



Dear Parents and Triathletes:

Thank you for participating in the 3rd Annual RussVegas Kids' Triathlon! We are so happy to have you here and want to be certain that we create an environment that is fun and safe. With that in mind, we are asking you to be familiar with the following information.

The race location including Start / Finish and Parking is at the Russellville Aquatic Center on North Phoenix in Russellville. Parking for the event will be on the north side of the Russellville Aquatic Center.

The transition area will be CLOSED 15 minutes before the event starts, and will not open again until after all participants have completed the cycling portion of the event. The Transition area is a secure "safe zone" No one other than event staff and participants will be permitted in this area while it is closed. It will reopen for parental/guardian access once all the participants have returned from the cycling portion. PLEASE do not attempt to retrieve any items from the transition area during the event. This is a huge safety hazard and we do not want any children or adults to be placed in harm's way.

The race starts at 8:30AM. We recommend that you arrive at the race site prior to 7:30AM. All participants will be directed to the Aquatic Center at 8:20AM to begin lining up for the pool start. All participants should have their bikes and shoes set up in the transition area (on the south side of the Aquatic Center) before that time. The athletes will be lined up by their race number with the 11-13 year old kids going first and the 7-10 year olds second. The 7-10 year olds will swim one length of the pool. The 11-13 year olds will swim 1 lap in the pool (down and back). As a time-trial start, there will be about a 3 second pause between each of the participants. There will be approximately a 10 minute break after the last group of 13 year olds begin.

Parents can watch the swim from the roped off areas around the pool area and then exit the building from the locker room area entrance. Please do not attempt to enter the pool area from the transition area or go behind the roped off section. Signs will direct spectators. Bathrooms are available in the Aquatics Center.

Please be certain to have a bike helmet at the event. We do not want to stop anyone from participating, but athletes without helmets will not be allowed to compete. Unfortunately, RussVegas Kids Triathlon is unable to provide bike helmets or bikes for participants. Kids ages 7-10 will go about 2 miles. Kids ages 11-13 will do two laps (4 miles) on the bike course.

The transition area (where the kids will leave their bikes) needs to be as free from obstruction as possible so we are asking that parents stay out of the transition after the race starts. We will have several volunteers in the transition area that will assist participants as needed.

The running portion of the event will cover 1/2 mile for ages 7-10, and 1 mile for ages 11-13.

Athletes will have their arms and legs marked with their race number. They will also have stickers with their race number on it. They should put the sticker on the front of their bike helmet so that they can be identified.

The use of assisted devices including flotation devices and training wheels will be allowed during the triathlon, but those who use them will not be eligible to place. They will still receive their finisher medal.

In the event that the triathlon must be canceled due to inclement weather, we are sorry to announce that refunds will not be granted.

We are unable to refund entry fees, however entry can be transferred from one child to another if the registered child is unable to participate and the race director is notified no later than 11:59PM Wednesday, August 21st.

We hope that each of you has a wonderful racing experience. We are thrilled that you have chosen the sport of triathlon and hope that you continue to participate for many years to come.

Thank you for being a part of the RussVegas Kids Triathlon!