

# **Athlete INFORMATION GUIDE**



**Rotary Club of  
Vero Beach**

**Saturday, Dec 2, 2023**

**Gifford Aquatic Center  
Vero Beach, FL**

**YOU MUST BRING YOUR BICYCLE WITH YOU AT  
PACKET PICK-UP ON FRIDAY EVENING.**

*Sheriff's Office will provide overnight security for bikes in transition area*



The Rotary Club of Vero Beach  
and  
DRC Sports Athletic Event Management  
Present the



# 2023 Rotary Kids Triathlon Vero Beach

**WELCOME....WELCOME...WELCOME!**

*All events take place at*  
**Victor Hart Sr. Community Enhancement Complex  
and Gifford Aquatic Center**

(4895 43rd Ave, Vero Beach, FL 32967)

*Free Parking will be available to all participants, spectators, and volunteers*

## **Friday, December 1<sup>st</sup> – Pre-Race Day:**

**(This is your ONLY opportunity to pick up your packet & Drop off your Bike! You MUST attend this event!!!)**

3:00 p.m. to 6:00 p.m. Mandatory Packet Pick-Up & Bicycle Check-in

3:00 p.m. to 6:00 p.m. Pre-Race Kids Kickoff Party

3:30 p.m., 4:30 p.m. and 5:30 p.m. Hourly Walking Course Preview Clinics

## **Saturday, December 2<sup>nd</sup> – Race Day:**

**(NO DAY OF RACE PACKET PICK UP)**

- **7:30 AM Senior Parking Shuttle Begins**
- 8:00 AM Senior Check-In Opens
- 8:45 AM Senior Pre-Race Meeting (**Mandatory**)
- 9:00 AM Senior Division Race Starts (Born 2010-2013)
- 10:00 AM Senior Division Awards Ceremony
- **9:45 AM Junior Parking Shuttle Begins**
- 10:00 AM Junior Check-In Opens
- 10:30 AM Junior Pre-Race Meeting (**Mandatory**)
- 10:45 AM Junior Division Race Starts (Born 2014-2017)
- 11:30 AM Junior Division Awards Ceremony

## IMPORTANT RACE INFORMATION:

Remember, this is meant to be FUN. Your times will be recorded, but winning should not be the ultimate goal – finishing should be. As you participate in this triathlon in years to come, you will be able to measure your success. Enjoy the experience and excitement of something new and encourage your fellow triathletes as you see them on the course. Rules, regulations, and safety procedures will be in force for this event. **Please note that Division and Age Group are determined by the year the youngster was born, not their age on date of event.**

### **Your Start Time is based on your Age Group:**

However, each participant will be timed separately based on their start and finish time – times are tracked automatically. We will start the Senior A and B Races (**BORN 2010-2013**) **together** (one-at-a time into the water). The second wave will be the Junior Races (**BORN 2014-2017**). Remember, the swim is the first part of the race. Keep in mind that each participant is timed separately (based on their start time) so the order in which they finish has nothing to do with their place of finish. The time in which they complete the entire course is their individual time.

## What Should I Eat & Drink?

While there is no one meal that will magically make you go faster on Race Day, it is very important to eat (and drink) smart on Friday and Saturday before you race.

First and foremost, **STAY HYDRATED**. It is expected to be around 85 degrees on Saturday morning, and you do not want to get dehydrated. Stay away from sodas and focus on water. This goes for all day Friday and Saturday morning before you race. Sports drinks are also good (though water is the original sports drink).

## Parking

**FRIDAY:** Parking for Registration and Drop Off on Friday evening, will be at the Victor Hart Sr. Community Enhancement Complex, adjacent to the Aquatic Center. Entry will be off 43<sup>rd</sup> Ave. Turn into the complex on 47<sup>th</sup> Place and follow the signs and parking volunteers.

**SATURDAY:** **There will be NO PARKING at the Victor Hart Complex or Aquatic Center on Saturday.** Parking for everyone will be in the Dodgertown Elementary School parking lot located just down the street from the entrance to the Aquatic Center. A volunteer & parking signs will be there to help guide you. Additional Parking will be at the Elections Office across the street from the School.

**A FREE SHUTTLE** will be available from the Parking Area to the Race Site on Saturday (Provided by Goline Public Transit) beginning at 7:45am. There will be a Shuttle approximately every 10 minutes. The walking distance is approximately 2/3 mile. The Shuttle will NOT RUN during the Senior Bike Race from 9:00am to approximately 9:45am. As soon as the last child is off the Bike Course, the Shuttle will resume trips to the Race Site. The Shuttle will NOT RUN during the Junior Bike Race from 10:45am to approximately 11:30am. Last Shuttle will be at 12:30pm.

***Please review the Maps Below***

# Race Day!

**DO NOT BE LATE** (remember, you need time to park, Take the Shuttle or WALK from Dodgertown Elementary School Parking lot to Race Village and get set-up – so plan to be early!)

**Wristbands:** Make sure your child has put on their wristbands. This is for the safety and welfare of your child and there will be no exceptions.... ***Parent, the person picking up the child at the end of the race MUST have the matching wristband to pick up your child!***

## **Race Bib/Number:**

Every participant is assigned a number automatically by our registration system. When you collect your race packet at registration on Friday afternoon, you will receive this number – it's called a race bib. This is the same number that is to be marked on your body (see Body Marking below). The bib NEEDS to be attached to the (we will give you pins to attach them) to the **FRONT** of your child's shirt (whatever they will put on after their swim). Please attach this for them during set-up. Bib numbers must be worn on the **FRONT** of the athlete during the run portion of the event.

## **Body Marking:**

In triathlons, each participant is marked (with Sharpies) with their bib number (see Race Number above) on their arms and legs. As soon as you arrive, you will proceed to body marking In the Kids Corral at the Finish Line Area.

## **RFID Chip Timing:**

This race will be timed using the RFID timing method. As most of you are new to triathlons, let us explain what this means. Each participant will be issued a chip that matches your bib number (the number you put on your shirt). This chip (which will be strapped to your LEFT ANKLE – the ankle strap will be supplied in your packet) will track the participant on each course and actually record separate swim, bike and run times.

**NOTE: You will be required to have your race number (Bib number) with you in order to get Body Marked. Even though you will pick up your packet on Friday, make sure you bring your Bib number and Timing Chip with you on race morning.**

## **Bike/Run Transition Area:**

The transition area is located in the Baseball Field closest to the pool area. This is where the bike racks are and where you will place your bike and run gear (shoes, helmets, etc.).

- Only participants will be allowed in the transition area. Parents are NOT ALLOWED in the transition area. We will have plenty of volunteers available to help your child with their bike and equipment.
- The transition area will have 1 entrance and 1 exit. You will always enter (after the swim and after the bike) from the same end and you will always exit from the other end.
- All participants will have their own numbered bike rack. Find your numbered bike rack and then find an open space on that rack. Place your bike on/under the rack. There is space between bikes for placing your gear. Each rack is designed to hold 6 bikes.
- Participants will not be allowed to ride bikes inside the transition area. This is for everyone's safety.

- **Helmets are required for ALL participants.** No kids will be able to start without a helmet. **NO EXCEPTIONS!** There will be a LIMITED number of helmets for youngsters that do not have one this year. These are offered on a first come/first serve basis on Friday at packet pickup.

**Pre-Race Instructions/Meeting:** There is a meeting at 8:45 a.m. for Senior Division and at 10:30 a.m. for Junior Division at the front of the Aquatic Center. **All participants** (and available parents) need to attend this meeting, as we will review safety, the course, the finish area, rules, and how to have fun! Any last minute changes will be announced during this meeting.

### **The Swim:**

- Swimmers MUST enter the water feet first. NO DIVING is allowed.
- Be prepared to line up outside the Pool Building for the swim start a minimum of 15 minutes before your specified starting time.
- Participants will go off individually in 5 to 8 second increments.
- The swim will be a “snake” swim through which each kid will swim a 25-yard length, touch the end of the pool, then duck under the lane line and start their next lap.
- Participants may wear swim clothing during the entire event. If they choose, they may bring extra clothing to put on over their swim clothing, but it is not required.
- Participants will be given a color-coded swim cap in their race packet to wear during the swim. The colors are used to designate each age group. Everyone MUST wear the cap color assigned to you in your packet.
- Junior Division athletes will swim (75 Yards) [3 Lengths]
- Senior Division athletes will swim (150 Yards) [6 Lengths]

### **The Bike:**

- Bike frame numbers that are provided in your Race Packet must be attached to the top tube of the bike between the seat and the handlebars.
- Hard shell helmets must be worn and fastened before leaving the transition area for the bike course.
- For safety reasons, no headphones, earphones or any radio-type devices will be allowed.
- Stay towards the curb as you ride and allow faster cyclists to pass towards the middle of the road.
- Junior Division athletes will bike the short course. (1 mile) [1 Lap]
- Senior Division athletes will bike the long course. (1.8 miles) [2 Laps]

### **The Run:**

- The course will be well marked.
- A water station will be located on the run course.
- Please make sure your kids have their Bib number on the front of their person and visible as they cross the finish line.
- Junior Division participants will run ½ mile. [Out & Back]
- Senior Division participants will run 1 mile. [Out & Back]

\*Adaptive Athletes will do the Junior Course

## **What if I Get a Flat?**

If your bike gets a flat (or you have any other bike issues), walk your bicycle safely to the closest volunteer or race official.

## **Post Race:**

Parents will be issued a wristband, matching their child's for pick-up in the finish line area. After your child finishes his/her triathlon they will be kept under the finisher's tent with water and refreshments until parents arrive to collect them.

**Parents must have matching wristband to collect their child out of this area.**

There will be an assortment of athlete refreshments available under the tent for our young athletes. We will have water, Gatorade, bagels, fruit, cookies, and hot dogs to re-energize our youngsters. This will be for our **ATHLETES ONLY**. Parents and other family members will NOT be allowed in this area.

## **Results & Awards**

Every child who finishes is a winner and will receive a custom Finisher's Medal. We also encourage everyone to stay around as we deliver 48 awards to our top three winners for each age group for both Boys and Girls. Division and Age Group are determined by the year the youngster was born, not their age on date of event. The award ceremony begins at 10 AM and 11:30 AM for Senior and Junior Age Groups, respectively. Results will be posted for each age group shortly after the **FINAL racer** crosses the Finish Line.

◆ Age 6 (Born 2017)

◆ Age 7 (Born 2016)

◆ Age 8 (Born 2015)

◆ Age 9 (Born 2014)

◆ Age 10 (Born 2013)

◆ Age 11 (Born 2012)

◆ Age 12 (Born 2011)

◆ Age 13 (Born 2010)

## **What Do I Need to Bring?**

Last but not least, we do not want you to arrive on Saturday morning without all your gear. Clearly, some things are more important than others, but here is a general list of the most common things triathletes bring with them on Race Day. *(There is a small checklist in your packet)*

- ◆ Race Bib Number (you pick it up on Friday, bring it on Saturday!)
- ◆ Swimsuit (very useful)
- ◆ Goggles (optional, but helpful)
- ◆ Towel (useful)
- ◆ Bike (mandatory check-in /drop off on FRIDAY Night)
- ◆ Bike Helmet (mandatory)
- ◆ Running shoes & socks (a good idea)
- ◆ Water or Powerade (watch your hydration)
- ◆ Breakfast or Snack (depending on start time)
- ◆ Excitement & pride (required)

We know it will be a great event and we are very proud to have you as one of our athletes.



**BEST OF LUCK!**



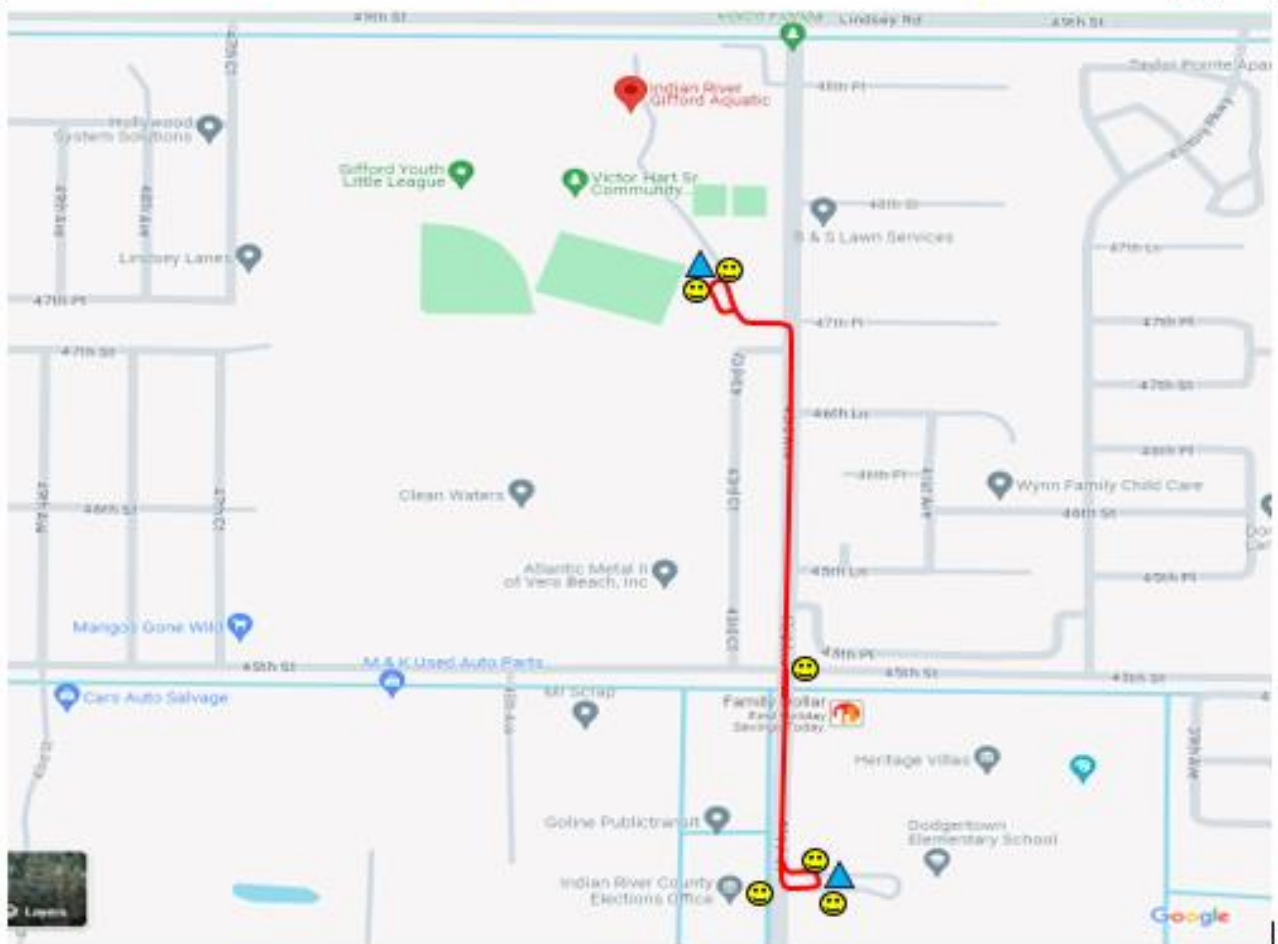


# Kids Triathlon Vero Beach – Parking Shuttle Stops

Operated by Goline Public Transit

Saturday Shuttle operates between the Gifford Aquatic Center and Dodgertown Elementary School with additional Parking at the Indian River County Elections Office

Route  Shuttle Stop  Parking Volunteer  LEO 



## Dodgertown Elementary School Shuttle Stop



# Kids Triathlon Vero Beach – Parking Shuttle Stops

Operated by Goline Public Transit

Shuttle operates between the Gifford Aquatic Center and Dodgertown Elementary School with additional Parking at the Indian River County Elections Office

Route  Shuttle Stop  Parking Volunteer  LEO 



**Gifford Aquatic Center Shuttle Stop**



**Gifford Aquatic Center Shuttle Stop Walk to Registration**

Registration  700' Walk to Pool Area (Registration) 

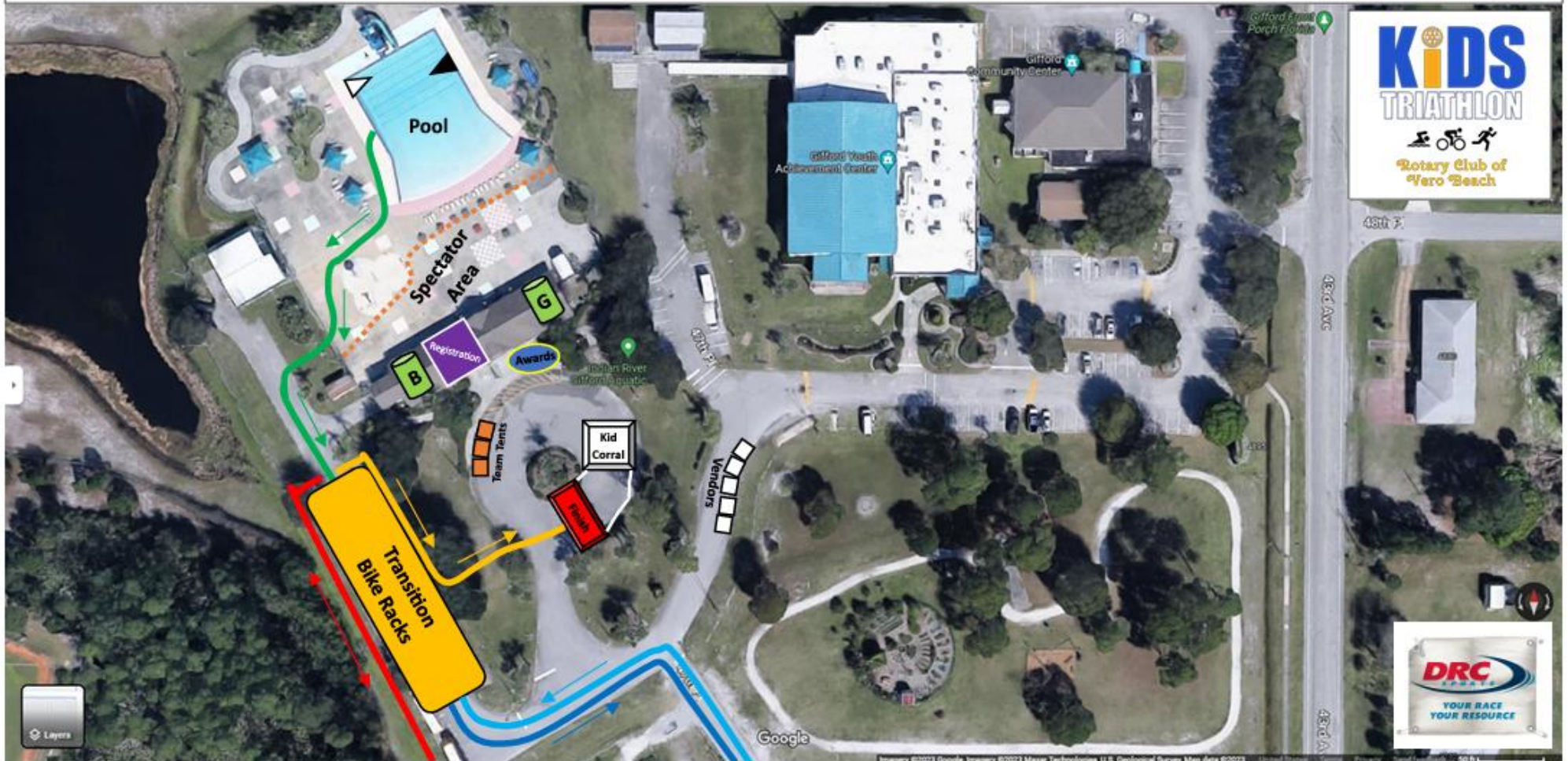
**Shuttle Operates on Saturday Only**



# Rotary Kids Triathlon Vero Beach – Registration/Child Pick-up

Gifford Aquatic Center

- Jr Swim Start ▲
- Sr Swim Start △
- Swim to Bike ———
- Bike Out ———
- Bike In ———
- Run ———
- To Finish ———
- Transition [Yellow Box]
- Packet Pickup Registration [Purple Box]
- Finish Line [Red Box]
- Kid Corral [White Box]
- Awards [Blue Oval]
- Restrooms [Green Cup]





# Rotary Kids Triathlon Vero Beach – Swim Course

Pool

Juniors (6-9 Years)(3 Lengths=75 Yards)

Seniors (10-13 Years)(6 Lengths=150 Yards)

Lifeguard 😊

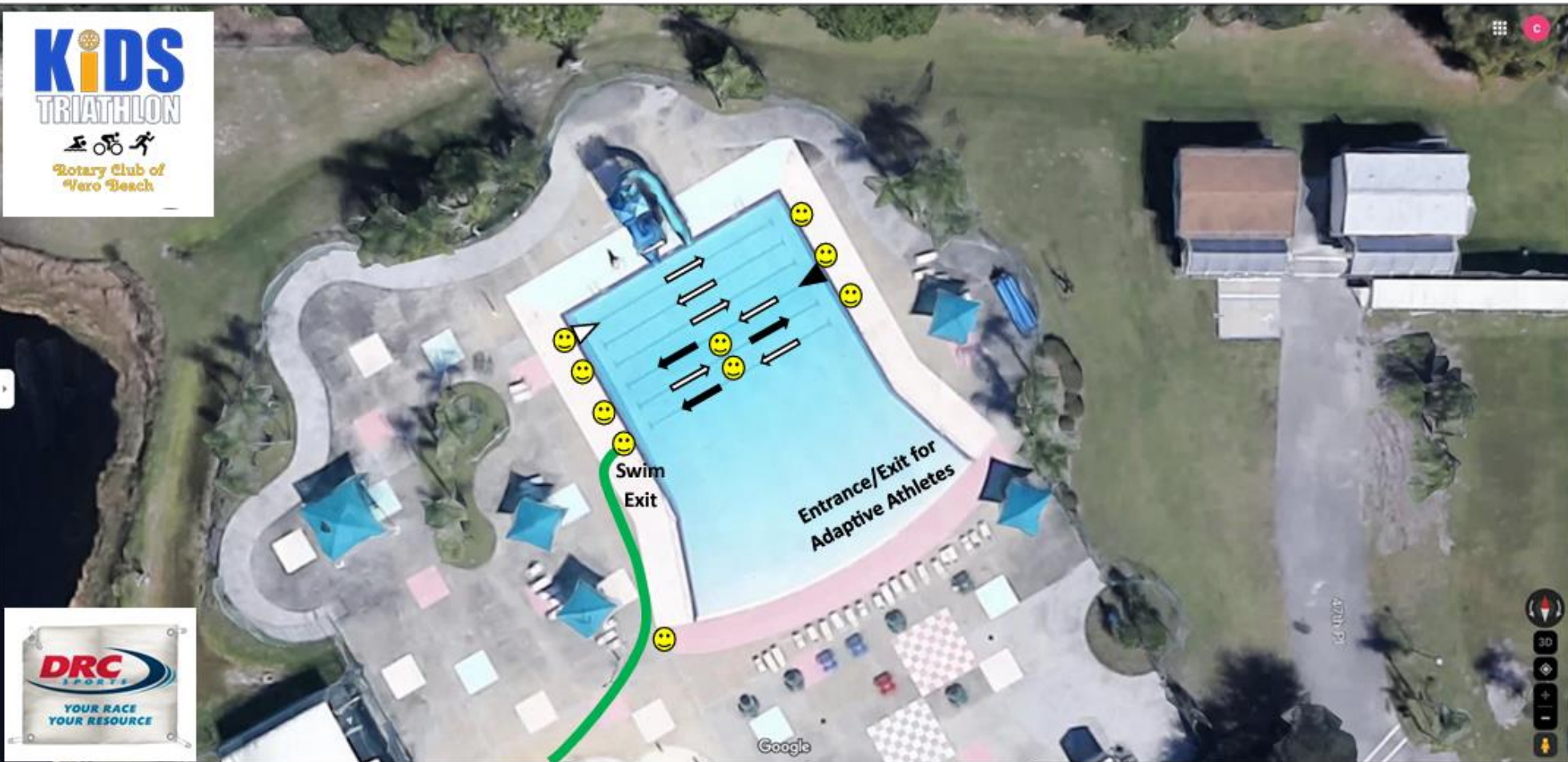
Jr Swim Start ▲

Sr Swim Start △

Jr 3 Lengths →

Sr 6 Lengths ⇨

Swim to Bike ———





# Rotary Kids Triathlon Vero Beach – Bike Course

## Out/Back

Juniors [6-9](1 Lap=1 Mile) Out/Back

Seniors [10-13](2 Laps=2 Miles) Out/Back Twice

Bike Course



Turnaround



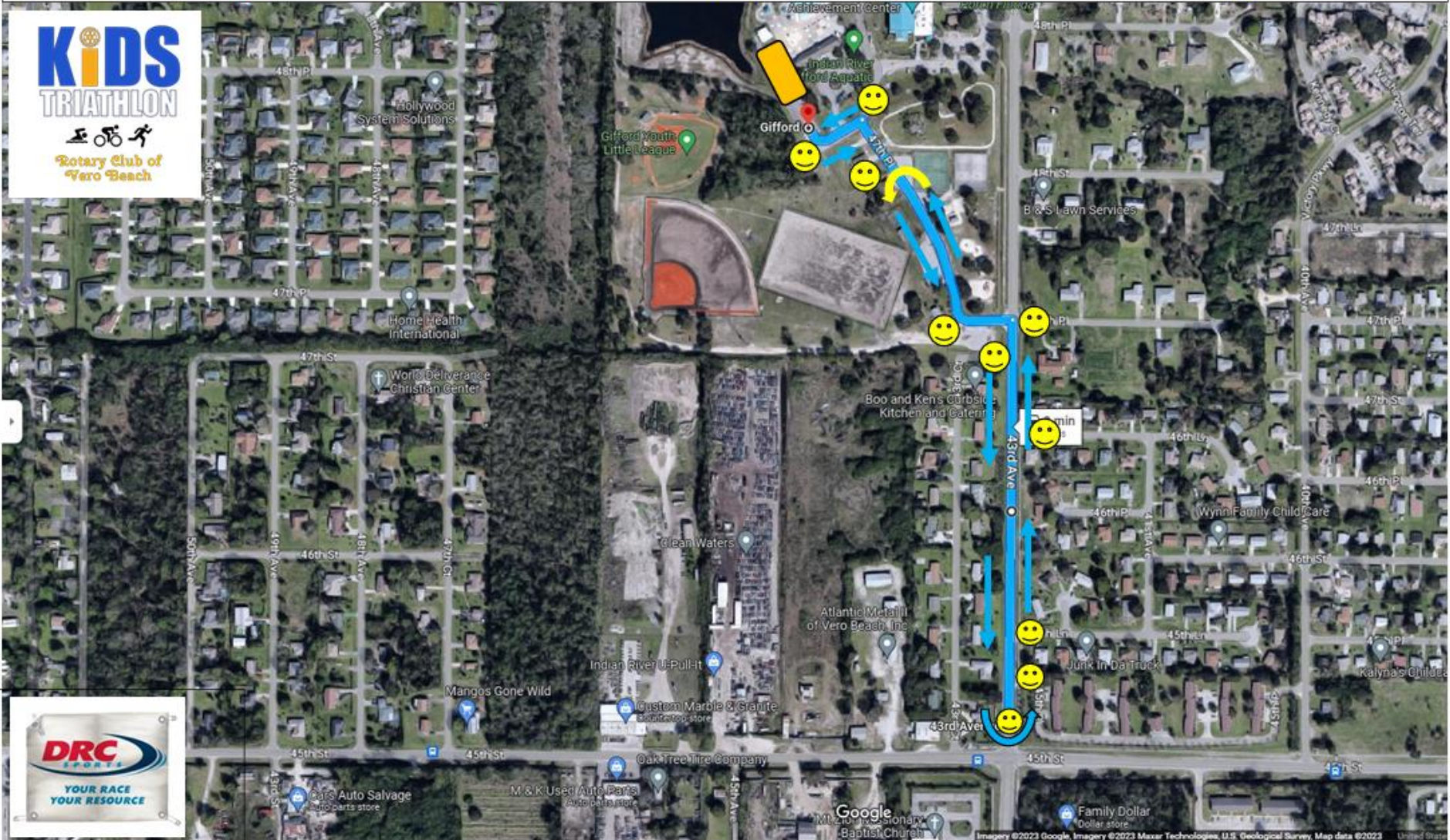
2<sup>nd</sup> Lap Turn



Transition



Volunteer





# Rotary Kids Triathlon Vero Beach – Run Course

Juniors: 1/2 Mile Run

Seniors: 1 Mile Run

Course Marshal/Volunteer ☺

Transition 

Finish Line 

Water Station 

Jr/Sr Course 

Sr Course 

To the Finish 

Jr Turnaround 

Sr Turnaround 

