



CITY OF JANESVILLE

Wisconsin's Park Place

Janesville Kids Triathlon

Saturday August 25th

Rockport Park, Janesville WI

Check In: 7:30-8:30am Race Start: 9am

Event Info:

Triathlons are not just for adults or elite athletes! Kids are invited to swim, bike, and run to the finish line at the Janesville Kids Triathlon. The race includes a 100 meter swim, a 2 ½ mile bike, and a ½ mile run for kids between the ages of 7-12. This opportunity is perfect for kids looking to have their first experience in triathlons. While awards will be given to the fastest in each age group, this event is not structured as a highly competitive race. Instead this is a chance to celebrate health and fitness, encourage self-confidence, and most of all have fun while being active. The course is set in Janesville's Rockport Park, and will utilize Rockport Pool and the Peace Park Trail. The event is a continuously timed race from start of the swim through end of the run, and splits for each individual leg of the race are not provided.

Registration:

Registration is online only and will begin April 1 at

<https://runsignup.com/Race/WI/Janesville/JanesvilleKidsTriathlon> and will end on August 21. Due to this being the events first year, registration will be limited to the first 200 athletes, with on-site registration only available if capacity has not reached 200 participants. Onsite registration will occur at the Peace Park Pavilion in Rockport Park between 7:30am-8:30am on the morning of the race. **Free t-shirts are guaranteed for all participants registered by August 12.**

Packet Pick-up and Informational Meeting:

Participants and their guardians are encouraged to attend our pre-event informational meeting and packet pickup on Friday August 24 from 5:00-7:00pm at the Peace Park Pavilion in Rockport Park. An event overview session will be ran every 30 minutes by a staff member to give brief instructions of what to do on the morning of the race and answer any questions families may have. Participants will also be able to pick up their swag bags with their bib number, a t-shirt (only guaranteed if registered by August 12), and other materials. This meeting is not required, and participants will be able to pick up their swag bag on the day of the race at the Peace Park Pavilion between 7:30am-8:30am.

Parking

With the triathlon course utilizing Rockport Pool Parking lot, parking **WILL NOT** be available in the pool parking lot. Instead **parking will occur in the Janesville Moose Lodge parking lot located at 2701 Rockport Rd, Janesville, WI 53548.** This lot is a very short distance from the Peace Park Pavilion check in as well as the rest of the course, and will require a short walk through grass.

Transition Areas:

Athletes will need to enter the transition area twice during the triathlon. Once when athletes are transitioning from the swim to the bike and again when athletes are transitioning from the bike to the run. Each participant will have a spot in the transition area, by age, where bikes, helmets, shirt (with bib number pinned on), shorts,

shoes, and any other belongings will be located. Time spent in the transition area will be part of the athlete's overall time so participants are encouraged to be quick in this area.

The transition area will open at 7:30am on race morning for participants and their guardians to set up their spot in the transition area, and will close to all participants at 8:45am. During the race **1 guardian (18+) only** will be allowed into the transition area to help the child prepare for the next leg of the race only if needed. If a participant is capable of transitioning without the assistance, we ask that guardians stay out of the area to help avoid congestion.

After the swim the participant will enter the transition area through the "Swim In" entrance and will proceed to their prearranged spot in the transition area. Athletes can use this spot to remove any swim equipment (cap and goggles), dry off, and prepare for the bike ride. Athletes can put shorts and shirt over their bathing suit, but removal of bathing suit is not allowed. The athlete's shirt must also have their bib number attached to their shirt before the start of the triathlon. Athletes will then **walk their bikes** out the "Bike Out" exit and proceed to the bike course. Bike helmets and tennis shoes must be worn at all times. Once the participant has completed the bike portion of the race athletes can re-enter the transition area through the "Bike In" entrance and walk their bike to their spot to prepare for the run. Participants then exit through the "Run Out" exit and proceed onto the run.

After completing the race, please wait till all participants have finished the cycling portion before retrieving your gear from the transition area.

Race Information

Please see the course maps once available

Swim:

The 100 meter swim will take place in Rockport Pool. This is a 50 meter, 8 lane pool. Athletes will swim down one lane, go under the lane line into the lane to the right of them, and then swim back down. Athletes will not be given a specific start time, instead swim start order will be determined by which age group you are in (7-8, 9-10, 11-12). At 9am 11 & 12 year olds will line up to start the swim, and once all participants in that age group are through the 9 & 10 year olds will line up to start the swim, with 7 & 8 year olds lining up last. A volunteer will direct participants when to cross the start line and which lane to go to. Kick boards or non-inflatable floatation aides will be allowed, but inflatable devices and fins are not allowed. Any stroke is allowed to complete the race, but pulling on lane lines or gutters to make forward progress is prohibited.

Bike:

The bike will take place in Rockport Park and will not utilize any heavily trafficked city roads. Instead the course will utilize a loop that includes Rockport Pool Parking lot and Rockport Rd, in which athletes will bike **four laps** around the course before heading back to the transition area. Each time a child does a lap around the course they will need to get stamped by the bike course volunteers in order to accurately keep track of the number of laps a participant has completed. **Helmets and tennis shoes must be worn by at all times.** Participants are encouraged to check their bike out before the day of the race to avoid any race day issues.

Run:

Athletes will finish the race with an out and back run on a portion of the Peace Park Trail. Shoes are required, and guardians are not allowed to run with children. Participants must complete the course with guidance of volunteers along the route. The race will finish with athletes running through the finish line which will be located close to the Peace Park Pavilion and check in area. Once you cross the finish line your time will be official.

Awards:

Medals will be awarded to the top three finishers (both male and female) in all three age groups (7&8, 9&10, 11&12) shortly after the completion of the last athlete in Peace Park Pavilion.

Disqualification:

The Janesville Kids Triathlon is intended to be a fun experience focused on self-motivation and fitness. Participants who show unsportsmanlike conduct may be disqualified.

Relays:

There are no relays; the race must be completed by one individual.

Weather:

The Janesville Kids Triathlon will occur rain or shine. If storms occur the start of the race will be postponed until weather is safe, if storms do not weaken the race will be cancelled and not rescheduled. No refunds will be given for weather.

First Aid:

A first aid station will be located near the check in table at the Peace Park Pavilion that will have a first aid kit. Some volunteers located along the course will also have smaller first aid kits with them for minor scrapes and cuts.

Ages and participants:

Due to this being the first year of the event, the Janesville Kids Triathlon is only open to children ages 7-12 years old and registration will only be open to the first 200 participants, first come first serve.

Volunteers:

We are looking for volunteers to help with this race at check in, race day registration, transition area, along the course for all three phases of the race, and much more. If you are interested in becoming a volunteer please register online at <https://runsignup.com/Race/WI/Janesville/JanesvilleKidsTriathlon> or contact us at (608) 755-3031

Donations and Sponsors:

Individuals and organizations that sponsor and help donate needed resources are what make these events successful. If you are interested in contributing to the event please call 608-755-3031 or email steenrodd@ci.janesville.wi.us .