



YMCA OF ALASKA

FIRST ANNUAL TRI
THE Y KIDS
TRIATHLON

We are thrilled to invite you to our first-ever kids' triathlon event, promoting fun, fitness, and friendly competition for participants aged 7-15. Please find all the essential information and forms you need to prepare for the event in this packet.

EVENT DETAILS Date: August 11, 2024

CONTACT

- 5353 Lake Otis Parkway
Anchorage AK 99507
- Marketing@ymcaalaska.org
- 907-563-3211
- www.ymcaalaska.org

RACE DAY SCHEDULE

Check-in and Registration

Schedule:

7:00 AM - 8:00 AM:

- Commencement & Safety Meeting
 - Opening Address
 - Introduction of Key Figures and Volunteers
 - Overview of Safety Guidelines and Rules
 - Question and Answer Session

8:30 AM:

- Triathlon Begins
 - Ages 7-9:
 - Ages 10-12:
 - Ages 13-15:

Course Options:

Short Course:

- 50m Swim
- 1 Mile Bike
- 0.5 Mile Run

Long Course:

- 200m Swim
- 4 Mile Bike
- 2 Mile Run

Additional Information:

- Swim Seed Times: Participants will be categorized by age, and swim seed times will be scheduled every 15 minutes.
- Transition Areas: Clearly marked transition points will be supervised by volunteers to aid participants.
- Water Stations: Positioned at regular intervals along the cycling and running routes.
- Medical Assistance: On-site medical tent and first aid stations available.

Awards:

- Top Three Overall: Recognition for the three participants with the best combined swim, bike, and run times in each age category.
- Participation: Certificates of achievement for all participants.

OPEN TO KIDS 7 TO 15

- Bike Confidence Required: Participants must be confident riders; training wheels are not allowed.
- Fun Swag for All Finishers: Every participant will receive fun swag to celebrate their participation and effort.
- Kid-Only Event: This event is exclusively for kids, fostering a sense of independence and achievement.

REGISTRATION PERIOD

- **Opens: May 16, 2024, at 12:00 PM**
- **Deadline: July 16, 2024, at 12:00 PM**
- **Register Online at YMCAALASKA.ORG**

Entry Fee: \$35 per child

Race Pack: Includes a t-shirt, race bib, and participation certificate.

RULES AND SAFETY

Kids' Triathlon: Safety and Emergency Procedures

- **Helmet Safety:**
 - All participants must wear properly fitted and secured helmets during the biking leg of the triathlon.
 - Helmets should meet safety standards.
- **Swim Caps and Swim Safety:**
 - Swim caps will be provided to improve visibility and safety during the swim section.
 - Swimmers are required to wear the provided swim caps.
- Follow the designated course for each triathlon segment: swim, bike, and run.
- Observe traffic rules, signs, and follow instructions from event volunteers and officials.
- Maintain a safe distance and show consideration for other participants during the race.
- **Parental Support and Guidelines:**
 - Parents should cheer on and back their children from the sidelines during the event.
 - Refrain from interfering with the race or helping children, unless in emergencies.
 - Educate children on safety and respect before the event.
- **Biking Guidelines:**
 - Participants must wear helmets in Transition 1 (T1) and throughout the bike course.
 - Ensure your child's bike is in good condition before the race, including proper inflation, functional brakes, and a securely fastened seat.
 - Training wheels are not permitted during the triathlon.
 - The bike course will be clearly marked for safe navigation.
- **Transition 1 Guidelines:**
 - Use a bucket for gear and seating during transitions.
 - Include essential items in the bucket, clearly labeled.
 - Arrange items at your designated spot for quick access.
- **Swimming Guidelines:**
 - Kids will be accompanied by volunteer escorts, grouped by grade level, for pool entry.
 - Parents can observe their child from the pool building.
 - All swimmers must complete a warm-up and swim test before the race.
 - Swimmers can bring their own vests or use provided ones.
 - Parents can watch from Transition 1 (T1) but should act as spectators, fostering independence.
 - Children hesitant to swim can proceed after others exit the pool deck.
- **Emergency Procedures:**
 - Trained volunteers and officials will manage medical emergencies.
 - Inform event staff if medical attention is required.
 - On-site medical tent and first aid stations will be available.
 - Emergency contact information provided during registration will be used if necessary.
 - Organizers will promptly update all participants and attendees on emergency protocols.

RACE DAY SCHEDULE CONTINUED

Ceremony

11:30 AM** - Awards

12:00 PM Community Picnic & Celebration

AWARDS RECEIVED

Top Three Overall: The top three participants in each age group with the best combined swim, bike, and run times will receive awards.

- Participation: All participants will be presented with achievement certificates to acknowledge their involvement in the triathlon.

Why We Fundraise: Making a Splash in Our Community

YMCA Aquatics Hosts Triathlon Fundraiser

Join the YMCA of Alaska as they host a children's triathlon fundraiser to enhance and support aquatics programs. Your participation will have a positive impact on our community.

Program Expansion: The goal is to broaden swim lessons, water safety classes, and competitive swim programs, ensuring all children have access to learn and succeed in the water.

Scholarships: Financial assistance is available for families and individuals in need. Last year, over \$700,000 in scholarships were awarded, making our programs inclusive.

Facility Upgrades: Contributions will enhance our pools and equipment, creating a safe and enjoyable environment for all.

Community Engagement: We promote water safety education and awareness to teach essential skills and prevent accidents. Services extend to remote areas, offering swim lessons and safety training to underserved children.

Youth Leadership: By supporting young leaders in aquatics through training and mentorship programs.

Your support enables us to focus on safety, health, and youth development. Thank you for being part of this significant cause!



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50 VOLUNTEERS NEEDED

Are you interested in participating? We are looking for volunteers to help ensure the Kids' Triathlon is a success. Volunteers are crucial in ensuring the event runs smoothly, safely, and is enjoyable for all involved. Here are ways you can get engaged:

- Volunteer Roles:
 - Registration and Check-In:
 - Assist with participant check-in and registration.
 - Distribute race packets, numbers, and swim caps.
 - Address any questions from participants and their families.
 - Course Marshals:
 - Supervise various sections of the course to guide participants.
 - Provide directions and encouragement to participants.
 - Report any issues or emergencies to event coordinators.
 - Transition Area Assistants:
 - Help manage the transition area for participants transitioning from swimming to biking and biking to running.
 - Ensure participants' gear is properly placed and secure.
 - Assist participants as needed for a smooth transition.
 - Aid Stations:
 - Set up and manage water and snack stations along the course.
 - Distribute water and snacks to participants.
 - Maintain cleanliness and restock supplies as needed.
 - Safety and Medical Support:
 - Provide basic first aid when necessary and support the medical team.
 - Ensure all safety protocols are followed by participants and spectators.
 - Monitor participants' well-being throughout the event.
 - Finish Line Crew:
 - Cheer on participants as they finish the race.
 - Distribute medals, certificates, and swag.
 - Assist with post-race activities and celebrations.
 - General Support:
 - Assist with event setup and breakdown.
 - Help with parking and traffic management.
 - Offer general support wherever needed for a seamless event.

How to Get Involved:

- Sign up to volunteer on our website or contact us directly at marketing@ymcaalaska.org. Your support and involvement will help create a memorable experience for all young athletes. Thank you for your willingness to contribute to our community event!

COUNTDOWN TO THE YMCA OF ALASKA KIDS' TRIATHLON: FROM REGISTRATION TO RACE DAY!

- July 16, 2024
 - Last Chance to Register: Registration deadline for the triathlon event.
- August 1 - August 5, 2024
 - Packet Pickup: Collect your child's race packet containing essential information and materials.
- August 10, 2024
 - Preparing for Race Day:
 - Review safety guidelines with your child.
 - Ensure all equipment is ready for the race.
 - Confirm registration details and start times.
- August 11, 2024 - Race Day
 - 7:00 AM - 8:00 AM: Commencement & Safety Briefing
 - 8:30 AM: Triathlon Starts
 - Age Categories: 7-9, 10-12, 13-15
 - Course Options:
 - Short Course: 50m Swim, 1 Mile Bike, 0.5 Mile Run
 - Long Course: 200m Swim, 4 Mile Bike, 2 Mile Run
 - Swim Seed Times: Allocated by age group, with starts every 15 minutes.
 - Awards: Top three overall times for swim, bike, and run in each age group.
 - Participation Certificates: Awarded to all participants.
 - Mandatory Helmets: Helmets required for all participants during the biking segment.
 - Provided Swim Caps: Compulsory for swimmers during the swim portion.
 - Follow Course and Regulations: Adhere to the designated course and instructions from volunteers.
 - Parental Support: Encouraged from the sidelines; avoid interfering with the race.
 - Emergency Procedures: Trained staff and medical assistance available if needed.
 - Celebrate: Participants receive exciting gifts to commemorate their dedication and participation.



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