



2018 Captain Kids Triathlon

Race Day Instructions

September 9, 2018

Ahoy Mates & Mini-Mates! We are so excited to have you join us for the Captain Kids Triathlon at Moody Gardens! Please make sure that you have looked over the directions to make yourself familiar with the site and course. Maps are posted on our website at: www.captainkidstri.com. We hope you have a great race!

RACE DAY SCHEDULE

- 5:15 am Deckhands Arrive
- 5:30 am Transition Area Opens (Mates and Mini Mates)
- 6:50 am Transition Area Closes (Mates)
- 7:00 am Transition Area Closes (Mini Mates)

MATES SCHEDULE

- 7:00 am Mates gather at the appropriate coral (by number) outside transition.
- 7:15 am Mates are given Pre Race Instructions & head to swim start!
- 7:30 am Mates Walk the Plank (Race Starts)

MINI MATES GROUP 1 SCHEDULE (thru Racer # 465)

- 8:00 am Mini Mates (Group 1) gather at appropriate coral (by number) outside transition
- 8:15 am Mini Mates (Group 1) are given Pre Race Instructions & head to swim start!
- 8:30 am Mini Mates (Group 1) Walk the Plank (time is approximate)

MINI MATES GROUP 2 SCHEDULE (Racer #466 – Racer #660)

- 8:35 am Mini Mates (Group 2) gather at appropriate coral (by number) outside transition
- 8:50 am Mini Mates (Group 2) are given Pre Race Instructions & head to swim start!
- 9:05 am Mini Mates (Group 2) Walk the Plank (time is approximate)

- 10:00 am Palm Beach opens for you to enjoy until 3pm!
- 10:30 am All bikes should be retrieved out of transition by this time
- 11:00 am Awards (approximate time) – Held at Palm Beach

PARKING

If you are not staying at the hotel, you'll park in the Parking Garage by the Convention Center. There will be directional Parking Signs as you enter Moody Gardens on Hope Boulevard.

BODY MARKING

Tri Tats Temporary Tattoos (sponsored generously by **Bay Area Arts Conservatory**) are in your race packets with your other race numbers. These should be applied on your right and left arms **BEFORE** you arrive at race site on race morning. Instructions are on the back of the tattoos. As you enter transition, you will still be marked with your AGE on the back of your calf. (age as of 12/31/2018)

TIMING CHIP

Your timing chip is the **GREEN STRAP** in your race packet. **PLACE THE CHIP ON YOUR LEFT ANKLE.** This is a DISPOSABLE CHIP. Please make sure it is placed prior to entering transition. Results will be posted as soon as possible after the event. We will post the link to results on our website & Facebook page just as soon as we can.

TRANSITION AREA – Located in the Oleander Bowl

- Competitors and ONE PARENT are allowed in the transition area PRIOR TO THE RACE START. After that, ONLY the competitor is allowed in transition.
- Rack your bike on the rack matching your race number. You will have an assigned location on the rack by your race number.
- The front wheel of your bike should rest down on the side where you see your numbered sticker.
- Stage your equipment.
- Leave room for your neighbors. Limit the stuff in transition to the equipment you need for the race.
- Once the transition area is cleared for the race start, no one will be allowed back in. Make sure you have your swim gear, including your swim cap.
- No bikes may leave transition area until race management officially opens it. Transition opens after the last cyclist is in! Please make sure that you have gathered your items from transition by 10:30am. **WHETHER THE PARENT OR CHILD IS RETRIEVING THE BIKE, THEY MUST HAVE THE RACE BIB WITH THE MATCHING NUMBER WITH THEM!**

RACE NUMBERS

- There will be 3 race numbers in your packet.
- The small rectangular race number (sticker) in the center is for the front of your bike helmet.
- The double-sided race number (adhesive) is for your bike top tube. This **MUST** be on your bike **BEFORE** you enter transition.
- Your main race number must be worn on the front of your body during the run and be visible as you cross the finish line. You don't have to wear it during the swim and bike.

BATHROOMS

Porta potties will be located near the transition area.

MEDICAL

Our presenting sponsor, UTMB Pediatrics will have staff on site for the duration of the triathlon. They will be stationed at various locations around the transition area and the competition areas. A Galveston EMS ambulance will also be onsite.

USAT

There **WILL** be a USAT Official at the race. Please make sure you read, review and know the USAT rules. Here is a link to the USAT Youth Guide: <http://www.usatriathlon.org/audience/athlete-resources/kid-zone/youth-guide.aspx>. The focus of youth multisport events is fun. Rather than emphasizing competition at this age, we are focusing on enjoyment, and on learning proper skills and healthy exercise habits that will last a lifetime. We do believe that kids need to know there are rules that go with the sport.

SWIM COURSE – Mini Mates (100 meters) Mates (200 meters)

- Mate athletes will stage in the appropriate numbered coral at 7am.
- We will start the athletes as close to numerical order as possible with small breaks in between age groups. They will begin approximately 3 seconds apart and will cross a timing mat to start.
- First wave begins at 7:30 am.
- The Mini Mates Group 1 (Racer number through #465) will stage in the appropriate numbered coral at 8am.
- The Mini Mates Group 2 (Racer numbers #466 - #660) will stage in the appropriate numbered coral at 8:35am.
- Wear the appropriate color swim cap that came in your packet. The swim cap **MUST** be worn during the swim.

The Mates and Mini-Mates will enjoy a completely protected swim in the lazy river at Palm Beach. The Mini Mates will complete a point to point swim of approximately 100 meters. The Mates will complete a full loop of the lazy river of approximately 200 meters. Both swims will enjoy a time trial beach start and they both will consist of a beach exit. The entire swim course will be monitored with Moody Gardens Certified lifeguards to ensure the safety of all athletes.

Parents/Spectators will be able to view their athlete at the swim exit by transition.

BIKE COURSE - Mini Mates (2 miles), Mates (4 miles)

- Walk bike in and out of transition area to the **mount/dismount line**.
- Securely fasten chin strap before leaving transition area.
- Exit transition area to the right. Ride on the right side of your lane.
- Always Pass on the left - never on the right. Do not ride next to your neighbor and block other athletes.
- Leave your helmet on and strapped until your bike is racked.
- Properly rack your bike before exiting on the run.

Please note that some of this bike course has athletes going both directions. **ALWAYS** ride to the right. Faster riders should announce their intent to pass – **LOUDLY say “ON YOUR LEFT!”**

Suggestion: Bring a correct size spare tube for your child's bike. Kids bikes come in all shapes and sizes. We will have bike technical support, but we can't guarantee that we have every tube size, so please be prepared.

Athletes will exit the Transition Area and mount their bikes for a quick tour of Moody Gardens. They will pass the Visitor's Center and split the Rainforest Pyramid and the Aquarium on a protected Tram path. They will make their way through the West Parking Lot.

The Mates 4 mile bike course will follow the same bike path used by the adults in the Galveston 70.3. They will pass Schlitterbahn and the Famous Flight Museum and complete an out and back on 83rd Street towards the White Caps Baseball Field. The bike course is a closed course, meaning, there won't be vehicles on the road while the kids are racing! The Mini Mates 2 mile bike will turn around at the 4-way stop before leaving the Moody Gardens Property.

Both races will return to Transition behind the Aquarium Pyramid and through the property on the tram path.

RUN COURSE - Mini Mates (.5 mile), Mates (1 mile)

- Make certain your race number is on as you exit for the run and in front BEFORE you cross finish line
- Follow signs, cones and orange arrows.
- There will be 1 Water station on the course.

The run will begin on the jogging path leaving the Oleander Bowl. Both mini mates & mates will make their way through the property. The Mates 1 mile run course will include an out and back along the water's edge and turn around at the base of the Colonel Paddlewheel Boat. The mini mates will run a 1/2 mile for their distance. Both courses finish just in front of the Oleander Bowl.

FINISH LINE

Once your mate and/or mini mate has crossed the finish line, please come to the back area of the finish so we can match your id bracelet numbers and release your child to you. **We will ONLY release the child to the person with the matching ID number.**

POST RACE ACTIVITIES

- There will be plenty of refreshments for the Mates & Mini Mates after they cross the finish line.
- Awards will be given out at approximately 11am in Palm Beach on the stage by the water.

SPECTATOR INFORMATION

This race is very spectator friendly especially at the swim exit, bike out, bike in, run out and finish line. PLEASE BE MINDFUL OF ALL PARTICIPANTS AND DO NOT GO ON TO THE COURSE!!!

Post race refreshments are for the participants only. Later in the morning, Moody Gardens will have areas open, but early in the morning there aren't any concessions for spectators.

Please be mindful of the course and the participants. This is a fun, positive event for kids! Be alert and watch as you cross a path! Please remember that volunteers are critical to the success of our event. They should be treated with respect and kindness. Inappropriate or abusive language will not be tolerated.

******NEW THIS YEAR******

SATURDAY RACE INSTRUCTIONS AND Q&A @ 5:30PM (optional)

If you will be at Moody Gardens on **Saturday at 5:30 PM**, we invite you to join one of our Race Directors in the transition area for a detailed course description and a Question and Answering session. This session is perfect for first time participants **and parents**. If you would like to better understand what happens on Race Day of a kids race, you will not want to miss this session.

We will be covering the following information:

- Race Instructions
- Course Descriptions
- Transition walk through
- Finish line protocol
- Answers to any and every Question you may have!

SPECIAL THANKS TO ALL OUR SPONSORS!!

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