

TRI THE ROCK

Youth Triathlon Guide - Butterfield Park

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COURSE MAPS AND RESULTS WALL



EQUIPMENT AND GEAR

(Refer to the provided Youth Triathlon Clinic Info Sheet)

GENERAL

- RACE PACKET
- MEAL TOKEN
- PRE/POST EVENT SHOES AND SWEATS
- 2ND TOWEL OR BLANKET FOR AFTER RACE

SWIM

- GOGGLES & SWIM CAP (optional)
- SWIMSUIT
- TOWEL

RUN

- CAP (OPTIONAL)
- RUNNING SHOES
- RUNNING SHORTS

BIKE

- ATTACHED BIB# TO SHIRT OR RACE BELT
- BICYCLE
- BIKE OR RUNNING SHORTS
- CYCLING OR RUNNING SHOES
- HELMET
- SUNGLASSES
- SUNSCREEN

BIKE RACK AND SET UP

NOTE: Get packet and bib at check-in (Saturday pick-up is recommended)

Attach bib to your race belt or shirt



BIKE RACK AND SET UP

Walk your bike to assigned staging area



BIKE RACK AND SET UP

Designated age/color coded bike racks



BIKE RACK AND SET UP

Racking your bike and staging your gear



START AND POOL AREA

CHECK-IN and pool staging area



START AND POOL AREA

Body Marking



“Come on in!”



START AND POOL AREA

Timing Chips



START AND POOL AREA

Line up!



Start Instructions



START AND POOL AREA

Swim!



EXIT pool and pool area



TRANSITION – 1

En route...



To transition area

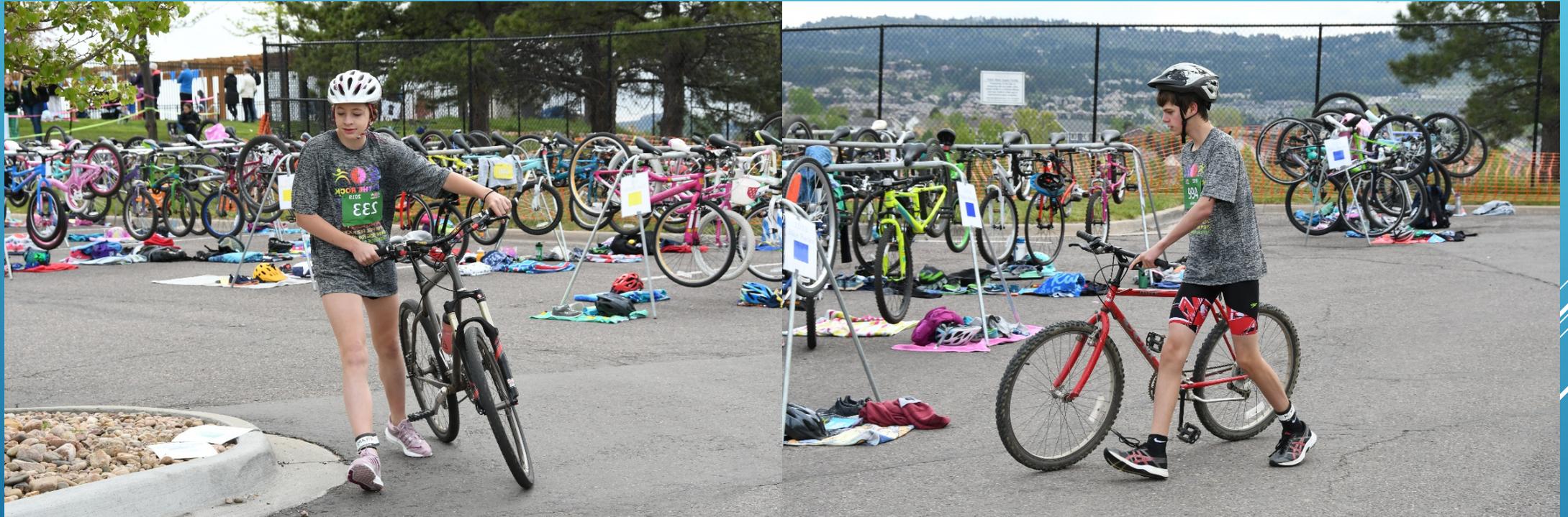


Gear adjustment and preparation to ride



TRANSITION – 1

Walk your bike out of transition area



TRANSITION – 1

Mount!



EXIT transition area



BIKE COURSE

Down driveway out to bike route...



BIKE COURSE

Rolling out to bike route...



Turn right and ride within coned lane



BIKE COURSE

Returning to transition area



Transition - 2

Dismount and walk to assigned area



Gear adjustment and preparation for run



RUN COURSE

EXIT transition area to run route



Off and running!



RUN COURSE

Final stretch and FINISH!



FINISHER MEDALS



POST-RACE MEAL

(Use meal tokens provided at check-in)

Meal tokens



Place your order!



LAST RACE: 5/6 YEAR OLDS

Pool area staging, instructions, and assistance



LAST RACE: 5/6 YEAR OLDS

Let's go guys!



Parental guidance to and through transition...



LAST RACE: 5/6 YEAR OLDS

To the bike course...



Bike course with mom!



LAST RACE: 5/6 YEAR OLDS

EXIT Transition area



This way to the RUN course!



On our way...



LAST RACE: 5/6 YEAR OLDS

Finish line frenzy



Almost done!



The bling speaks for itself



AWARDS

TEAM



Top 3 division winners



POST RACE RELAXATION

