



Participants Guide & Race Information

Event Date: Saturday, June 28th, 2008@ 6:00 p.m.

Print this document, Read and Fully Understand.

The Participants Guide contains details that will help you come prepared for the race. Please read this Guide thoroughly. It includes important information about Safety Measures, Mandatory Pre-Race Briefing, Course Description, Rules of Participation, Packet Pick Up, Gear Check In, Parking, Schedule of Events, Race Results and More.

Please visit www.topshelfraceproductions.com for all Race Event details.

SANCTIONING INFORMATION

The Kids Triathlon is a USAT Sanctioned event. An annual Youth Membership in USA Triathlon (\$5) is required for participation. More details can be found at www.usatriathlon.org.

RACE VENUE

Splash Landing Waterpark
Middle Road and 23rd Street
Bettendorf Iowa 52722

DIRECTIONS

For driving directions from your specific location, visit www.mapquest.com.

PARKING

Parking will be available in several locations including: Life Fitness Center parking lot, Westside parking lot of Splash Landing and several side streets (not including 23rd street).

COURSE DESCRIPTION and LENGTH

	Ages 7-10	Ages 11-14
Swim	60 yards	110 yards
Bike	1.5 Miles	5 Miles
Run	1 Kilometer (.62 miles)	2 Kilometers (1.24 miles)



Ages 7-10

SWIM COURSE

Two (plus) lengths - totaling 60 yards - in splash landing pool then exit out of gates and run east to the former tennis courts.

BIKE COURSE

Mount bicycle and exit east side driveway onto 23rd St. Proceed south about three quarters of a mile on 23rd street and turn around. Race Volunteers will direct you. (Course Map available on website)

All bikers must have an ANSI approved helmet to participate. Bikers without helmets will not be allowed on the course.

You must walk your bike while in transition.

Be sure your helmet is buckled in place, during the bike leg, in transition and on your bike.

RUN COURSE

Exit transition area and run across parking lot following the driveway to the west. Stay on the road veering south around to the parking area. Circle and return staying to the right finish under the large arch in the parking lot of Splash Landing.

Your run number (bib) should be worn on the front.

Water and Gatorade will be available at the Transition Exit, Run Turnaround, Finish Line and Post Party.



Ages 11-14

SWIM COURSE

Four (plus) lengths - totaling 110 yards - in splash landing pool then exit out gates and run east to the

BIKE COURSE

Mount bicycle and exit east side driveway onto 23rd St. Proceed south about a half mile and turn left to enter bike path (race staff and volunteers will direct you). Follow bike path about 2 miles east (signage, cones and race staff will be visible) until bike path turnaround. After turnaround, head west back to 23rd street. Turn right on 23rd St. and travel north on 23rd St. returning to the Splash Landing parking lot and the bike transition area.
(Course Map available on website)

All bikers must have an ANSI approved helmet to participate. Bikers without helmets will not be allowed on the course.

You must walk your bike while in transition.

Be sure your helmet is buckled in place, during the bike leg, in transition and on your bike.

RUN COURSE

Exit transition area and run across parking lot following the driveway to the west. Stay on the road veering south around to the parking area follow course markings running downhill and around the middle Park Lagoon. Return the way you came and finish under the large arch in the parking lot of Splash Landing.

Your run number (bib) should be worn on the front.

Water and Gatorade will be available at the Transition Exit, Run Turnaround, Finish Line and Post Party.



SCHEDULE OF EVENTS

Saturday, June 28th, 2008

Packet Pick Up

2:30 - 5:00 p.m.

Splash Landing Waterpark
Middle Road and 23rd Street
Bettendorf Iowa 52722

No one arriving after 5:00 p.m. will be allowed to pick up packets.

Transition Opens

5:00 p.m.

Pre-race Briefing - Mandatory

5:45 p.m.

RULES OF PARTICIPATION

- Parent and/or Legal Guardian must sign the Event Waiver and Disclaimer Form for participant.
- You must attend the 5:45 p.m. pre-race briefing
- Parents must produce a photo ID and purchase an Annual USA Triathlon Youth Membership (\$5) (for their child participating) - forms available at Packet Pick Up.
- Participant must wear ANSI, Snell or CPSC approved helmet and have it fastened whenever bike is un-racked.
- Only participants are allowed in the transition areas.
- Use the portable toilets provided by the race.
Anyone caught failing to do so may be disqualified and will not receive a refund.
- Do not bring pets to the events.
- No Alcohol whatsoever is permitted at the event, on the course, Transition Area, Finishing Area or Post Party.



Race Begins

6:00 p.m.

Weather permitting, the race will begin on time. If the event is cancelled for any reason on race day, there are No Refunds.

Post Party Begins

7:00 p.m.

Replace the fuel you burned with a wide variety of complimentary refreshments including: bagels, apples, oranges, bananas and cookies.

Liquid refreshments will include Gatorade, Water and various soft drinks.

Awards Ceremony

7:45 p.m.

Overall Awards:	Top (3) Boys		Top (3) Girls	
Age Group Awards:	Boys	Top	Girls	Top
	7-8	(3)	7-8	(3)
	9-10	(3)	9-10	(3)
	11-12	(3)	11-12	(3)
	13-14	(3)	13-14	(3)

CHIP TIMING

The race will be chip timed.

Chip Distribution will take place at packet pick up.
Signage and Event Staff will direct you to the Chip Distribution Tent.

A chip timing device must be attached to each participant's ankle with a strap (provided). The chip interacts with sensor mats placed at key race areas, to record each individual's exact time and place, at those intervals.

Volunteers will be on hand at the finish line to collect chips. However each participant is responsible for the return of his or her chip.

A \$30 charge will be assessed if the ChampionChip® is not returned.



RESULTS

Race results will be printed & posted (at the finishing area) and soon as reasonably possible. Additionally, results will be uploaded to www.topshelfraceproductions.com - link to Swing Into Spring Duathlon / Results.

VOLUNTEERS

If you have family or friends coming with you who may be interested in volunteering, please have them contact Amy Castro @ 563.343.7132.

Volunteers will receive a FREE T-shirt and access to the Post Race Party, food and beverages.

CONTACT INFORMATION AND ADDITIONAL QUESTIONS

Contact Jeff Castro

Ph: 563.343.7132

Email: kbug@qconline

www.topshelfraceproductions.com