

July 20, 2010

Hello all Triathlon Participants,

We are just under a 1 week away from the event. Here are some more details about the EXPO and the day of.

- Friday Night EXPO- This will be at **TURIN BIKE SHOP** in Evanston. This is a **CHANGE** from some of the postings that said it would be at Runner's Edge in Wilmette. This will occur from 5-7 PM. I do need you to RSVP to this event. Also I have a request from TURIN due to space limitations if you can sign up for a time slot that will be helpful to them for bike checks. They will start at 5 PM and go in 20 min increments from there. If you have already RSVP'd please email and let me know the time that you are estimating you will be there. Thank you. This will make Friday night run much smoother and quicker for all. Again there will be a **BIKE CHECK** Friday night at TURIN, this is a safety requirement for all participants to have before they may race on Sunday.
- Saturday EXPO- This will be at the McGaw YMCA in Evanston. This is a drop in EXPO anytime from 10 AM-2PM you may stop in, please bring you bikes for the **BIKE CHECK-you need to have this done for the race on Sunday-bring the bikes**, which will be run by TURIN at the Y, in the underneath parking lot behind the YMCA. Please allow 30-40 minutes to get through the EXPO on Saturday, depending on the number of people there this may take awhile. There are different stations that you will need to go through to get everything you need for the race the next day.
 - 1-*Bike Safety Check*- downstairs in back parking lot- this is a requirement for race day- does not need to happen from our bike shop, can be from a different shop if that is more convenient
 - 2-*Waivers signed*-In Gym on South Court
 - 3-*Packet Pickup*- In the Gym
 - 4-*Body Marking*- In the Gym
 - 5-*Course/Safety Talk*- In the Gym
 - 6-*Transition Talk*- Downstairs in Parking Lot
 - 7-*T-Shirt/Goodie Bag Pickup*- Upstairs in Gym

*****EVERYONE NEEDS TO ATTEND AN EXPO, INDIVIDUALS/RELAYS/SPLASH & DASH PARTICIPANTS*****

- Sunday Morning-**DAY OF RACE**- The start times for the day are as approximately follows:
 - 11-14 yr olds- 8AM Start
 - 7-10 yr olds- 8:45 Start- 8:30 Staging in the pool
 - 5 & 6 yr olds- 9:30 AM Start- 9AM Staging begins for them
- The **Transition Area** will open at 6:30 AM, I would suggest trying to arrive any time from 6:30-7:15 so you will have enough time to get set-up in transition and settled before the race- Parents may be in the Transition area to help set up their participants

UNTIL 7:40 at that time the transition area will close and everyone will need to start to make their way to the pool area. ***Due to high volume of participants in the transition area, parents will not be allowed within the area once it closes at 7:40 until the end of the race. There are specific volunteers in the area to help participants with finding their things and any help they need with equipment.

- To make the morning go a little quicker please have all bathroom breaks/water/gatorade breaks done before Staging time begins, once staging has begun they should be ready to swim and go, there are porta potties on the course, they are allowed to stop and use them if needed. Once they are in staging they should not leave that area.
- Time Trials for swim starts will be available during the following times
 - **TUESDAY JULY 20:** 1:00 PM-2:00 PM, 7:00 PM-8:00 PM
 - **WEDNESDAY JULY 21:** 11AM-1:00 PM, 6:00 PM-7:00 PM
 - **THURSDAY JULY 22:** 11:30 AM-1:30 PM, 6-7PM

Please contact Madison Graham at Madisong@mcgawymca.org to set up a time to come in and time trial. 7-10 will swim a 50 yd time trial, and 11-14 will swim a 100 yd time trial. Any questions please email me.

- Awards after the race will occur approximately 30 min after the last 7-10 year old has finished. Awards are estimated to occur around 10:30. There will be the big obstacle inflatable on the lake-fill by the finish line along with many of our sponsors

I will be updating periodically over the next couple of days with emails, all previous emails are available on the website at [McGaw YMCA Youth Triathlon](http://McGawYMCAYouthTriathlon.com).

If there are any questions please email me at MadisonG@mcgawymca.org or here at McGawYYouthTri@gmail.com

Madison Graham
Youth Triathlon Coordinator