



Presented by:



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LAWYERS

2023 RACE DAY GUIDE

Hello Lil' Bones Participants and Parents,

The following is your official 'Lil' Bones Triathlon Race Day Guide' containing step by step instructions for getting your lil' racer(s) to the start line and additional race day information.

WHAT: LIL' BONES KIDS TRIATHLON Swim, Bike, Run - (Ages 4-13)

WHEN: JUNE 25, 2023 *see '*Participant Wave Start Email*' for specific start time

WHERE: BRANT PARK CONSERVATION AREA 119 Jennings Rd, Brantford, ON

**Age Group specific Wave Numbers & Start Times will be emailed to all participants at least 1 week before Race Day (Ex. Age 6-7 – Wave 4 – 9:30AM Start).*

PLEASE ARRIVE APPROXIMATELY 45MIN - 1HR PRIOR TO YOUR WAVE START TIME TO PARK, REGISTER AND SET UP TRANSITION AREA.

RACE DAY GEAR:

SWIM: Swimsuit, Goggles, Towel, Personal Floatation Device (If Required)

BIKE: Helmet, Bike, Running Shoes, Socks, Shirt, Shorts (bathing suit will do)

RUN: Running Shoes, Socks, Shirt, Shorts (bathing suit will do)

WHEN YOU ARRIVE:

1. When you arrive at Brant Park Conservation Area, please proceed to the main 'Gatehouse'.
2. Non-participants and non-volunteers will be charged an entrance fee to the Park (posted daily rates). *The Pool and Park Amenities are yours to enjoy for the day.*
3. Once through the 'Gatehouse', follow signs for parking to the pool parking lot (See *map attached*).
4. Once parked, get your lil' racer registered!

Registration is a 3 step process

Step 1 - Pick up swag bag

Step 2 - Pick up race bib, safety pins & bike sticker

Step 3 - Body Marking (Race bib # on shoulder and calf)

PRE-RACE SETUP:

5. Set up your racer for success in 3 steps:
 - Attach Bike Tag containing the racer # to the bike handle bars.
 - Attach the Race Bib with the safety pins to the front of the shirt (the shirt that will put worn on the bike & run)
 - Gather your Gear! (see the 'Race Day Gear' list above)
6. Walk your gear to the Swim/Bike transition area for set-up. A volunteer will give you a location for set-up based on Age Group / Wave Time.
Note: These are the clothes that will be put on after the swim and worn for the bike & run.

THE RACE!!:

Your racer is required to be at the 'Wave Staging Area' (near the pool buildings) 10 minutes prior to your allotted wave start time.

7. **THE SWIM** – Presented by **Elmira Pet Products**



- At the Age Group / Wave times indicated, each group will be led to the Swim Start area on the pool deck. Only *Lifeguards, Volunteers & those Parents assisting with the 4-5 age group are permitted on the pool deck.*
- Swimmers will complete the swim course & enter the Swim/Bike transition area.
- With the help of Volunteers, Participants will locate their bike, dry off, put on their socks, shoes, shirt, and helmet then walk their bike to the start of the Bike Course.

8. **THE BIKE** – Presented by **North Results**



- Participants will mount their bikes and complete the number of loops required (*refer to the Course Age Group / Distance Chart for Details*).
- The Bike Course consists of a short and long looped route with 2 aid stations / volunteers to assist participants.
- At the conclusion of the Bike Course, Participants will dismount and walk their bike to the drop off location and transition to the Run Course.

9. **THE RUN** – Presented by **Hawks Hockey Academy**



- *Participants will cross the closed internal road and enter the Run Course.*
- *The run course consists of a short loop on grass.*
- Once the Runners have completed their required number of loops (*refer to the Course Age Group / Distance Chart for Details*) the runner will turn up towards the finish line.
- At the Finish Line, participants will be presented with their Lil' Bones Triathlon finishers gift & can enjoy post-race snacks and refreshments.

POST RACE:

10. Following the Race, participants can then pick up their Bike from the Run/Bike Transition Area.
11. Participants, Family, Friends & Volunteers are encouraged to make a day of it & stay to enjoy use of the pool and other park amenities.

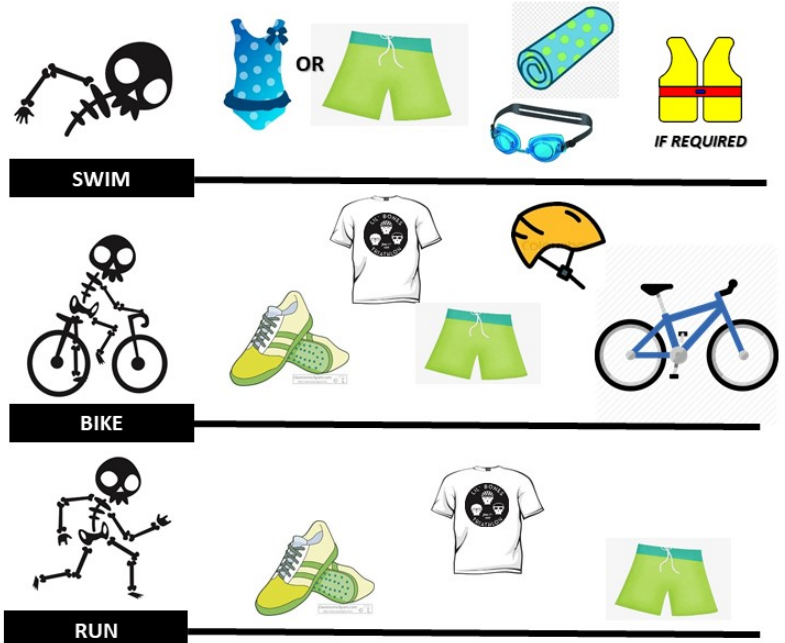
ADDITIONAL INFORMATION:

- Bathroom facilities located near start(change room facilities) and finish line(portable)
- Non-Participants and Non-Volunteers will be charged an entrance fee to the Park (posted daily rates). The Pool and Park Amenities are yours to enjoy for the day.
- On Course Aid Stations will contain Water, Gatorade, Volunteers and First Aid Kits.
- This is an outdoor, rain or shine event. There are no refunds or rain-dates. Weather is an uncontrollable factor as are uncontrollable circumstances and every effort will be made to proceed with a safe event. It is possible that the swim and/or the bike portions of the event are canceled. If this is the case, then a swim/run or bike/run or a run only event will take place. Participants will still receive their post-race award.

LIL' BONES TRIATHLON AID STATION GOODIES



LIL' BONES TRIATHLON RACE DAY GEAR LIST



LIL' BONES TRIATHLON

2023 COURSE MAP



RACE DISTANCES			
AGE GROUP	SWIM	BIKE	RUN
4-5 YEARS	20 M	1 KM (2 SHORT COURSE LOOPS)	350 METRES (1 LOOP)
6-7 YEARS	25 M	2 KM (4 SHORT COURSE LOOPS)	700 METRES (2 LOOPS)
8-9 YEARS	50 M	3 KM (3 LONG COURSE LOOPS)	1 KM (3 LOOPS)
10-11 YEARS	75 M	5 KM (5 LONG COURSE LOOPS)	1.4 KM (4 LOOPS)
12-13 YEARS	100 M	6 KM (6 LONG COURSE LOOPS)	2 KM (6 LOOPS)

LEGEND

- SWIM COURSE
[20m – 100m]
- BIKE – SHORT LOOP
[500m LOOP – AGES 4-7]
- BIKE – LONG LOOP
[1km LOOP – AGES 8-13]
- RUN COURSE
[350m LOOP]

- FINISH AREA
- WATER / AID STATION
- FIRST AID / LIFEGUARD
- PARKING AREA
- WASHROOMS
- REGISTRATION TENTS
- TRANSITION AREA
(BIKE PICK UP / DROP OFF)
- WAVE STAGING AREA
(10min BEFORE WAVE START TIME)
- BRANT PARK CAMP SITES

LIL' BONES TRIATHLON

2023 RACE DISTANCES			
AGE GROUP	SWIM	BIKE	RUN
4-5 YEARS (2014-2015)	20 M	1 KM (2 SHORT COURSE LOOPS)	350 METRES (1 LOOP)
6-7 YEARS (2012-2013)	25 M	2 KM (4 SHORT COURSE LOOPS)	700 METRES (2 LOOPS)
8-9 YEARS (2010-2011)	50 M	3 KM (3 LONG COURSE LOOPS)	1 KM (3 LOOPS)
10-11 YEARS (2008-2009)	75 M	5 KM (5 LONG COURSE LOOPS)	1.4 KM (4 LOOP)
12-13 YEARS (2006-2007)	100 M	6 KM (6 LONG COURSE LOOPS)	2 KM (6 LOOPS)

LIL' BONES KIDS TRIATHLON 2023 SPONSORS & SUPPORTERS



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