



**2017**

**NAVIGATORS STAMFORD  
KIDS TRIATHLON  
ATHLETE GUIDE**

**July 15, 2017  
Cummings Beach  
Stamford, CT 06902**

# OVERVIEW

We are very excited for the 2017 Navigators Stamford KIC IT Kids Triathlon!

The event is a fantastic opportunity for your child to participate in an enjoyable athletic event that promotes a healthy lifestyle, provides a chance to meet new friends and builds self-confidence. The courses and distances will be achievable for all athletes, promoting a philosophy of completion rather than competition. Overall winners, 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place in each gender, will be acknowledged in our post-race award ceremony. All finishers receive finisher medals.

# PACKET PICK-UP

**Location:**

Cummings Beach

440 Shippan Avenue  
Stamford, CT 06902

**Friday, July 14, 2017**

5:00pm - 7:30pm

*KIDS & ADULT RACES*

*Registration accepted for all races*

**Saturday, July 15, 2017**

6:30am – 7:45am

*KIDS TRI ONLY*

*Raceday registration accepted for Kids Triathlon*

Registrations are accepted during Friday's packet pick-up for all events. Raceday morning registration is available for the kids' triathlon ONLY.

**What you pick-up:**

During athlete check-in, you will receive your t-shirt, cinch bag, race bib, bike sticker, helmet sticker, swim cap and timing chip.

**USA Triathlon Age Group Policy**

All athletes will be grouped based on their age on December 31 of the race year, not by their age on race day. Therefore, your birthdate is required on our entry form in order to calculate your age on December 31 of this year. For more information on the age-up rule, visit [www.usatriathlon.org](http://www.usatriathlon.org).

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**BIB COLORS**

<b>KIDS TRIATHLON 6-7</b>
<b>KIDS TRIATHLON 8-10</b>
<b>KIDS TRIATHLON 11-15</b>

# PARKING

CUMMINGS BEACH  
440 Shippan Ave  
Stamford, CT 06902

## PLEASE PRINT PARKING PASS ATTACHED SEPARATELY IN THIS EMAIL!

**WE KINDLY ASK THAT ALL CARS PARK IN THE LOT ADJACENT TO THE RACE SITE.  
WE WILL HAVE VOLUNTEERS TO DIRECT YOU.**

**\*To keep athletes safe, cars will not be permitted to leave the parking area until 10:00am when all athletes are off course. When exiting lot at end of race, please be on the look out for volunteers and families on the course.**



# RACEDAY SCHEDULE

## LOCATION FOR ALL RACES:

[Cummings Beach](#)

440 Shippan Avenue  
Stamford, CT

## Saturday, July 15

### *Kids Triathlon*

6:30am: Transition Opens

6:30am – 7:45am: Packet Pick-Up & Registration

7:45am: National Anthem & Pre-Race Briefing

8:00am: Ages 6-7 **BOYS**

8:03am: Ages 6-7 **GIRLS**

8:15am: Ages 8-10 **BOYS**

8:18am: Ages 8-10 **GIRLS**

8:40am: Ages 11-15 **BOYS**

8:43am: Ages 11-15 **GIRLS**

8:15am: Post-Race Kids Festival

10:00am: Awards Ceremony

**Please note:** We will start the waves by age division from youngest to oldest, male to female. Ages 8-10 will not start until the last athlete from ages 6-7 is off the bike course. Ages 11-15 will not start until the last athlete from ages 8-10 is off the bike course.

## RACE DISTANCES

### **AGES 6-7**

Swim: 50 meters (equivalent to 1 lap in an Olympic pool)

Bike: 1.2 mile (1 lap of Cummings Park)

Run: 0.5 mile (out and back along the beach)

### **AGES 8-10**

Swim: 50 meters (equivalent to 1 lap in an Olympic pool)

Bike: 2.4 miles (2 laps of the bike course)

Run: 0.5 mile (out and back along the beach)

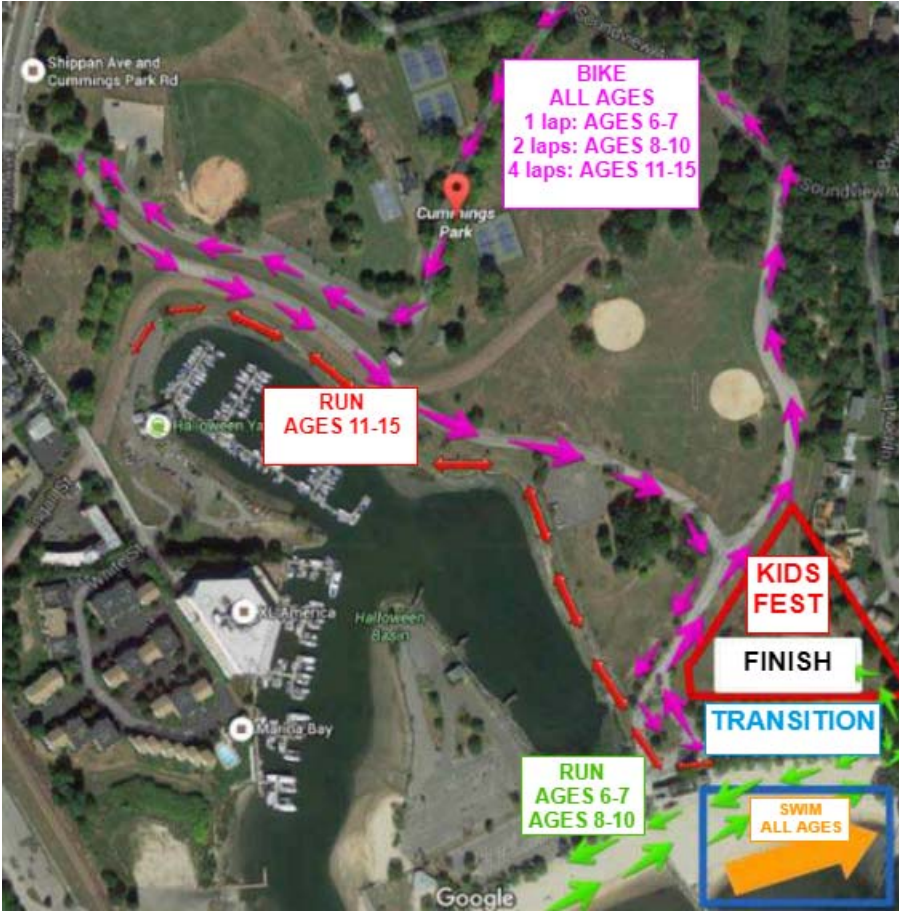
### **AGES 11-15**

Swim: 150 meters (equivalent to 3 laps in an Olympic pool)

Bike: 4.8 miles (4 laps of the bike course)

Run: 1 mile (out to Cummings Park entrance and back)

# COURSE MAPS



# EQUIPMENT

## Required Equipment

- Bicycle: pre-race safety check recommended and will be available on race day
- Helmet: helmets are required for the bike portion of the race and no athlete will be allowed to enter the bike course without helmet on and buckled.
- Swim suit
- Swim cap: one will be provided by the race
- Running shoes
- T-shirt: athletes are required to wear a shirt for bike and run
- Race number: provided during packet pick-up. Athletes must wear this on the outermost layer of clothing during the bike and run.

## Optional Equipment

- Water bottle (there will be water stations)
- Shorts (to wear for bike and run)
- Towel
- Cap/visor
- Goggles: highly recommended but not required
- Socks

## Other Notes:

- Athletes and parents must heed race officials, police officers and volunteers at all times.
- Athletes and parents are encouraged to show positive sportsmanship during the race and respect others' equipment in transition
- Wetsuits are allowed but not required.
- **No swim fins, floaties, kickboards, noodles or other assistive swimming apparatus are allowed.**



# TRANSITION AREA

## What is a Transition?

After the athlete checks-in, he or she will be directed to the “transition area.” This is where your child will arrange his/her equipment. Athletes will be directed by our volunteers where to set up their equipment. Next to the athlete’s bike, arrange running shoes (and socks if the athlete chooses), bicycle helmet, and shirt with race number pinned on. We suggest laying equipment out on a towel to keep it contained and to wipe one’s feet on. The athlete may also want to include a water bottle to squirt off any sand or debris on his/her feet.

**Race organizers ask athletes to be respectful of sharing the transition with others.** It is asked that, once the athlete finds a place to arrange their equipment, they remember to park their bike their following the bike portion of the triathlon.



## PARENTS ARE NOT ALLOWED IN THE TRANSITION AREA!

The athlete will enter the beach area for the first leg (swim portion) of the event with **only** bathing suit, swim cap and goggles on. Swim cap is provided by the race and are picked up during packet pick-up.

There will be volunteers and race day staff available for any questions you or your child might have prior to the start of the race (look for volunteers wearing GOLD SHIRTS with VOLUNTEER printed on the back).





# SWIM

Our swim will be lined with lifeguards and volunteers both in and out of the water. Athletes will start the swim by running into the water from the beach. Upon entering the water, the athletes will be directed to turn LEFT at the first buoy, swim parallel to the shore, turn LEFT at the second buoy, and exit the swim, heading into Transition.

## \*NOTE

- Athletes will be swimming in water 3-4 feet deep.
- Course will be lined with lifeguards and volunteers
- Heats will be broken into small groupings of racers by age and gender- meaning we will not have large packs of swimmers competing at any one time

## DIAGRAM OF SWIM & TRANSITION



# BIKE

Upon exiting Transition, athletes will either complete 1-4 laps around Cummings Park depending on their age (see below number of maps per age group). Athletes NEED to stay on the roadways and to be respectful of residents walking. Road will be closed to traffic.

An aid station with water is available in the transition. First aid is located between the finish line and transition.

**AGES 6-7: 1 LAP**

**AGES 8-10: 2 LAPS**

**AGES 11-15: 4 LAPS**

Volunteers will be on the course to help give directions, count laps, and most importantly, cheer! Upon completion of bike course, athletes will rack their bikes back in transition and head out for the run.

## AREA OF CAUTION!

At the end of northeast end of Cummings Park, cyclists will be turning left onto Soundview Avenue and will be riding in the vehicular lane against traffic for approximately 0.1 mile until they re-enter the park. Stamford Police will on site to block road to vehicular traffic. Although we will have police and volunteers throughout this area, cyclists are asked to still use extreme caution and take turns slowly.



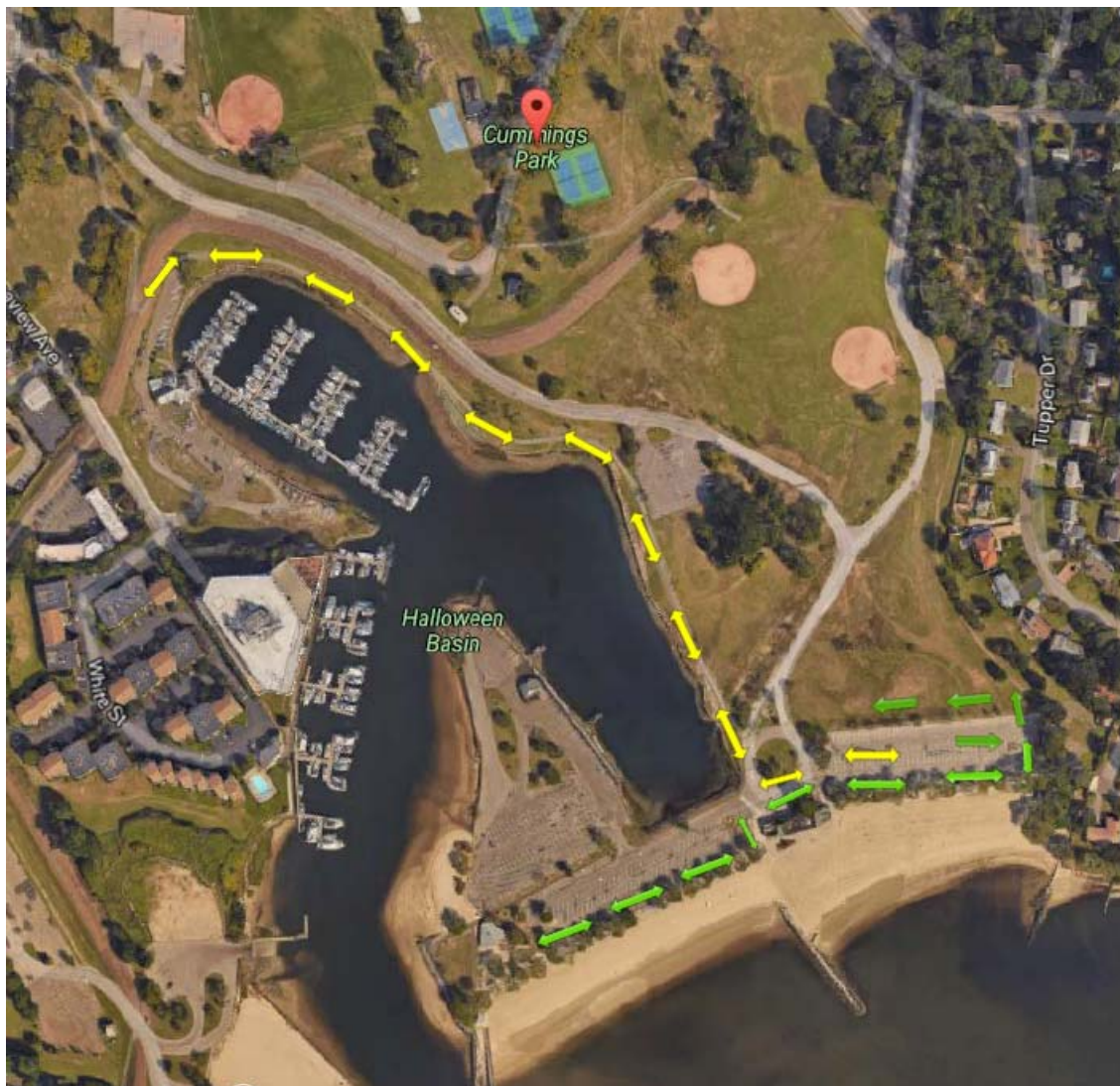
# RUN

Once the racer has completed their bike, they will be instructed to put their bike back into the transition area. All run courses are out-and-back! The run course for ages 6-7 and 8-10 will take place on the pathway along the beach. The run course for ages 11-15 will take place along the path exiting Cummings Beach. Athletes will finish in the finish chute located north of the transition.

An aid station with water is available in the transition. First aid is located between the finish line and transition.

**GREEN: RUN AGES 6-7 & 8-10**

**YELLOW: RUN AGES 11-15**



# KIDS FESTIVAL

We are very excited to host the Kids Festival at Cummings Beach! Kids' finishers and their siblings, family and friends are invited to join the festival after swimming, biking and running. The Kids Festival begins at 8:15am at Cummings Beach and will feature refreshments, food, music, activities and more! Thanks to our sponsor, ACME, for providing food for the event.

All Kids Triathlon finishers are invited back on Sunday, July 16, to enjoy food and cheer on the adults.

***Best of luck and we'll see you at the finish line!***

***THANK YOU VERY MUCH FOR YOUR  
SUPPORT AND PARTICIPATION!***

***Be sure to follow Kids in Crisis on Instagram @kids\_in\_crisis  
and use #KICItTri with your photos!***

***If you have any additional questions, please contact  
Event Coordinator at [john@jbsports.com](mailto:john@jbsports.com) or 203-481-5933.***