt and hydration intake during training as well as during the event itself. We recommend that you begin hydrating heavily several days prior to and during the event, and that you drink enough water so that your urine is clear, colorless and copious by race day.
- 🕒 Please notify staff at check in if there is any change to your medical status or medications taken from the time when you originally registered for the event.
- 🕒 Always train with at least one other person (especially in open water).
- 🕒 Always wear a brightly colored swim cap while training (especially in open water).
- 🕒 Notify your friends and family of your whereabouts.
- 🕒 When training, please bike and run on the shoulder or in a designated bike lane, and always ride single file.
- 🕒 Obey all traffic laws (stop at stop signs, signal when turning, etc.).
- 🕒 You should always carry identification with you while training. You might want to consider a [Road ID bracelet](#).

# Post Race Information

## Post Race Tri Kidz Food Tent & Party

Celebrate at the Post Race Party and Athlete's food tent from 9:30 am - 11:00 am located adjacent to the finish line. Food is for athletes only, and your wristband will provide you access. Enjoy healthy food provided by David's Natural Market, great music, and camaraderie.

## Race Results

Links to the official timing results will be posted on the TriColumbia website and at <http://www.chiptimes.com/>

## Race Photography

ASI Photography is the official CTA/TriColumbia event photographer. Links to event photographs will be posted on the TriColumbia website and at <http://www.asiorders.com> To help ensure that you get the best pictures possible, be sure to have your race number visible at all times and smile when you cross the finish line!

## Lost and Found

Lost and Found areas will be at the TriColumbia Tent near the finish line and at Transition.

## Medical Tent

The medical tent is for athletes only. Overcrowding in the medical tent hinders medical staff from doing their job. For information on an athlete receiving medical treatment, please wait outside the tent.

## Removal Of Gear From Transition

All bikes and gear must be removed from transition by 11:30 am. Only athletes wearing their race wristbands may remove belongings. Others will not be allowed to enter. If you have finished the event and want to remove your gear, please take care to stay out of the way of athletes who are still competing. Do not impede their progress.

# Maryland Youth Triathlon Series

The TriColumbia Kidz Triathlon, through a special partnership with the TRI-TO "WIN-THE-FIGHT" Frederick Kids Triathlon, Truxtun Youth Triathlon, and the MINI COW TRI CLUB, is proud to announce a first of its kind youth triathlon series in Maryland, promoting sun-safe practices, encouraging healthy lifestyle choices through multisport and showing kids that fit is fun and winning is finishing what you start!

## ABOUT THE MARYLAND YOUTH TRIATHLON SERIES

The Maryland Youth Triathlon Series was formed to drive awareness of Melanoma skin cancer among adolescents and young adults and support the Joanna M. Nicolay Melanoma Foundation. Melanoma skin cancer is the most common cancer among young adults ages 25-29 and the second most common cancer in adolescents and young adults 15-29 years old. Based in Maryland, the Joanna M. Nicolay Melanoma Foundation is a leading international voice for melanoma prevention, detection, care and cure. The Foundation promotes melanoma awareness through its "WIN-THE-FIGHT" initiatives including the TRI-TO "WIN-THE-FIGHT" Frederick Kids Triathlon.

## ENCOURAGING PARTICIPATION

All children completing at least two Maryland Youth Triathlon Series events will receive a certificate of recognition from the State of Maryland. Children completing three events will also receive a Maryland Youth Triathlon Series sun-safe hat. And, for each race a child completes he/she will receive an entry (up to a maximum of four entries) for a chance to win one of 10 grand prizes worth \$40 at the end of the series!

## MEET HUNTER LUSSI

Youth fitness advocate and triathlete role model, Hunter Lussi, will be making appearances at all four Maryland Youth Triathlon Series events, and all children participating will receive a signed copy of Hunter's book, *America, Get Off the Couch!* Get your free copy at the Post Race Party.

Hunter Lussi completed his first triathlon at the age of six. At 13, Hunter became the youngest person to complete an ultra distance triathlon (2.4 mile swim, 112 mile bike, 26.2 mile run). He has written two books, *America, Get Off the Couch!* and *A Healthy America is One Bite Away*, launched his own fitness program, *America's Tri for Health*, and is a familiar face on Capitol Hill as an advocate in the fight against childhood obesity. Now, at 17, the Maryland native is lending his voice to the Maryland Youth Triathlon Series, helping to spread the Joanna M. Nicolay Melanoma Foundation's sun-safe message and encourage healthy lifestyle choices through multisport.

# Awards

The Awards Ceremony is scheduled for 10:30 am at the post race party tent.

Top 3 Boys and Girls Age 7-8	Custom Award
Top 3 Boys and Girls Age 9-10	Custom Award
Top 3 Boys and Girls Age 11-12	Custom Award
Top 3 Boys and Girls Age 13-14	Custom Award

*If you qualify for an award and are unable to attend the Awards Presentation, you may either have someone pick it up for you or kindly send us a check in the amount of \$10.00 (P&H) to have it sent to you. Make checks payable to: The Columbia Triathlon Association, Inc., and send to 9130-G Red Branch Road, Columbia, MD 21045. Awards cannot not be mailed until a check is received. Allow up to 4 weeks to receive the award. Requests for awards received after November 1, of the year in which the race took place will not be fulfilled.*

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