



## The Inkwell Clayton Kids Tri presented by Companion

### PARENT LETTER

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Following is information to help make The Inkwell Clayton Kids Triathlon presented by Companion as easy as possible for everyone.

### PACKET PICK UP:

Packet pick options are as follows:

- 8/13 at [Big Shark on Big Bend \(1155 S. Big Bend Blvd.\)](#) from 12:00pm to 5:00pm.
- 8/14 at Race Registration in Shaw Park from 6:30am to 7:30am.

Your child's packet will contain their bib number and timing strap, commemorative t-shirt, **4 Shaw Park pool passes** (!!!) and other information from our sponsors.

We strongly encourage you to pick up your child's packet Saturday.

### BIKE REQUIREMENTS:

Helmets, a functionally safe bike and a good attitude are required. If there is any question about your child's helmet or bike's safety, please bring your child's bike to Big Shark for packet pick up for a FREE safety check.

### TRANSITION ZONE:

The transition area will be divided by age group. Depending on participation numbers and how they are distributed we will divide the area accordingly.

Children are open to rack their bike on any rack with the appropriate age group area (7-10 and 11-14). The transition area will be divided into an area for each age group. There will NOT be assigned placements. Due to the size of the participants equipment/wheels, bicycles can be placed under the transition racks. Bicycles with kickstands will be placed in rows.

- Some helpful instructions for kids and parents:
  - Volunteers will be on hand to help kids "find" their spot during the race. Please encourage your children to return their bike after the cycling portion of the event exactly to where they left it.
  - A less chaotic transition area will help the kids understand the sport, compete fairly, minimize risk, and assist the volunteers. Let them help you.

### SAFETY:

Professional Lifeguards will be onsite for the duration of the swim leg. Volunteer Course Marshals will be stationed in the transition zone to assist with exiting the water, on the bike course to assist with traffic flow and along the run for encouragement.

### EVENT TIMING:

This event is chip timed. The chip is attached to an ankle strap and must be worn for the duration of the entire event. Wearing the ankle strap on the left leg facing away from the bike will minimize interference while riding. Body marking will be available in the transition zone. PLEASE have participants wear their number on the front of their shirt during the run to ensure timing accuracy. Please return the ankle timing chip after finishing.

### PARKING:

Parking is available in the perimeter parking lots around Shaw Park and in the parking garage (free) across from the Shaw Park Swimming Pool at Bonhomme Avenue and Brentwood Blvd.

**Shaw Park Pool:** Parents and participants can enter via the "stroller drop off gate" which is front of the



drop-off circle on Brentwood Boulevard. The gate is next to the high dive platform.

#### **RACE:**

- The **transition zone will open at 6:45 am and close at 7:45 am** and is in Shaw park directly down the hill from the dive tank. **NOTE to 7-10 Parents: All participants must be finished in the transition zone by 7:45am.**
- The **OLDER kids (11 - 14) will start at 8:00 am.** They should be lined up on the pool deck by 7:45 am.
- The **YOUNGER kids (7-10) will start at 9:00 am.** They should be on the pool deck by 8:45am.
- Parents- please respect the event and competing kids by staying out of the transition zone and off the race course.

#### **The Swim:**

The swim is in the Shaw Park Olympic pool. It is a time trial start with kids leaving approximately every 10 seconds. The older kids will swim 200 (4 lengths of the big pool) meters. The younger kids will swim 100 (2 lengths of the big pool) meters. It will be a serpentine style swim. Bleachers will be on the North side of the tank for viewing.

#### **The Bike:**

Older kids will do 2 laps (2.8 miles) on the bike course loop. The younger kids will do 1 lap (1.4 miles) on the bike course loop. Parents are welcome to help their child count laps.

#### **The Run:**

Older kids will run 1 mile. The younger kids will run a half (.5) mile. Please return your timing chip at the finish line. There is a charge for unreturned chips.

**The Fun Run:** Following the completion of the races- we will have a one-mile fun run for parents, friends and family members. Cost is free. Pets are welcome.

Bike and Run Course Maps are available at [Bigshark.com](http://Bigshark.com).

#### **Awards:**

All kids will receive edible Companion cookie medals and Snow Cones. Complimentary Kaldi's iced coffee will be available for spectators.

#### **TIMELINE FOR RACE DAY:**

- 6:30 am - 7:30 am Registration Open: Race Day and Pre-Registration Packet Pick Up
- 6:45 am - 7:45 am Transition Area Open. (Transition Area will close at 7:45 am).
- 6:45 am - 7:45 am Bicycle Safety Checks at Transition Area.
- 7:30 am - Race Course Closed to pedestrian and bicycle traffic.
- 8:00 am - Race Start Age Groups 11 – 14 (Athletes on pool deck by 7:45 am).
- 9:00 am - Race Start Age Groups 7 – 10 (Athletes on pool deck by 8:45 am).
- 10:00 am - Approximate End of Race (Final Finisher)
- 10:00 am- Fun Run
- 10:15 am - Finish Ceremony and Results (Immediately following final finisher)

#### **RESTROOMS:**

The Shaw Park Pool will be open at 7:00 am. Restrooms can be used then.

#### **FRIENDLY REMINDER:**

We'd like to remind everyone that this introductory event geared towards introducing kids to triathlon. Times will be posted but FUN and KNOWLEDGE are the main rewards for the day.

Thanks again to all our Sponsors. [Inkwell Law](#), [Companion](#), [Great Rivers Greenway](#), [Big Shark The City of Clayton](#), [the Staenberg Group](#), [Kaldi's Coffee](#), Fitz's Root Beer and Bottling Company