

McGaw YMCA Youth Triathlon

Evanston Township High School 1600 Dodge Avenue

Event Timeline and Logistics:

- 6:30 AM Transition area opens for participants. Pick up chips near transition
- 7:15 AM Race meeting for volunteers in the parking lot west of ETHS
Volunteers should park in the lot west # on MAP, volunteers should arrive prior to 7:00 AM to check-in and get information
- 7:30 AM Transition area closes to parents
Dodge Avenue closes to traffic
- 7:45 AM Staging for senior participants in Pool. All others will wait in the pool balcony with parents until their age group is called as they enter the water. Swimmers will be sent approximately 5 seconds apart. Relays will begin at the end of each age group. Relays will exchange in the transition area by handing over the timing chip.
- 8:00 AM Senior Start 11-14 years
- 8:15 AM Staging for Junior participants 9-10 years first then 7-8 years
- 8:30 AM 7-10 Years Swim in the water (11-14 years will clear the bike course)
- 8:30 AM Staging for the Splash and Dash-this group will swim in the back pool. Parents will accompany them to the pool and may run with them to the finish line. Staging area for their shoes will be outside of the pool area by the rear back door pool.
- 10:00 AM Approximate time for our race celebration. We will begin as soon as the last competitors are wrapping up. We will thank our volunteers, sponsors and participants. Awards will be handed out for each age group for individual and relays. We will have activities for racers that are finishing Please bring your own chairs for sitting post race. The celebration area will be on the inside circle of the track. A large tent will be available for shade.

*The transition area for the Triathlon is in the front of the school.

Directions & Parking:

Location: Evanston Township High School, Evanston, IL.

Parking: Park in the large lot in front of the high school the east side of Dodge. This is closest to the transition area which is located at the Pool entrance. Volunteers should park in the west lot or behind the school. There will be volunteers available to help guide you-look for the bright orange vests. After you park, Y Volunteers will

direct you to the transition area. Please note that Dodge Avenue will be shut down for the race from 7:30 until race finish between Church and Greenwood. Church Street will remain open. Lake Street, south of the school will also be closed.

Participants should park in lot number 108 in the front of the school.

Church Street north of the school will remain open during the event. Splash n Dash participants can park on Church and walk to the pool area. The bike course will be between Church and Greenwood on a closed Dodge Avenue and then a loop on Lake Street (closed from Dodge to Pinter)

List to Remember:

General Items

- Sunscreen
- Sunglasses (optional)
- Water Bottle
- Extra Clothes for after finishing, if needed depending on temperature
- Directions to race/course map
- Backpack/bag for your items

Swim

- Swim suit/Tri outfit
- Towel
- Goggles (and an extra pair of goggles, just in case)
- Race swim cap

Bike

- Bike
- Helmet that has been through safety check with event sponsor Wheel and Sprocket. THIS IS REQUIRED TO PARTICIPATE!
- Shoes to bike in
- Shirt, shorts and Socks –torso must be covered to compete
- Race number attached to the front of the bike. THIS IS REQUIRED TO PARTICIPATE!

Run

- Shirt with your number pinned on the front or on race belt may run in swim suit but torso must be covered
- Hat (optional)
- Socks
- Running shoes

Other

- List other things that may be important to you. Medicine, inhalers, etc... does the event director need to know of medical issues? If so contact us at erins@mcqawymca.org or call 847-475-7400 ext. 208

Race Tips:

KNOW THE COURSE. We will go over the course in depth on Saturday at the Race Expo and it will be available on line. Make sure to know where to mount and dismount from your bike and where the finish line is!! Volunteers will be there to remind you.

ARRIVE EARLY. Volunteers will be available in the transition area to help participants set up. Arriving early will help relieve everyone's anxiety! Parents will have limited access to the transition area. They can help individuals get initially set up but the area will close at designated times to parents (7:00 for Senior Participants and 7:30 for Junior Participants). Once the race begins, parents **WILL NOT BE ALLOWED** to enter the transition area, this is the job of the volunteers to help the participants. Volunteers can assist with tying of shoes and making sure helmets are on. **DO NOT** carry your race participant's clothes with you to the pool for post swim. All items need to be in the transition area. Dodge Avenue will close to traffic at 7:30am sharp so you will definitely want to arrive prior to then.

ORGANIZATION. Use the list above to gather your race items the night before and keep the items you bring to the race at a minimum. Keep your transition area neat and free of clutter. Parents reminder that after the designated times, you will not be allowed to enter transition. Once all racers have finished in the transition area, parents may enter to retrieve belongings.

EQUIPMENT. Lay out your equipment as you will use it. Make sure to leave your bike in an easier gear so that is not too hard for you to start out and you can shift up into a harder gear as you go along. Make sure your bike has been through a safety check with Wheel and Sprocket prior to the race. They will be at the Expo but there may be a long line. Bicycle and the tires are inflated to the correct mark and the chain is on and ready to go. Follow the list above for the rest of your equipment needs.

WARM UP. Warm up prior to the event either by a short jog, or race morning stretching.

TRANSITION. Practice going through the transition area. USA Triathlon certified coaches from race sponsor, Chicago Endurance, will be available at the Race Expo all day Saturday to run you through the transition area.

SWIM. Swimmers will be staged in the pool area prior to the start. At this point all athletes will need: goggles, swim cap, suit. There will be volunteers available in the water for more novice swimmers. Remember to have your chip on you leg prior to coming to the pool. You will pick this up just outside of transition on Race morning.

SWIM TO BIKE. You will exit the pool and enter the transition area directly in front of the pool entrance and run in your bare feet. It is a paved area that will be swept well.

BIKE OUT. Put on your bike helmet as soon as you get to your bike and make sure it is buckled. Keep your helmet on as long as you are touching your bike, even if you are running through transition. The bike helmet is **MANDATORY** for participation.

BIKE. Older athletes will do 4 loops of the bike course and younger athletes will do 2 loops. It is important to ride the correct distances. At the north end of the turn near the intersection of Church and Dodge each participant will remove the bracelet given to them to note the number of laps remaining. Participants need to slow for the turn and toss the bracelet to the volunteers. **ALL** participants are required to do this. Once all bracelets have been removed athletes will be directed to leave the course and enter transition. Failure to do so will result in time penalty added to your finish time. Additionally there is a pad that will determine number of lap completed post race.

BIKE IN. There is a bike dismount line that is well marked and volunteers are stationed. Dismount at the bike in spot as designated by the volunteers. Be sure to make sure that your helmet is buckled at all times while with the bike, this includes the transition area.

RUN. There will be a short distance to run through transition before hitting the run start pad. Start off the run with a shorter stride while your legs get used to running and not biking. It will be good to let your heart rate come down a bit before really starting to race. Once you adjust to running, kick it up a gear, staying relaxed, with good form, and breathing concentrating more on your exhale than inhale.

RUN FINISH. 11-14 years will run the full outer field and then a lap around the track. 7-10 years will run one full lap and then into the finish area. Splash and Dash will run their course and directly to the finish line.

PHOTO FINISH. We will have photographers on the course and photos will be posted on line. Finish tall with your arms raised in **VICTORY!** Be proud of what you have accomplished – you are now and forever a **TRIATHLETE!**

***PLEASE NOTE.** Please do not bring dogs or pets to the race site! Please remember to use extreme caution and limit the need to cross the race course. There will be volunteers posted along the course to assist. Parents, please allow volunteers to assist the participants*

NOTE ON SWIM COURSE:

*The 11-14 years will complete a serpentine course in the large competitive 25 yard pool. 7-10 year will complete a serpentine course also in competitive pool. We want all swimmers to feel comfortable and confident and can move 7-10 years of age participants to the "back pool" to complete their laps. This is a shallow warm water pool. **ALL** Splash and Dash participants will swim in the back pool.*