

Transition Area Overview

The transition area is very busy – kids will be bringing their bikes in and setting up their area, athletes will be running into transition from the pool, running out of transition with their bikes, running back into transition with their bikes, and then heading out again for the run. We want everyone to be safe and to have a good race, without people getting in the way, so we try to keep the number of people in transition to a minimum.

The following guidelines are intended to keep your kids safe and to help them have a good race:

Transition Set-Up (1 hour before your race start):

- After you arrive make your way to the transition area with all your gear, including your bike. The entrance will be close to the playground.
- We strongly encourage kids to set-up their transition area themselves. There will be lots of friendly adult volunteers on hand to help with this.
- Kids under the age of 10 can have one adult come into transition to help them drop off their bike and set up their stuff. Every child under the age of 10 will receive an armband in their race package that their adult “set-up helper” will wear. Only adults with armbands will be allowed in transition. If kids under 10 want to come in and set-up on their own, this is fine as well.
- Pets and strollers are not allowed in the transition area at any time. Please do not bring non-racing siblings into Transition.

Instructions for Set-Up in Transition (see pictures for a visual):

- Your bike (with number on the front) will be hung on a rack in the designated area for your race.
- Bikes will be placed in alternate directions and the gear you will need for biking and running will be placed on the ground by the front wheel of your bike.
- Things to leave in transition: a small towel, your race number (pinned on a t-shirt or race belt), shoes and socks (if you want socks – lots of triathletes don’t wear socks), and helmet.

Transitions During the Race:

- No parents in transition during the race. The only exception to this rule is if a parent is a “race buddy” to their child and is doing the whole race with them. You can sign up at registration to be a “race buddy”. There will be volunteers who can help children as needed (e.g., find their bikes, tie shoes, buckle helmets, lift bikes off racks, etc.)
- There are two transitions during the race:
 1. Pool to Bike – Athletes will run out of the pool and find their bike and gear. They will leave their goggles on the ground by their bike. They will put on the clothes they will bike in and they must have their helmet on their head and buckled before they touch their bike. This is a triathlon rule! They will be directed to the bike exit and must run their bike to the exit (no riding in transition). They will be directed to get on their bike at the Mount line.
 2. Bike to Run – Athletes will dismount outside of transition and run their bike back into the transition area. They will put their bike back in the same spot (volunteers can help lift bikes

up onto the rack). They must keep their helmet on their head and buckled until their bike is on the rack. Once their helmet is off they will be directed to the run exit and can start the run portion of the race.

After you have set up Transition:

15 minutes before your race start head to the pool. Go through the Main doors. You will be met by a volunteer who will get everyone lined up and ready to swim.

After the Race:

- Once the race is over you need to come and get your bike and gear out of transition. To make sure no bikes get stolen every athlete has to come and collect their bike. A volunteer will check that the number on the bike matches the body mark number at the exit.
- As before, only adults with armbands can come into transition to help kids collect gear.

Helmet, shoes, and shirt at front wheel:



Bikes placed in alternate directions.