

## Timbits Trevor Dickson Memorial Kids' Triathlon

Sunday, June 2, 2024

10:30 am – 3 pm

### Information for Participants and Parents

#### Welcome

The organizers of the Footstock Timbits - Trevor Dickson Memorial Kids' Triathlon would like to welcome you to our event. If you are from outside Cochrane, welcome to our community! We hope you enjoy your stay here and that circumstances allow an opportunity to check out some of the great cafes, restaurants, shops and ice cream establishments that our community has to offer.

The Cochrane Footstock Kids' Triathlon has been in existence for over 20 years (so many years that we have forgotten when it actually started!). The race was first initiated and directed for several years by Trevor Dickson. Trevor was an inspiration to many people in the Cochrane community and to the triathlon, cycling and yoga communities on a much wider basis. Trevor's main objective was to put on an event that encouraged participation, inspired lifelong fitness and was, ultimately, just plain fun. Following Trevor's lead, the organizers of the Footstock Kids' Triathlon view each participant as a winner – for simply having the passion and courage to come out and give their best on race day. We want all of you to take away a love of the outdoors and a commitment to lifelong fitness. Thank you for participating in our event!

The following includes important information about our race that is required reading by all athletes and parents. This information will make the race go much more smoothly for you. **We recommend that you review the course map and check out (maybe even pre-ride and / or run) the course before Sunday morning, June 2nd.**

#### **\*\*A message to all parents\*\***

Please ensure your child's bike is roadworthy! Check the tires to be sure they are pumped up, lube the chain and make sure the brakes are working! A bike in good working order will make your athlete a happy athlete!!

#### **TO BE CONFIRMED:**

Footstock sponsor [Big Hill Cycle](#) will do a free bike safety check (basic function of your child's bicycle, not a tune-up) the two weeks leading up to Footstock, beginning on May 20th. Participants are also encouraged to check out [Bike Cochrane's Safety Day](#) on June 1st.

AGAIN THIS YEAR: We will provide specific heat times for all athletes. This will reduce the time that athletes spend waiting for their turn to race. Heat times will be provided 48-72 hours prior to the event.

Once the race has begun, please ensure your participation is limited to vocal support:

- Please stay out of the transition area and out of the way of the athletes.
  - There are a number of good viewing spots around the transition area that will allow you to see your children participate without getting in their way and the way of others.

- We provide volunteers in the transition area to help the younger athletes find their bikes and tie their shoes if necessary. Despite the young age of some of our participants it is amazing how they can meet the challenge with very little assistance from others.
- Please stay OFF of the bike course!
  - All roads will remain open to traffic. To ensure athlete safety, please stay off of the bike course.
- Thank you in advance for your understanding of these points and for your consideration in keeping the race course and transition areas free of spectators.

Parking

- Please park in the South and West portions of the SLS Centre parking lot. The triathlon transition area will be using the northeast portion of the SLS Centre parking lot.

Parents/Spectators

- Parents should go over the race with their triathlete(s) prior to the event. It is also important that the athlete(s) remember their race number, the number of loops on the bike course and where to turn around on the run course.
- Parents should also help plan what the athlete(s) will wear on the bike and run portions of the race.
- Once the race has begun, parents MUST STAY OUT of the transition area.
- While triathletes may arrive 15 minutes before their scheduled heat time, **ALL ATHLETES MUST HAVE SET UP THEIR TRANSITION PRIOR TO 10am WHEN TRANSITION CLOSES.**
- Parents and athletes may assemble in the festival area while waiting to be marshaled to the start line.
- Parents can view the athletes in transition from the festival area and on the bike course from the grassy areas in the Bow River park. Please walk to these areas for spectating. Please stay out of the transition area and please do not drive on the bike course to ensure the safety of the athletes.
- Please stay behind the barricades placed around the finish line.

Distances/Age Categories **\*\*\*Age groups by birth year\*\*\***

	☺	A	B	C	D	E
Birth year:	2019 or later	2018 2017	2016 2015	2014 2013	2012 2011	2010 2009
Swim	50 m	50 m	100 m	150 m	200 k	300
Bike	300m	1.5 km	4.6 km	4.6 km	9.2 k	9.2 k

Run	300 m	500m	1k	1.5k	2.5 k	3.5 k
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### Race Package Pick-up

- Athletes must pick up their race package Saturday, June 1st between 4pm and 7pm in the area between the main entrance to SLS Centre and the NE parking lot (in the area occupied by the Cochrane Farmers' Market earlier in the day). Please make every effort to attend race package pick-up at that time.
- Out-of-town athletes may pick up their race package on race day at the Footstock festival grounds northeast of Spray Lake Sawmills Family Sports Centre between 6:00am and 7:00am for running races and between 8:30am and 9:30am for the Footstock kids' triathlon.

### Athlete Check-in and body marking

- Please use the provided pins to affix your athlete's race bib to the front of the shirt they will wear for the race.
- Please note: We will be body-marking triathletes at Race-Package Pick-up on Saturday, June 1st between 4pm and 7pm.

### Pre-Race Meeting

- There will be a pre-race meeting on Sunday, June 2nd at 10:15 am prior to the race start. All athletes are required to attend.
- The pre-race meeting will be held in the SLS Centre northeast parking lot near the ATCO stage.
- Footstock will hold online information sessions for triathletes and their parents. Check our website and your email for dates the week of May 20th.

### Race Bibs

- Race bibs will be provided in the race package.
- The race bib must be worn on the front of the body during the cycling and running portion of the event. Safety pins are provided in the race package.
- Bib numbers are letter-coded by age category. Please note the letter code beside your number. Run turn-around signs and bike laps will also be letter-coded.
- Timing chips should be worn around the athlete's left ankle.

### Race Clothing

The type of race clothing required will depend largely on the weather conditions. Here are some suggestions:

- Cycling shoes (if desired), bike helmet, jackets, etc. should be left beside your bike in the transition area.
- Remember, June mornings can be quite cool so dress appropriately.
- We recommend bringing a second pair of shoes / flip flops to wear while waiting to be marshaled into the pool.
- Life jackets are available from the pool at SLS Centre. They will be made available as triathletes are marshaled into the pool from the Splash Park entrance on the South / East side.

## LOST & FOUND

Any clothing items left behind after the race will be left with the Lost & Found at SLS Centre. Bikes will be collected by the Footstock team. Please email [footstockrwc@gmail.com](mailto:footstockrwc@gmail.com) to see if we might have your bike.

## Heat Times

- We will be starting with the smiley age group ( born 2019 or later) at 10:30am sharp
- The next age group will be the A age group (born 2017 / 2018)

\*This is to facilitate set up of the special bike and run courses for these age groups

- We will then proceed with the oldest to the youngest age groups:
  - born 2009/2010
  - born 2011/2012
  - born 2013/2014
  - born 2015/2016

You can expect to receive an email with estimated heat times by May 30th. We hope to stay on schedule however delays are possible. We will not begin heats before the scheduled heat time.

\*All athletes are required to attend the racer briefing at 10:15am. Triathletes should be onsite 15 minutes before their scheduled heat time.

## Transition

- Transition will be located in the northeast parking lot of the SLS Centre.
- Transition is the location where the athletes go between the swim and bike portions of the triathlon to pick-up their bike and their cycling gear (clothing, helmet, gloves, shoes, race number, etc.) and again later between the bike and run sections where they return their bikes and begin their run.
- Bikes need to be racked in the transition area no later than 10am, prior to the race briefing. \*Please walk bikes into transition – please park in the Southwest parking lot of SLS Centre.
- Bike racks will be labeled to indicate where athletes should rack their bikes.
- \*Picking up your bike after the race: Please pick up your bike via the south-west access to the transition area and only when volunteers indicate that it is safe for you to do so. Given the staggered heat start times, we expect it might be possible to collect athlete bicycles immediately after their race. There will be a five-minute period when this will be possible. Once the next heat has started, athletes will have to wait until that heat is finished and transition volunteers indicate that it is safe to enter transition to collect bikes and belongings.
- For safety reasons, parents are not allowed in the transition area once the race has begun. Volunteers will assist athletes to find their bikes and help them with their gear.
- The following clothing/gear should be with the athlete's bike in the transition area:
  - Cycling helmet
  - Cycling shoes if desired / running shoes
  - Towel if desired
  - Cycling or running clothes
- Athletes are not allowed to wear headphones during the race.
- Bikes must be walked in the Transition Area. Upon leaving the bike rack, the athlete must walk their bike to the mount line.
- \*The mount line will be positioned at the beginning of the bike course. Once past the mount line, the athlete can then get on the bike and proceed onto the bike course. \*\*Please exercise caution at the beginning of the bike course. Follow the instructions of race marshals on the bike course at all times.

- Before re-entering the Transition Area, the athlete must get off the bike before the dismount line. A volunteer will assist with the dismounting and will help return the athlete's bike and helmet to the bike rack.
- \*Athletes changing shoes for the run must remember to leave their running shoes at their bike rack

Run (refer to the Footstock Kids' Triathlon RUN course map):

[Footstock Kids' Triathlon RUN course map: Smiley \(born 2019 or later\) & A \( born 2017 or 2018\)](#)

[Footstock Kids' Triathlon RUN course map: B \(born 2015 or 2016\), C \(born 2013 or 2014\), D \(born 2011 or 2012\), E \(born 2009 or 2010\)](#)

- Athletes will leave the SLS Centre parking lot and head to the path under Jack Tennant Bridge heading North along the river. Once on the Bow River path, athletes will run North on the left side of the path until their age-appropriate turnaround point (indicated with the letter corresponding to the letter on their race bib).
- Water/Aid stations will be located at the 500m & 1km points out on the run course.

Bike (refer to the Footstock Kids' Triathlon BIKE course maps):

[Footstock Kids' Triathlon BIKE course map: A \(born 2017 or 2018\)](#)

[Footstock Kids' Triathlon BIKE course map: B \(born 2015 or 2016\), C \(born 2013 or 2014\), D \(born 2011 or 2012\), E \(born 2009 or 2010\)](#)

\*The Footstock Kids' Triathlon "Smiley" age group will complete loops set out in the Footstock Festival Area.

- Athletes are encouraged to check out the route prior to race day.
- Athletes must walk their bicycles from the bike rack to the mount line.
- All corners and intersections will be manned by volunteers. Please listen to the volunteers for direction.
- Please slow down at all corners. Take care at the turnaround on the A (born 2017/2018) bike course; it is a sharp turn.
- Athletes will be riding a counter-clockwise loop up Griffin Rd (using the sidewalk for a large portion of this section of the course), into the new strip mall parking lot, behind the strip mall and Petro Canada car wash, hugging the left-hand curb), down River Ave and along the path in the dog park back to transition. **We recommend riding the course with your triathlete prior to the event.**
- Cycling lanes will be designated by traffic cones on Griffin Road and River Avenue. Marshals will be there to guide and assist cyclists.
- \*Please note that the bike course will have two-way vehicular traffic on all Griffin Road. Athletes MUST keep to the left side at all times. Any athlete who goes outside the pylons (or to the right of the pylons) will be immediately disqualified.
- Approved (Snell, ANSI or CPSC) bicycle helmets must be worn at all times. The chinstrap must be fastened before leaving the transition area and must not be undone before getting off the bike.

**\*\*You may NOT wear headphones at ANY time on the Footstock Kids' Triathlon course.\*\***

Wearing of headphones will result in immediate disqualification and removal from the race course.

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Post Event Celebration

- The post-race event will be held at the Footstock Festival Area near the Transition Area and finish line. Cochrane Tim Hortons has once again donated food for all Kids Tri participants! Medals will be awarded to all finishers. Bring lawn chairs or blankets to sit on and enjoy the post-race atmosphere!

#### Thanks

We would like to thank Tim Hortons, the Town of Cochrane and SLS Centre for their support of our event.

#### Volunteers

We have the best group of volunteers of any race in Alberta. This event would be impossible without the help of the many volunteers who donate their time and energy. We encourage you to show some gratitude to the people who make this event happen every year. A thank you goes a long way.

Good luck and have FUN!