

TRIATHLON

What is a triathlon?

A triathlon is a race consisting of three events: swim, bike, and run.

My child has never done a triathlon before. Is this race only for experienced athletes?

Absolutely not! No prior triathlon experience is necessary. The Pinky Swear Kids Triathlon is a non-competitive, non-timed event open to children of all athletic abilities.

My child has a disability. Can he or she still participate?

We are more than happy to make personal accommodations for your athlete based on his or her abilities. Please contact our Race Director, Brian Mastel, and brian.mastel@pinkyswear.org for further discussion on how we can create a successful race experience for your child.

What are the distances for each age group?

	Swim	Bike	Run
Ages 6-10	75yd	1.5 mile	.5 mile*
Ages 11-14	150yd	3 mile	.75 mile*
Ages 15-18	200yd	4.5 mile	1 mile*

**All distances are approximate and subject to change*

What is transition?

[Watch this video to learn more about transition.](#)

When will the transition be open and who is allowed in the transition area?

The Transition Area (T-Area) will open at 6:30 am on race morning, parents are allowed in the T-Area at this time. The T-Area will close at 8:00 am and only participants and volunteers will be allowed inside until the completion of the event. The T-Area will open to parents for removal of bikes, etc. shortly after the LAST participant has crossed the finish line.

What is a wave start?

The Pinky Swear Triathlon is started in waves – which puts the kids together by age group. If kids in different age groups want to race together, just let us know at registration so we can give you the correct color swim cap!

Are the races timed?

No. The Pinky Swear Kids Triathlon is a non-competitive, non-timed event.

How deep is the water?

The swim course is still being finalized. 6-10 year old participants will swim along the shoreline of Lake Davidson in no more the 42” of water so most of the kids will be able to touch the bottom. The 11-14 and 15-18 year old participants will swim in water as deep as 15’, but the majority of the course will be shallow enough to touch the bottom.

WHAT TO BRING/WEAR

What equipment do I need to participate?

Essential items your child will need are running shoes, a bike, and an approved CPSC/ANSI/SNELL bike helmet (mandatory) that fastens. If you do not have a bike or helmet, please email sue.ratcliff@pinkyswear.org.

What should my child wear for the race?

For the swim portion, participants will need to wear a swim suit (two-pieces are allowed). For the bike and run, participants typically wear shorts and a t-shirt or tank top. Please note that participants will not be permitted to change out of their swimsuits in transition. Any clothing for the bike and run portions must be worn over the swim suit.

Can my child wear a life jacket or other flotation device for the swim?

Yes, the Pinky Swear Triathlon is about fun and finishing! There will be lifeguards in the water all along the swim course.

Does my child need to wear a helmet?

YES! No one will be allowed on the bike course without a helmet.

Can my child ride with training wheels on their bike?

For safety reasons, we strongly discourage the use of training wheels.

Does my child need to wear the swim cap provided?

Yes! This helps us spot every child while in the water and also designates their age grouping.

Does my child need to wear the race bib number?

The race bib should not be worn during the swim but must be worn and visible during the bike and run portions. We recommend safety pinning the race bib ahead of time to the shirt your child will be wearing for the bike and run.

My child wears glasses – what should I do?

We recommend standing near the swim exit and watching for your child. You can hand the glasses to them once they are out of the water. You can also leave your child's glasses in transition for them to put on before the bike and run portions.

Do boys need to wear shirts?

They should – it's a great place to pin the race number.

Packing List for Race Day *optional

Swim: goggles, swim suit, nose plugs/earplugs*, a swim cap will be provided with your race packet.

Bike: bicycle, helmet, shirt, shoes, socks, race number, water bottle

Run: running shoes, shirt, socks, hat/visor*

Other: registration packet (if picked up on Friday), donations, towel for transition*, safety pins, sunscreen, sunglasses, eyeglasses*, water bottle, change of clothes*, watch*

5 & UNDER FUN RUN

What is the 5 & Under Fun Run?

The Fun Run is for our youngest Keepers of the Pinky Swear and is approximately .5 miles along the same run course the Kid's Triathlon uses. The Fun Run will begin at approximately 8:45 am, but you must be onsite at Ingersoll Rand by 7:45 am.

Are parents able to run with their children?

Yes, parents are welcome to participate alongside their child or even push them in a stroller. The Fun Run is specifically designed for all kids 5 and under to give them a chance to participate in this great event. There is no fee for parents and the finisher medals are for the kids only.

Will my child receive a shirt?

Yes, all fun run kids receive a race bag with the same goodies as the triathletes (minus the swim cap).

RACE WEEKEND

What is packet pick-up and what do I need to bring?

Packet pick-up is an opportunity for you to pick up your child's registration packet before Race Day. The registration packet will include your child's swim cap, race bib, and race t-shirt.

Can I pick up packets for participants other than my child?

We request that each participant's parent or guardian pick up his or her packet whenever possible, but if need be, you may pick up for another participant.

When is packet pickup?

Packet pickup will be available on Friday, June 1 at Ingersoll Rand from 4:00-7:00 pm. There will be a Race Director briefing at 6:30 pm on the stage near the registration area. Packet Pick-up opens on Race Day (June 2) at 6:30 am.

Will there be Race Day registration?

Space permitting, participants can register onsite on Friday, June 1 and the morning of the race (June 2).

What does Race Day look like?

1. When you arrive on Race Day, your first stop will be picking up your child's registration packet if you haven't done so the evening before.
2. Once you have your packet, you will go to body marking where the name of your child's All-Star will be written on the back of his or her leg.
3. From there you will go to the transition area and set up your child's things. Make sure your child has everything they need for the swim (swim cap, goggles, no extra clothing).
4. The Pinky Swear Triathlon Opening Ceremony is one of the highlights of the event. Look for more information as the event approaches.
5. After the procession of All-Stars and Opening Ceremony, we'll call the first age to group the water. During the race you can move about the park to spectate, however certain areas of the venue will be closed off for safety reasons.
6. After your child finishes, meet him or her at the finish line and head to the festival area.
7. **Once ALL participants have finished, you can go back into the transition area to collect your child's things.**

Can I help my child during the race?

For safety reasons, parents, guardians, and spectators are not allowed on the race course or in transition during the race. There are volunteers throughout the course that are available to provide assistance should a child need it.

Can parents and spectators watch the event?

Absolutely! Triathlon can be a difficult sport to spectate because the course is spread out, but there will be areas where you can watch your child. We ask that you please be aware of your surroundings and keep clear of the race course.

Who is allowed in transition?

Transition will be open to parents, guardians, and spectators before the race and after all athletes are finished. While the race is in progress, only athletes and volunteers are allowed in transition.

What time does the race start?

The Opening Ceremony begins at approximately 8:10 am. Each age group will complete their race prior to the next age group starting.

What time does my child start?

White (age 15 to 18) start at 8:30 am

Blue (age 11 to 14) start at 9:15 am**

Orange (age 6 to 10) start at 10:15 am**

***Blue and Orange start times may change based on how quickly each age group finishes their race.*

The Transition Area will remain CLOSED until after the last child has crossed the finish line!

What if I need to leave early?

The Transition Area is CLOSED until after the last child has crossed the finish line, and the roads into and out of the Ingersoll Rand Campus are the bike course. If you need to leave early, please contact the race director prior to Friday, June 1 at brian.mastel@pinkyswear.org to make arrangements and receive specific parking instructions.

My child is 8 and she has a friend that is 11. Can they race together?

Sure! We encourage friends to participate together! Just let us know at registration so we can give your child the appropriate swim cap for the age group they will be participating in.