



**YMCA OF BUCKS AND  
HUNTERDON COUNTIES  
KIDS TRI**

**2023 Athlete Guide**  
**Sunday, August 13, 2023**



# WELCOME TRIATHLETES



## Welcome 2023 YMCA Kids Triathletes and Families!

You made it to race day! We cannot be more proud to host and cheer for you as you start the ultimate endurance event and cross the finish line on Sunday, August 13, 2023! Thank you for being a part of the 13th Annual YMCA of Bucks and Hunterdon Counties Kids Triathlon where we welcome many new and returning youth athletes of all skill levels ages 3-14. Race day is a full-family experience like none other, beginning with pre-race entertainment for your youth triathletes as they check-in, the energy and excitement of our Kids Triathlon Village and a finish line experience that fully embraces our COMPETE TO COMPLETE and Y FOR ALL atmosphere where every athlete is a winner. Our YMCA Kids Triathlon is unique in that it has one podium and all will be on it.

What's new this year? We realize that most children are already triathletes themselves before they ever compete. They splash and swim in our pools and at our beaches, they bike in our driveways and with their friends and they run around with so much joy! But not all children have these resources and structured opportunities to thrive to become what they already are at their core- accomplished triathletes. In 2023, our YMCA Kids Tri partnered with USA Triathlon to make youth multisport more accessible than it's ever been. Supported by the USA Triathlon Foundation, USA Kids Tri is the next step in increasing triathlon and multisport opportunities and access for current and prospective youth athletes. We know that you, your child and our community will see these benefits not just at the start on August 13, 2023, but year-round in programming, summer camp and in the community.

We'd like to thank our Key Recognition Event Sponsors, GMG, all our YMCA Kids Triathlon sponsors, the USA Triathlon Foundation and the hundred plus volunteers who make this event possible each year. A very special thanks goes out to the Borough of Doylestown, Doylestown Township and all emergency personnel for allowing kids triathletes to enjoy the beauty and safety of their race. Last but not least, we thank you for being the greatest fans in attendance who have traveled near and far to support your children as you cheer them on.

We encourage you to read this Athlete Guide for schedules, maps, clinics and a complete race day guide. Additionally, we will keep all families up to date with any new information on our YMCA Kids Tri website at [ymcabhc.org/kids-tri](https://ymcabhc.org/kids-tri). Together, we look forward to seeing your triathlete finish this as a finish line champion.

We're Here For You and can't wait to see your child at the start!

**Justin Grand**

**Race Director**

USA Triathlon Level I Certified Coach

# YMCA KIDS TRI YMCA OF BUCKS AND HUNTERDON COUNTIES

## MISSION STATEMENT:

YMCA of Bucks and Hunterdon Counties is a charitable, nonprofit organization committed to strengthening our communities through membership and programs that foster youth development, healthy living and social responsibility for all.

## YMCA KIDS TRIATHLON CASE FOR SUPPORT

The Y employs more than 1,000 people, serves more than 60,000 individuals and provides \$5 million in charitable community impact each year. YMCA of Bucks and Hunterdon Counties is a non-profit organization that relies upon charitable support to ensure that no one is turned away because of an inability to pay.

## Benefit of Sponsorship

Companies and individuals can support the YMCA Kids Triathlon, be associated with a positive, family friendly brand and have access to thousands of marketing impressions before race day, during the race and post the race. There are many levels to choose from and benefits include race day registrations, signage, press coverage and social media recognition. Review the attached corporate sponsorship package or find it online [here](#).

Please join us this year by participating as a sponsor. If have any questions please contact Director of Corporate Fundraising & Special Events Maggie Lester at [mlester@ymcabhc.org](mailto:mlester@ymcabhc.org).

## Y FOR ALL: DIVERSITY & INCLUSION

“For all” is a simple but powerful phrase. Without it, the Y mission is incomplete. Our commitment to inclusion creates better communities, a better country, and a better world.

YMCA of Bucks and Hunterdon Counties is committed to fostering an environment of acceptance. We recognize that individuals, families, and communities are diverse, and choose to be inclusive of all. We are committed to developing programs and services to embrace all people and needs of our communities.

We know that the key to effectively nurturing the potential of children, improving the nation’s health and well-being, and supporting our neighbors is a passionate, experienced, and diverse array of staff, volunteers, and members who value what everyone brings to the table.

We are passionate about our cause to strengthen communities and know that our ability to achieve it begins with reflecting and partnering with people from all walks of life. As a Y, we believe to be truly inclusive and welcoming to all, it is critical to understand the many factors that make up and influence an individual and his or her personality. Our programs and services, including the YMCA KIDS TRIATHLON, revolve around the understanding and respect of all dimensions of diversity. For more information on Y FOR ALL and our Diversity & Inclusion efforts at the Y, please visit [ymcabhc.org/about/about-us/diversity-inclusion](http://ymcabhc.org/about/about-us/diversity-inclusion).

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## AGE GROUP RACE DISTANCES

School age 6-14 yrs.	Swim	Bike	Run
Age 6-7	25 meter	1.75 miles	.5 miles
Age 8-9	50 meter	1.75 miles	.5 miles
Age 10-11	100 meter	3.5 mile	.75 miles
Age 12-14	150 meter	3.5 mile	.75 miles

WeeBees Accompanied by parent	Swim	Bike	Run
Age 3-5	12 meter	.25 miles	.12 miles

**REGISTER BY AUG 6**  
+PERSONALIZED  
RACE BIB  
**\$45**  
\$50 after Aug 6

**REGISTER BY AUG 6**  
+PERSONALIZED  
RACE BIB  
**\$25**  
\$30 after Aug 6

Register online at [ymcabhcs.org/kids-tri](http://ymcabhcs.org/kids-tri)!

# NATIONAL PARTNERSHIP WITH USA TRIATHLON KIDS TRI



Supported by the USA Triathlon Foundation, USA Kids Tri is the next step in the organization's continued efforts to work alongside local events, race directors, coaches and clubs across the country that are increasing triathlon and multisport opportunities and access for current and prospective youth athletes. "Every child should have

the opportunity to be active and experience the joys of multisport. Our USA Kids Tri program is another opportunity to support our multisport community leaders and partner with local schools and community centers to introduce the sport and all its virtues to youth athletes across the U.S.," said Victoria Brumfield, USA Triathlon CEO. "Building community is a vital part of turning any activity into a passion for kids and the USA Kids Tri program is designed to help strengthen this by connecting kids with dedicated race directors, coaches, club members and volunteers who will help lead the program. We can't wait to get to work with our community and grow the sport."

**USA Kids Tri** is comprised of four core elements:

- Introduce multisport in an established setting and format
- Elevate community connections to provide best-in-class resources
- Bolster existing race formats with proven records of success
- Enable kids from low-to-moderate income households to engage with the sport in a way that works for them and their families

YMCA of Bucks and Hunterdon Counties is proud to partner with USA Triathlon in launching USA Kids Tri initiative in 2023 in the Pennsylvania/New Jersey region, introducing inaugural Kids Tri youth programming and classes that launched April 2023 at the Doylestown YMCA branch, growing Kids Tri Summer Day Camp, and supporting the YMCA Kids Triathlon race this August 13, 2023.

All USA Kids Tri programs will include educational resources, structured time for kids to connect with youth-centric coaches and clubs, after-school programs or other practice opportunities, and the chance to compete at a local youth race where all participating kids will receive a free USA Triathlon Youth Annual Membership. The tenets of USA Kids Tri include:

- Learning, developing skills, competing and building community
- The multisport fundamentals of health and wellness education built around the American Development Model (ADM). ADM is a concerted effort between the United States Olympic & Paralympic Committee and its sport National Governing Bodies to apply long-term athlete development principles in a way that creates early positive experiences for youth athletes across all sports by promoting sustained sport participation.

"Creating more consistent opportunities for kids to engage in triathlon and multisport by practicing and participating with their friends will lead to the fun-filled unforgettable moments that stay with them for a lifetime," said Emma O'Brien, USA Triathlon youth program coordinator. "When the activity becomes intertwined with their routines, friends and interests, it becomes a healthy passion. The USA Kids Tri program will introduce the sport in a fun, non-competitive fashion for athletes from all backgrounds."



## FREE USA TRIATHLON YOUTH ANNUAL MEMBERSHIP!

USA Triathlon is supporting YMCA of Bucks and Hunterdon Counties and all youth athletes competing in the YMCA Kids Tri with free USAT memberships!

### Benefits of USA Triathlon Youth Membership:

- Access to USA Triathlon Membership
- Access to members-only dashboard with giveaways and special articles including [usatriathlon.org/youth](https://usatriathlon.org/youth) resources
- Online subscription to the quarterly USA Triathlon Magazine with Kids' Section
- Exclusive discounts from USA Triathlon sponsors (Discount codes are accessed via your membership dashboard)
- Discounts on all USA Triathlon hosted webinars
- Preferred pricing at USATStore.com, USA Triathlon's Official Online Store
- Excess accident insurance while participating in USA Triathlon-sanctioned events

### IMPORTANT INSTRUCTIONS FOR REGISTRATION:

To take advantage of this amazing opportunity, parents will need to:

1. First, visit the USAT Membership site at: [member.usatriathlon.org](https://member.usatriathlon.org).
2. Once on the site, you will create your child's account and they will obtain their annual membership using this code: YMCABHC and obtain their membership number.
3. They will use that active membership while registering for the event at [ymcabhc.org/kids-tri](https://ymcabhc.org/kids-tri).

**YOUTH MEMBERSHIP DISCOUNT CODE: YMCABHC**

#### About USA Triathlon:

USA Triathlon is proud to serve as the National Governing Body for triathlon, as well as duathlon, aquathlon, aquabike, winter triathlon, off-road triathlon and paratriathlon in the United States. Founded in 1982, USA Triathlon sanctions more than 4,300 events and connects with more than 400,000 members each year, making it the largest multisport organization in the world. In addition to its work at the grassroots level with athletes, coaches, and race directors — as well as the USA Triathlon Foundation — USA Triathlon provides leadership and support to elite athletes competing at international events, including World Triathlon World Championships, Pan American Games and the Olympic and Paralympic Games. USA Triathlon is a proud member of World Triathlon and the United States Olympic & Paralympic Committee (USOPC).

#### About the USA Triathlon Foundation:

The USA Triathlon Foundation is a 501(c)(3) non-profit organization and the charitable arm of USA Triathlon. With its mission to transform lives through sport by providing opportunities to swim, bike and run, the Foundation serves to generate a greater impact on the multisport community through charitable giveback and grants that advance the Foundation's three pillars: (1) Encourage youth participation; (2) Inspire adaptive athletes; and (3) Ignite Olympic/Paralympic dreams. Since the Foundation was established in 2014, it has impacted the lives of thousands by providing grants to organizations and individuals in pursuit of its mission and pillars to create a healthier United States through triathlon. To learn more about the Foundation and get involved, please visit [usatriathlonfoundation.org](https://usatriathlonfoundation.org).

Visit [usatriathlon.org/youth](https://usatriathlon.org/youth) for all USA Triathlon Kids Tri resources!



# EVENT SCHEDULE



	TIME	EVENT	LOCATION
THU	4-6 PM	Packet Pickup	Doylestown YMCA Welcome Center
	6-7 PM	Triathlon Transition Clinic - Free!	Parking Lot: Lower Staff Parking Lot (Lower State Road)
SAT	12-4 PM	Packet Pickup	Doylestown YMCA Welcome Center
	12-4 PM	Walk-In Registration	Doylestown YMCA Welcome Center
SUNDAY, AUGUST 13	6:30-7:30 AM	Transition Opens: All Kids Triathletes must check in by 7:30 AM!	YMCA Parking Lot
	6:30-7:30 AM	Same-Day Packet Pickup *No same day Registration	YMCA Parking Lot
	6:30-11 AM	Kids Tri Village: Finish Line Expo & Race Entertainment	YMCA Parking Lot
	7:30 AM	Transition Closes: All Kids Triathletes will exit transition	YMCA Parking Lot
	7:35 AM	Opening Ceremony	Flagpole
	7:40 AM	<b>12-14 Age Group:</b> Assembles at Main Y entrance	YMCA Main Entrance
	7:45 AM	<b>12-14 Age Group:</b> Race Start	Lap Pool
	8 AM	<b>10-11 Age Group:</b> Assembles at Main Y entrance	YMCA Main Entrance
	8:05 AM	<b>10-11 Age Group:</b> Race Start	Lap Pool
	8:20 AM	<b>8-9 Age Group:</b> Assembles at Main Y entrance	YMCA Main Entrance
	8:25 AM	<b>8-9 Age Group:</b> Race Start	Lap Pool
	8:40 AM	<b>6-7 Age Group:</b> Assembles at Main Y entrance	YMCA Main Entrance
	8:45 AM	<b>6-7 Age Group:</b> Race Start	Lap Pool
	9:10 AM	<b>WeeBees Age Group:</b> Assembles at Main Y entrance	YMCA Main Entrance
	9:20 AM	<b>WeeBees Age Group:</b> Race Start	Lap Pool
	11 AM	Kids Tri Village Closes / Kids Tri Wrap-Up!	YMCA Parking Lot

**Transition Clinic | Packet Pickup | Kids Triathlon | Kids Tri Village**

**DOYLESTOWN YMCA 2500 Lower State Road, Doylestown, PA 18901**

# FREE TRANSITION CLINIC



## FREE TRANSITION CLINIC | Thursday, August 10, 6-7 PM

Get your triathletes set for race day by attending this FREE Transition Clinic! Athletes will learn how to setup their transition area and transition from swim to bike, and bike to run. Triathletes are encouraged to bring:

- Goggles (if they're comfortable to use them!)
- Bike
- Helmet
- Water Bottle (with water in it!)
- Socks
- Sneakers
- Shorts
- Shirt
- Towel (to put your race stuff on during the race)

This is an actual simulated practice – we just won't be using the pool. Your triathlete will learn how to setup their transition area with all their gear, mount and dismount their bike safely and run through the finish line so you can get their smiling picture! We will practice several times so everyone is comfortable for race day!

All registered triathletes must sign up for the Transition Clinic either online at [ymcabhc.org/kids-tri](https://ymcabhc.org/kids-tri), by emailing Race Director Justin Grand at [jgrand@ymcabhc.org](mailto:jgrand@ymcabhc.org) or by visiting the Doylestown Welcome Center. Race Director Justin will also be available to answer any questions you or your triathlete may have!



# PACKET PICKUP & RACE SWAG



**THURSDAY, AUG 10**  
**6-7 PM**

**SATURDAY, AUG 12**  
**12-4 PM**

**SUNDAY, AUG 13**  
**6:30-7:30 AM**

**Doylestown YMCA**

**Doylestown YMCA**

**Doylestown YMCA**

**Lower Level / Staff Parking Lot**

**Welcome Center**

**Transition Area - Parking Lot**

2500 Lower State Road  
Doylestown, PA 18901

2500 Lower State Road  
Doylestown, PA 18901

2500 Lower State Road  
Doylestown, PA 18901

## THURSDAY, AUGUST 10:

### Packet Pickup available during Free Kids Tri Transition Clinic!

Packet Pickup on Thursday, August 10 or Saturday, August 12 is highly encouraged.

- On-site registration is available during Packet Pickup through Saturday, August 12. Please note, registration closes on September 24 and there will be no race-day registration on Sunday, August 13.
- Please bring a copy of your YMCA Kids Triathlete registration confirmation email.
- We will have packets for everyone who is registered. Pickup your child's packet early, and race shirts will be provided based on the shirt size listed on your registration. Unworn shirts can be exchanged at the conclusion of the YMCA Kids Triathlon, contingent upon shirt exchange availability.
- Can't make it to pickup your child's packet? Not a problem! Forward your confirmation email a friend or family member for them to pickup!

2023 Kids Tri shirt



2023 Kids Tri medal

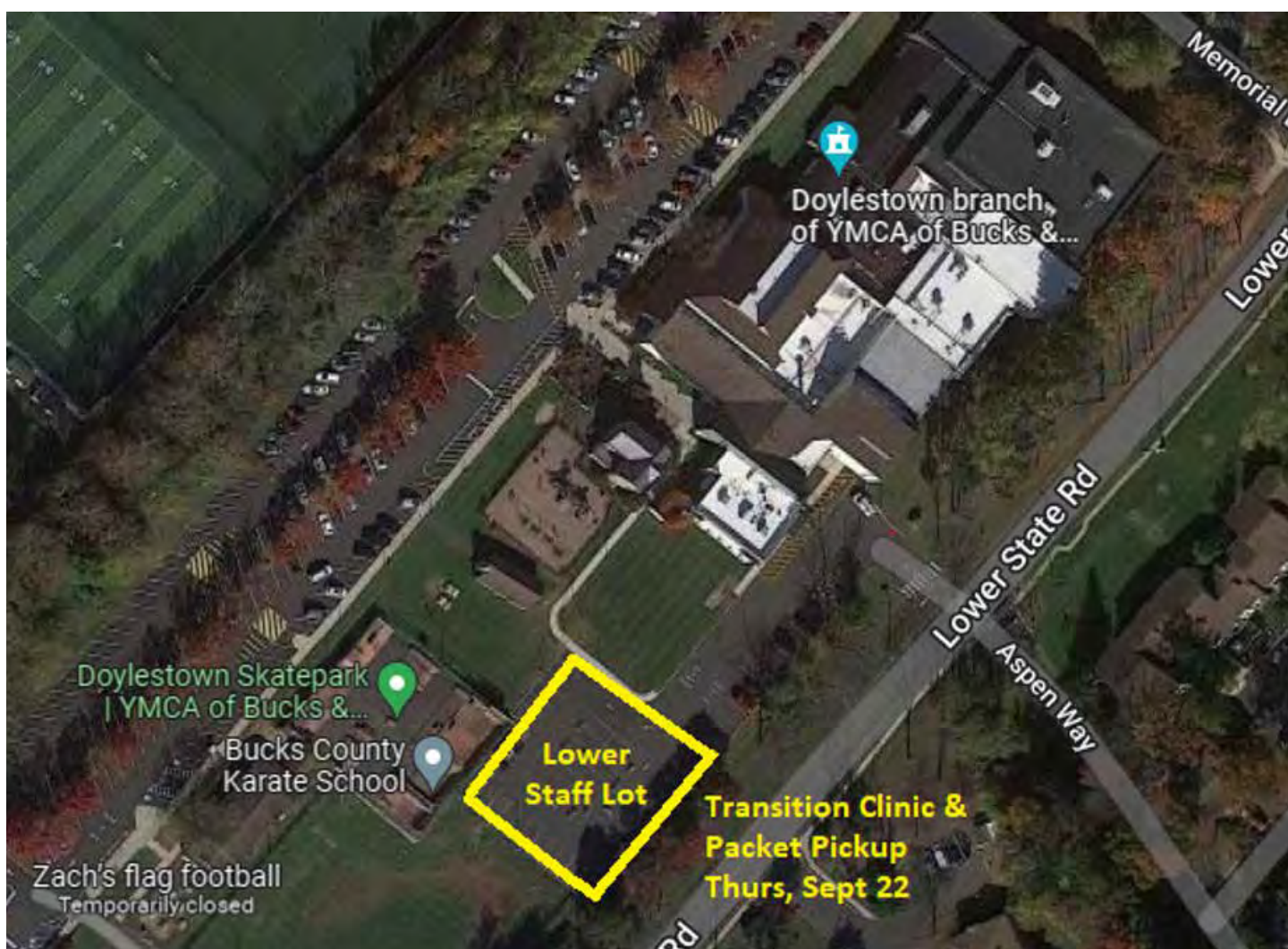
# COURSE MAPS



**Thursday, August 10**

Transition Clinic & Packet Pickup

Lower Staff Parking Lot

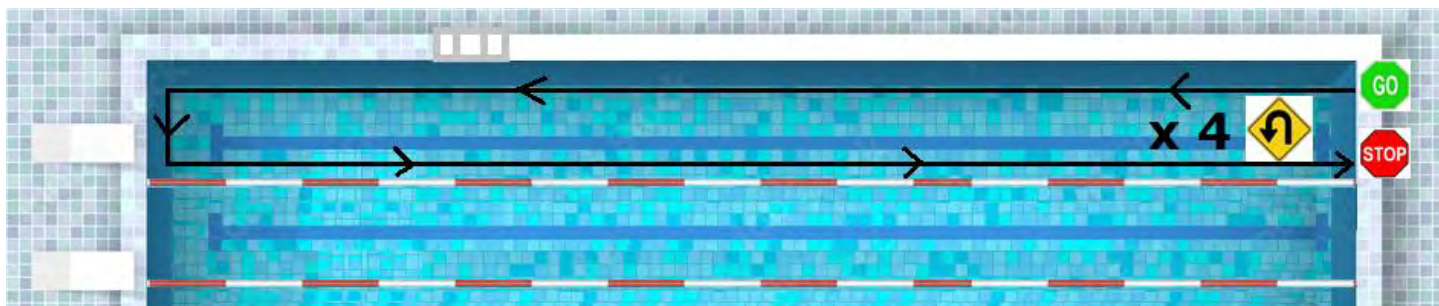




## Swim Map | Ages 12-14:

150 Meters

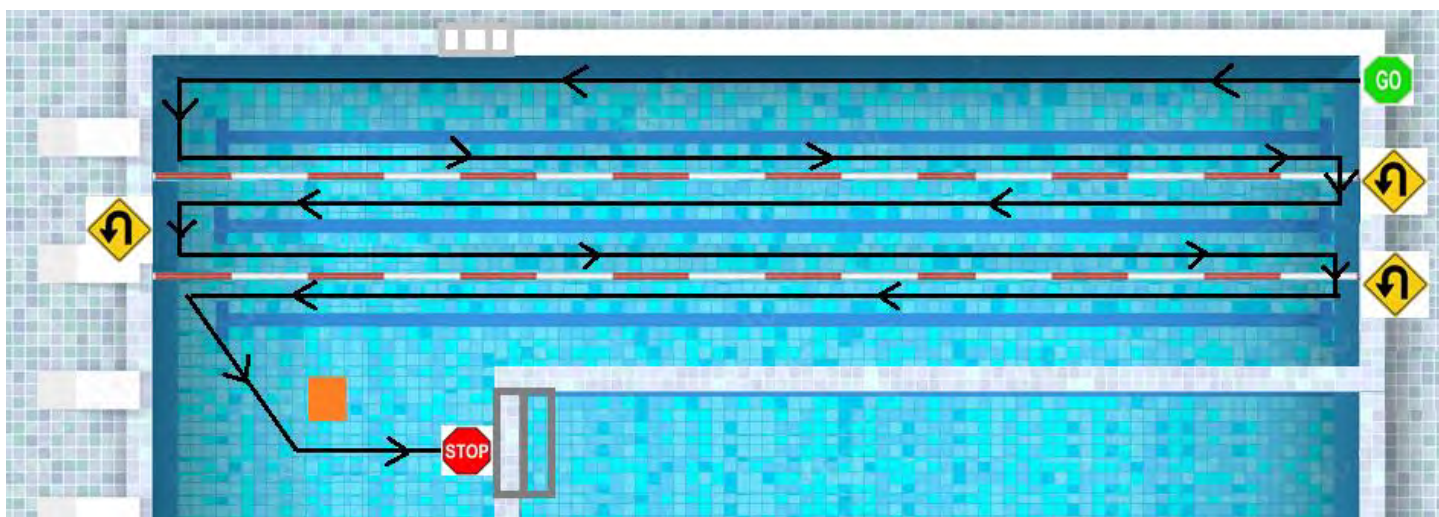
4 Laps



## Swim Map | Ages 10-11:

100 Meters

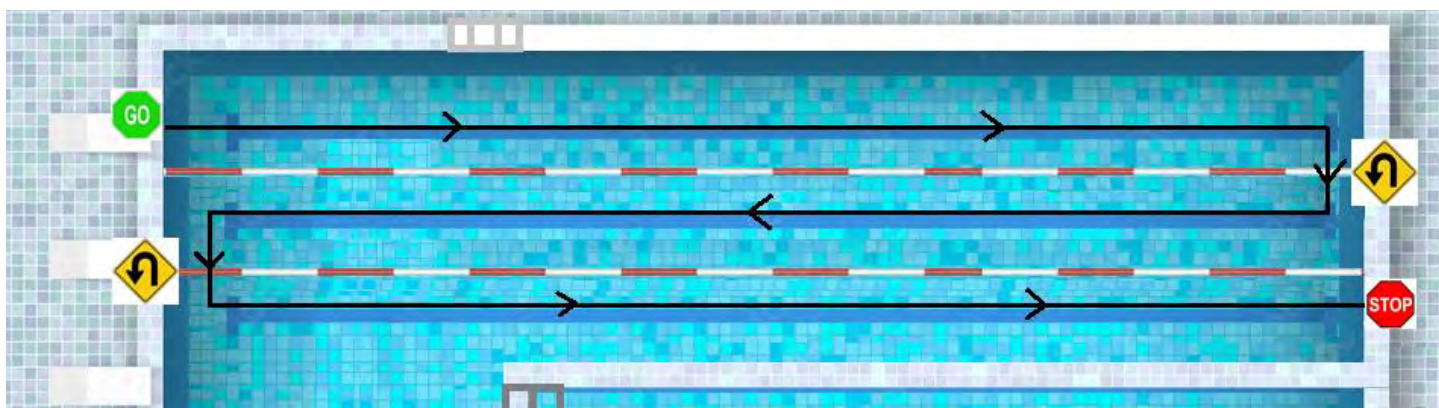
Serpentine Swim



## Swim Map | Ages 8-9:

50 Meters

Serpentine Swim

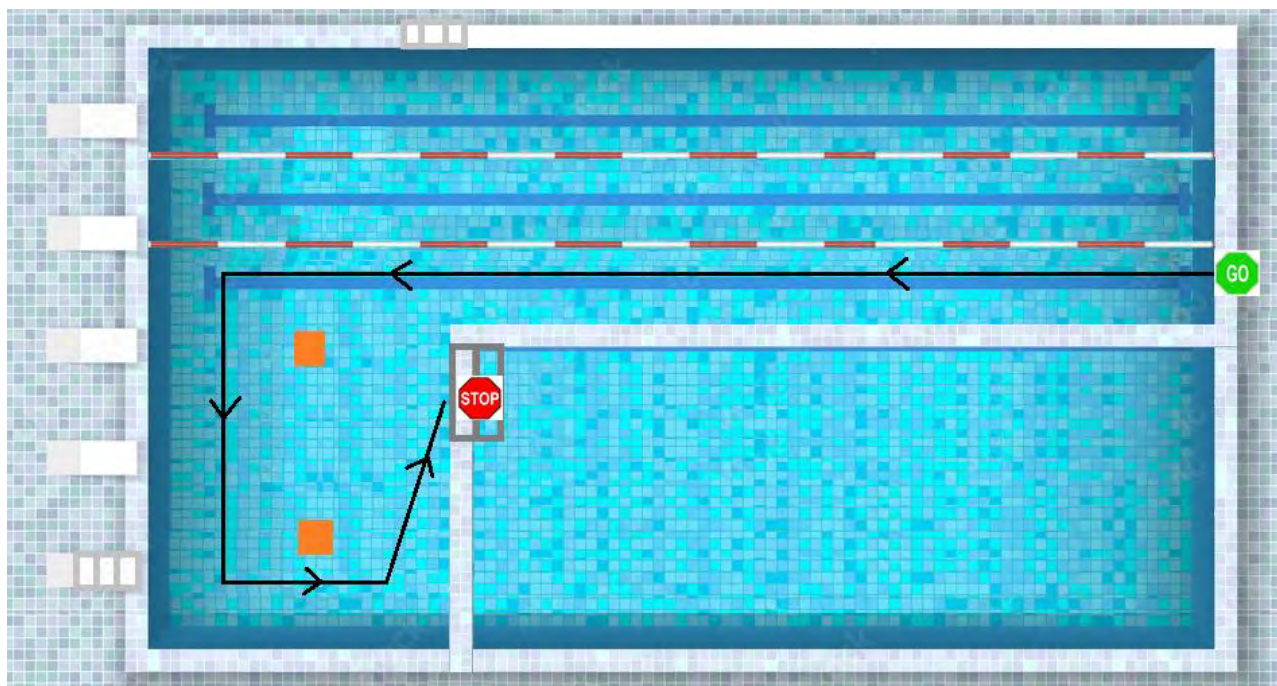




## Swim Map | Ages 6-7:

25 Meters

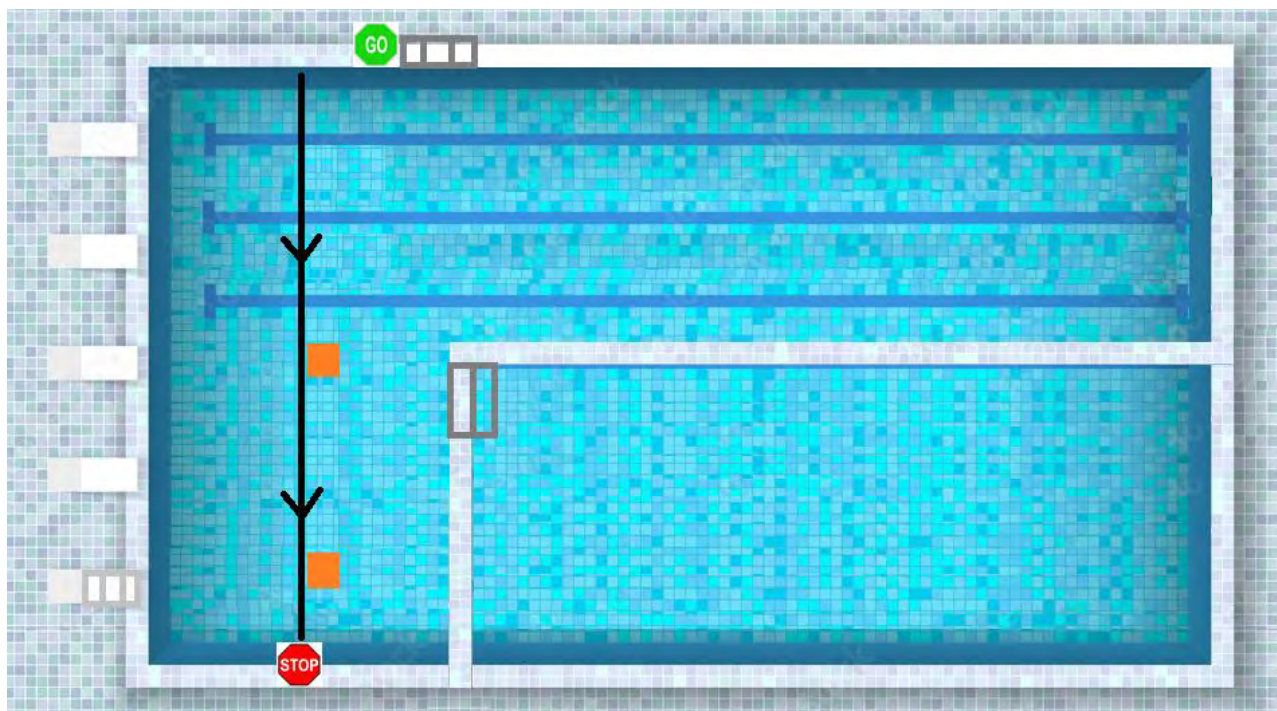
Point to Point



## Swim Map | WeeBees Ages 3-5:

12 Meters

Point to Point

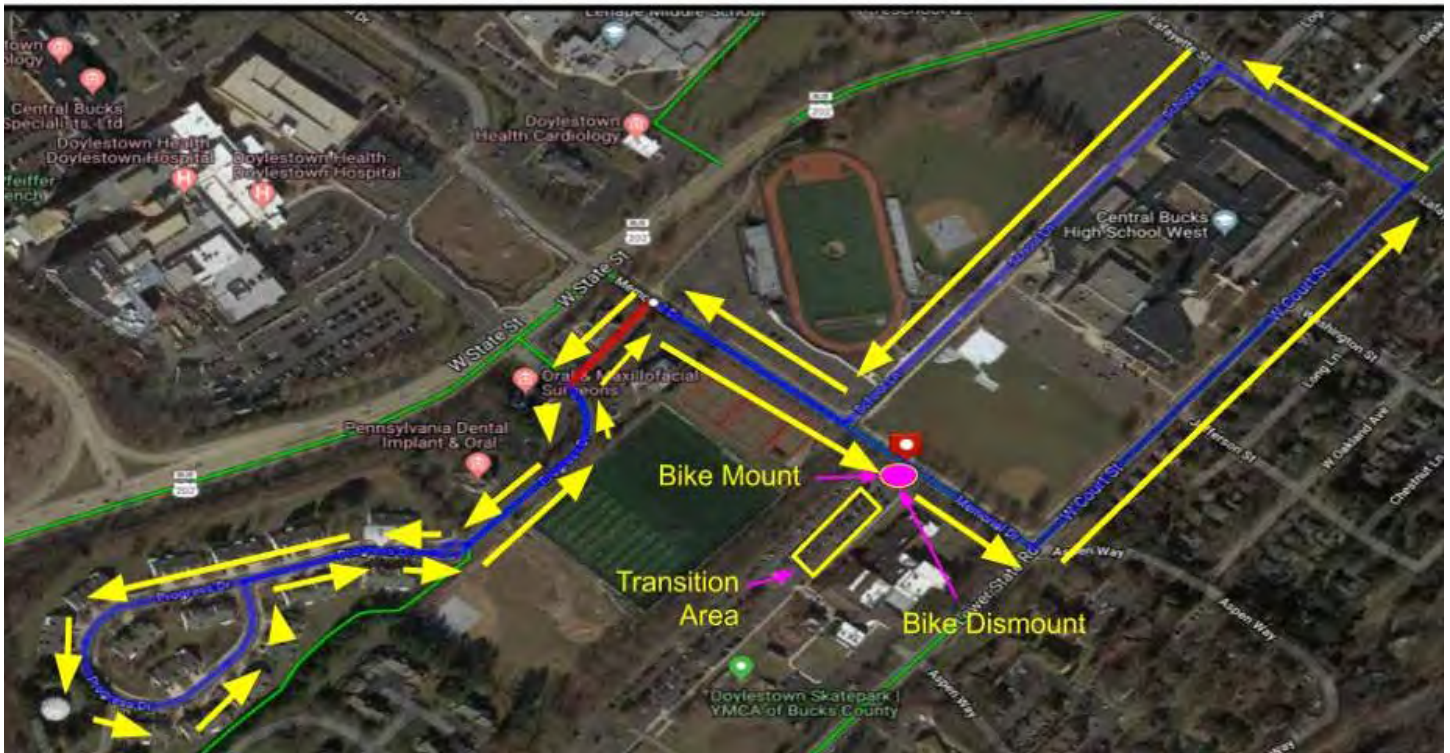




## Bike Course

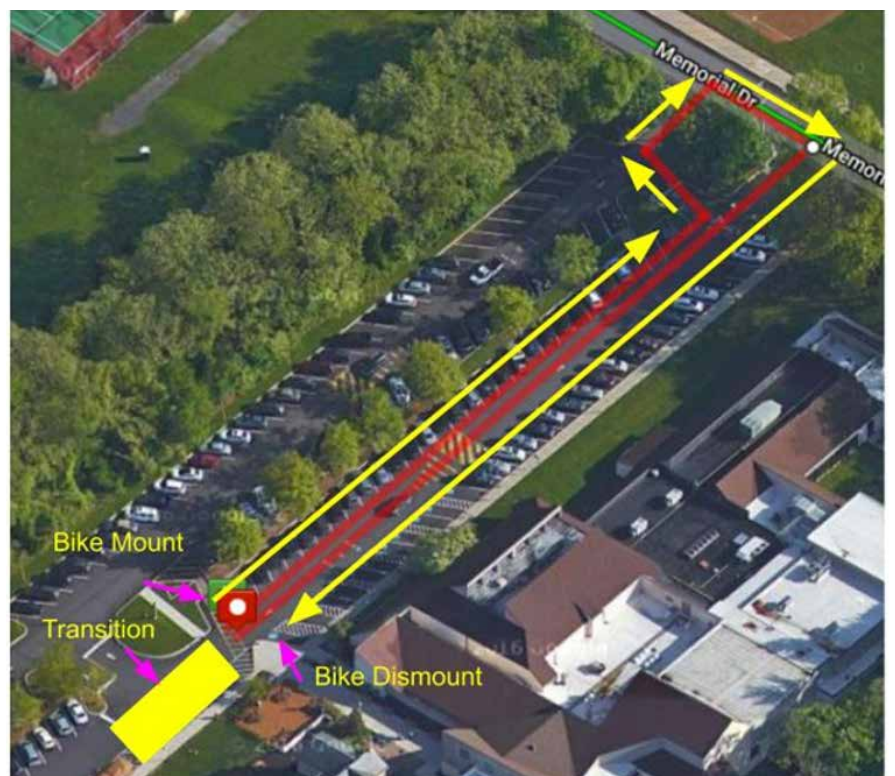
Ages 6 to 9 = 1.75 miles (One Loop)

Ages 10 to 14 - 3.5 miles (Two Loops)



## Bike Course | WeeBees

.25 Miles





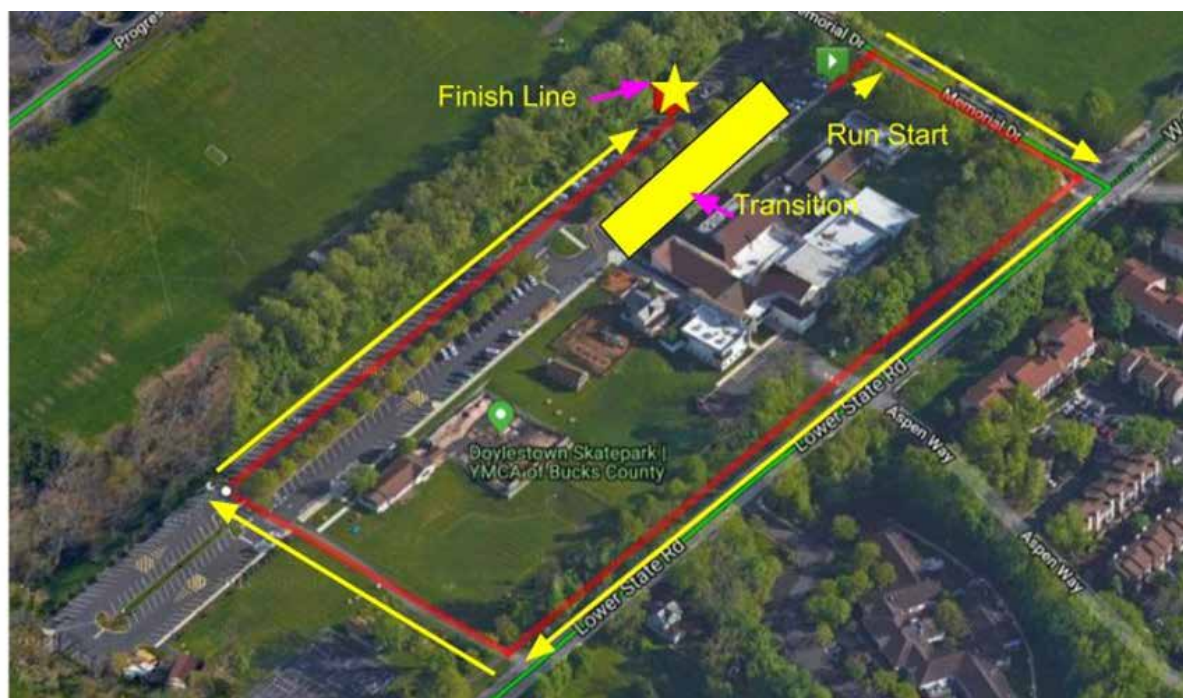
## Run Course | Ages 10 to 14

3/4 Miles



## Run Course | Ages 6 to 9

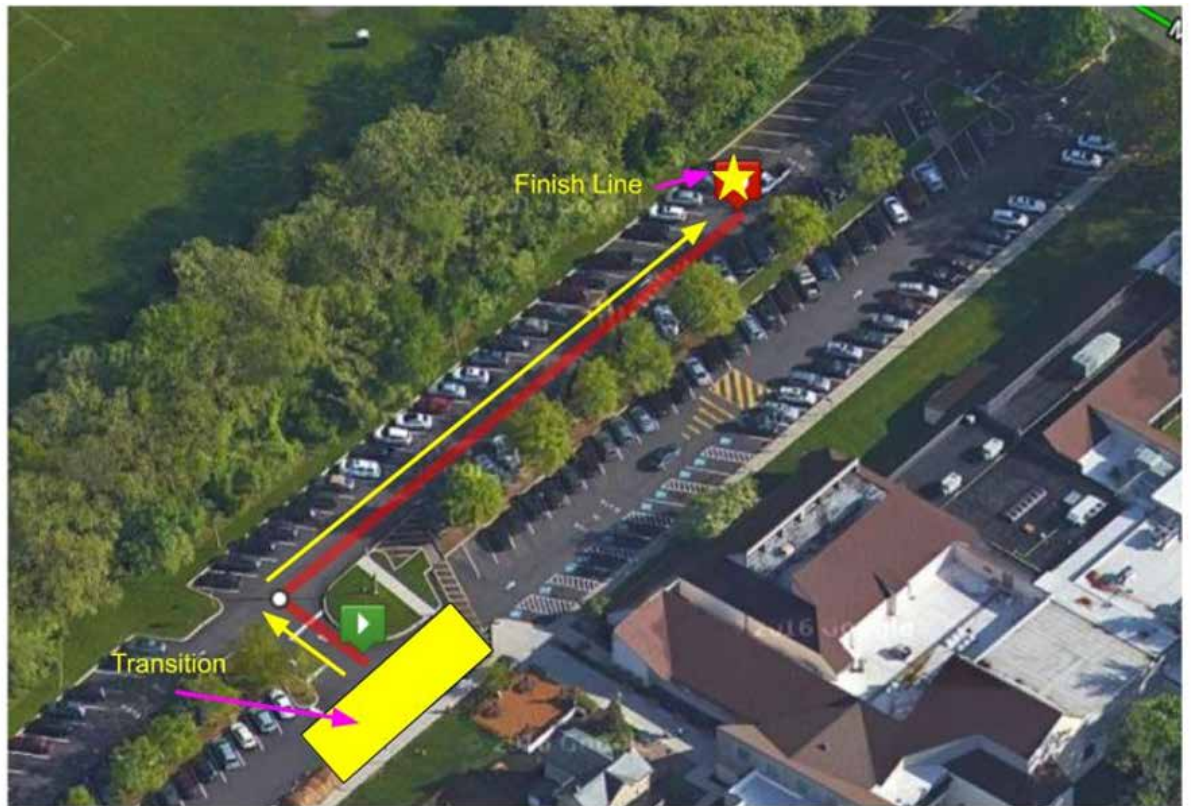
.5 Miles





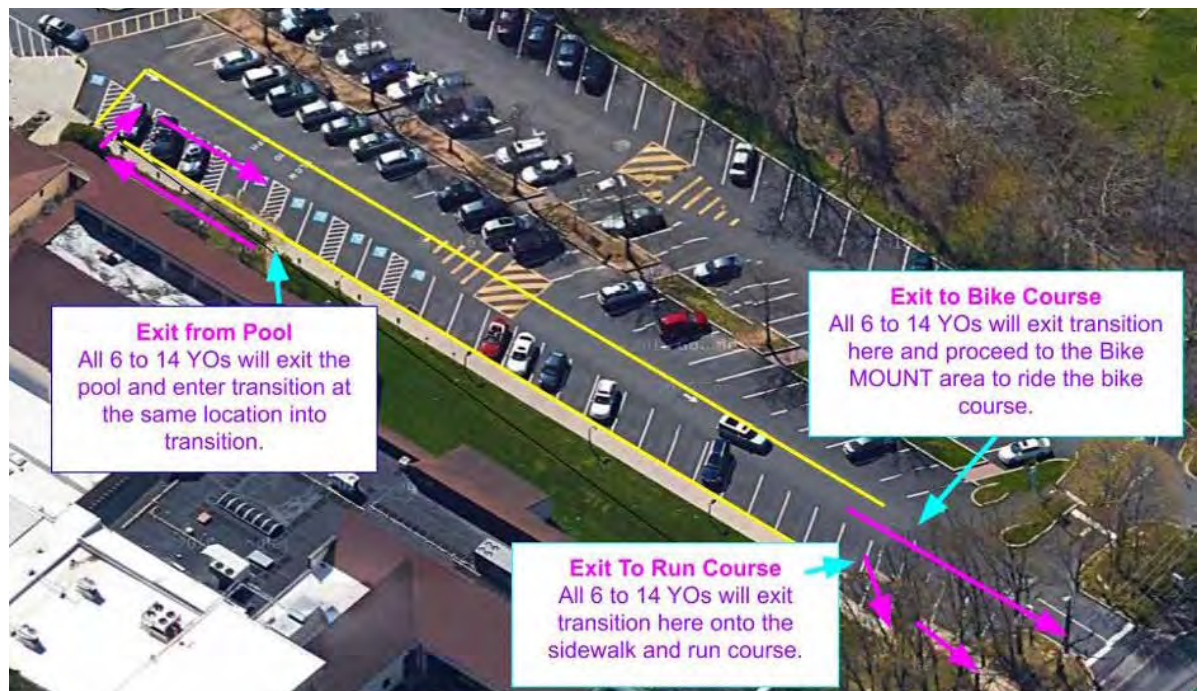
## Run Course | WeeBees

.12 Miles



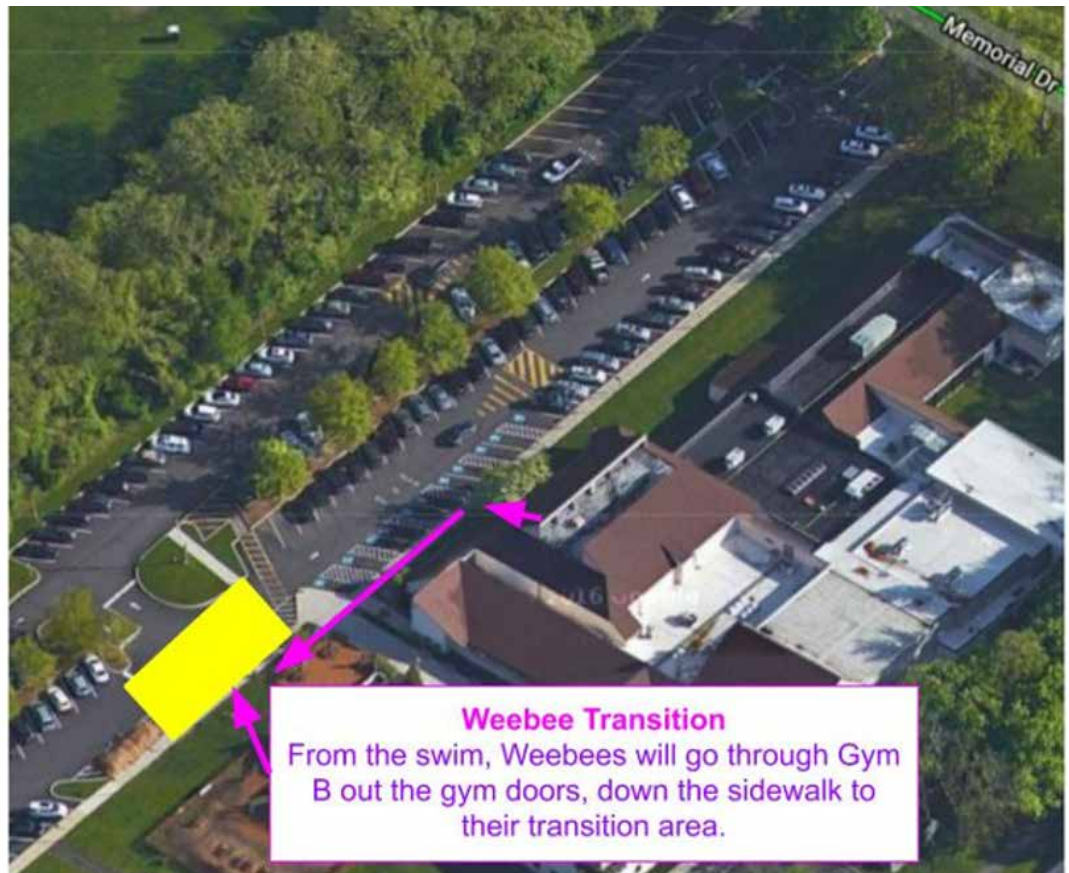
## Transition Maps

Transition Area | Ages 6 to 14





## Transition Area | WeeBees



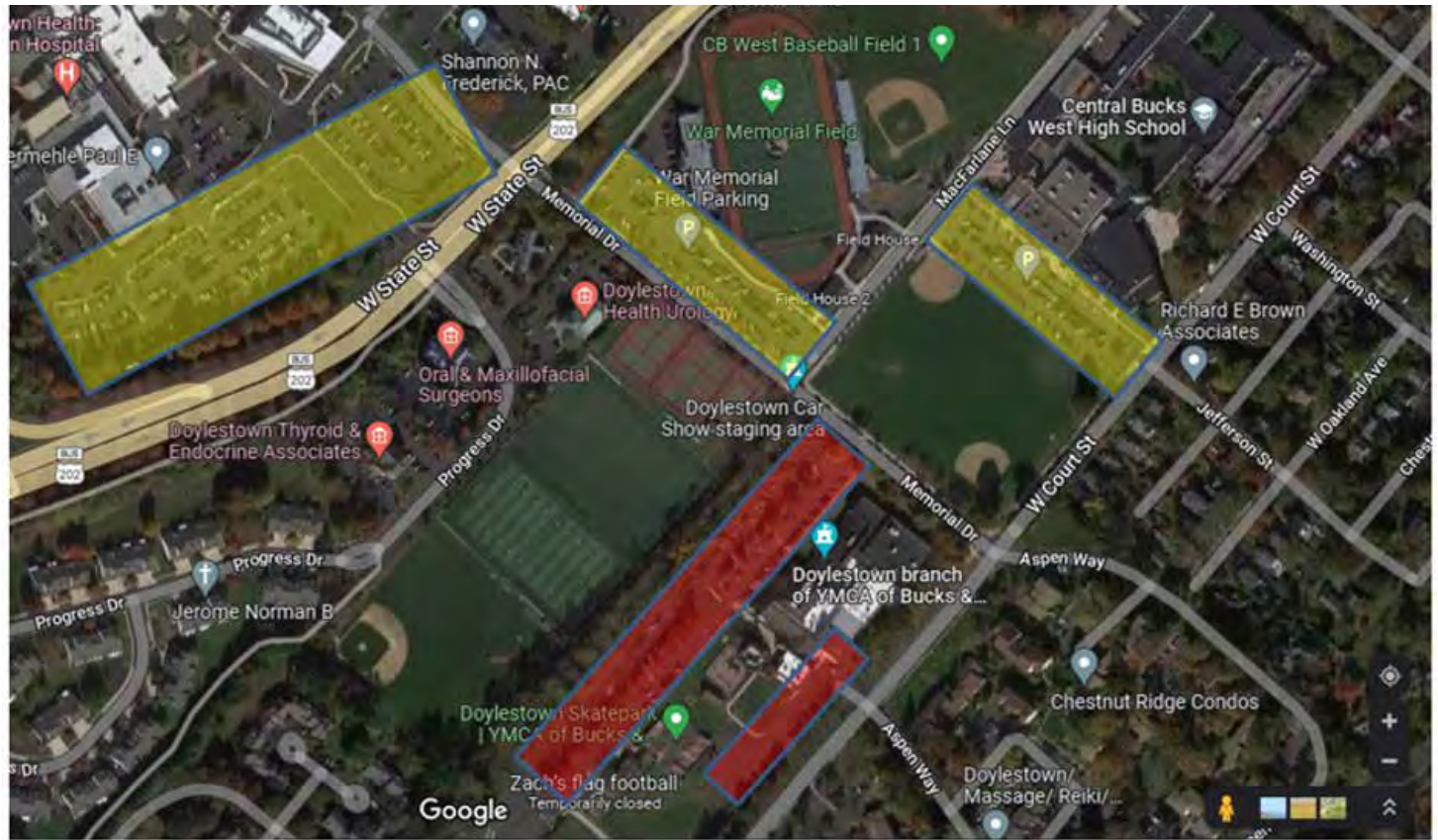
## Bike Mount & Dismount Areas for Ages 6 to 14

Racer's MUST Mount and Dismount between the lines



## PARKING MAP

**Parking is available for race participants in the lots highlighted in yellow on the map below. All Doylestown YMCA parking lots highlighted in red will be closed for the race, and parking is not allowed. Parking in those areas could result in your vehicle being towed.**



**Enjoy use of complimentary parking in the following lots:**

- **Central Bucks West High School – All Lots**
- **Lenape Middle School**
- **Doylestown Health Hospital**
- **Side Street Parking, where applicable**



# KIDS TRIATHLETE CHECKLIST



## Pre-Race:

- ☐ Review Kids Tri Athlete Guide with your triathlete!
- ☐ Directions to the Doylestown YMCA
- ☐ Race Packet packed!
- ☐ Hydrate, eat healthy, and rest!
- ☐ A winning attitude and GREAT smile!

## Transition:

- ☐ Backpack/bag for race gear
- ☐ Towel for ground
- ☐ Towel for Swim
- ☐ Snacks
- ☐ Water Bottle (plastic)
- ☐ Sunscreen
- ☐ Post-race clothing (optional)

## Swim:

- ☐ Swimsuit (worn to the race)
- ☐ Goggles
- ☐ Swim Cap (optional)
- ☐ Ear Plugs (optional)

## Bike:

- ☐ Bicycle
- ☐ Helmet
- ☐ Sunglasses
- ☐ Race Bib (provided during Packet Pickup)
- ☐ Shirt
- ☐ Shorts (optional to be worn over bathing suit)
- ☐ Shoes
- ☐ Socks

## Run:

- ☐ Sunglasses
- ☐ Race Bib (provided during Packet Pickup)
- ☐ Shirt
- ☐ Shorts
- ☐ Shoes
- ☐ Socks
- ☐ Hat (optional)

## QUESTIONS?

Email Race Director Justin Grand at [jgrand@ymcabhc.org](mailto:jgrand@ymcabhc.org)

# KIDS TRI AT HOME



 <b>#KIDSTRIATHOME PROGRAM</b>						
	SWIM DAY	BIKE DAY	RUN DAY	MUSCLES DAY	CARDIO DAY	STRETCHING
WEEK 1	Swim the "Globe" (a stability ball) by balancing on the ball and doing the freestyle and breast strokes (to music)	Learning time! Teach the kids how to change a tire. Go over the importance of wearing a helmet on every ride.	Go for a walk as a family. As you get closer to your house, see who can sprint home the fastest!	<b>FaceTime challenge!</b> FaceTime as many of your family and friends as possible and host a plank challenge. Who can hold the plank the longest?	Play "Simon Says" and alternate between these exercises: 1. cross country ski (lunge and switch legs) 2. bicycle crunches 3. mountain climbers 4. swimming flutter 5. "quick feet" in place	Use free meditation apps which gradually increase the time you meditate from 1 minute up to 10 minutes over a period of days
WEEK 2	Find a bench (or couch!) and have the kids hold resistance bands while you hold the middle. Then practice some swim strokes!	Have a trainer at home? Make up a game — pedal harder every 90 seconds for 10 seconds. Or, play music, and during the chorus, pedal faster.	Play a game of "Red Rover" or "Tag" — whether you're inside or outside!	<b>FaceTime challenge!</b> FaceTime as many of your family and friends as possible and host a push-up challenge. Who can do the most push-ups?	Set-up a small cardio circuit. Alternate between jumping jacks, jump ropes, and lunges — 1 minute on and 1 minute off.	Find a local yoga studio streaming online family yoga classes and try out a family yoga hour!
WEEK 3	Swim the "Globe" (a stability ball) by balancing on the ball and doing the butterfly stroke (to music).	In the driveway or a parking lot, set up an obstacle course and riders can practice turning skills.	Play "Red light, Green light." A parent starts as the "base" and shouts "green light!" and "red light!" Everyone sprints on green light, then stops on red light. First one to tag the "base" is the base next time.	<b>FaceTime challenge!</b> FaceTime as many of your family and friends as possible and host a sit-ups challenge. Who can do the most sit-ups in 1 minute?	Obstacle course! Create a furniture course or take chalk and make a course outside. Add in specific mental or physical challenges to keep everyone guessing.	Use your meditation app or attend a virtual (free!) yoga class designed for kids or families.
WEEK 4	Swim the "Globe" (a stability ball) by balancing on the ball and doing the back stroke (to music).	Play "Slow Race." Create a race course and the kids ride on the bikes as slow as they can from the start to finish line without putting a foot down — the last to cross the finish line is the winner!	Is your house a mess from being inside so much? Host a race to see who can clean up a room (or rooms!) the fastest by tidying up.	Play "Follow the Leader." Add in specific activities such as jumping, lunging, and squatting.	Create a scavenger hunt of clues. Have the kids find certain items, and at each location they do 10 of the following exercises (they can choose): bicycle crunches, plank or wall-sits (10 seconds).	<b>Mini Triathlon</b> Do "Transition Relays" on a course set up inside. Run. Put on race belt. Run. Put on shoes. Run. Put on helmet. Run to the finish line!
	OFF DAY					
	Play "Hide and Seek" around the house!					
	Take a virtual museum tour! Many museums, including the Smithsonian National Museum of Natural History, are offering free virtual tours.					
	Draw with Kennedy Center artist Mo Willems, who hosts virtual "Lunch Doodles" every week day at 1 p.m. EDT.					
	Enjoy a day-time movie, a game night, or even reading books with celebrities (check out @savewithstories on Instagram).					

Have another workout you love? Substitute it for any day or any workout and share it with us by emailing [youth@usatriathlon.org](mailto:youth@usatriathlon.org) or tagging [@usatriathlon](https://www.instagram.com/usatriathlon) on social media using the hashtags [OurPowerWithin](https://www.instagram.com/OurPowerWithin) and [#KidTriAtHome](https://www.instagram.com/KidTriAtHome)

# RACE DAY INFO



## RACE DAY

- Welcome to race day! All triathletes must check in and enter transition between 6:30–7:30 AM regardless of their age group start time. Transition opens at 6:30 AM, and closes promptly at 7:30 AM. All athletes and equipment must be on site and ready to race by 7:30 AM.
- First age group race call starts promptly at 7:40 AM. All other times are approximate. Please note races can shift ahead of schedule by as much as a half hour. For this reason we request that all racers stay on-site. All age groups will have three calls to line-up.
- Race “equipment” is not provided, including bicycles and helmets. Bicycle helmets are required and kick-stands are highly recommended.

## TRAFFIC, PARKING, & CLOSURES

- To ensure a safe & fun event for all Kids Triathletes and families, the Doylestown YMCA will be closed throughout the duration of the race and will open at 12 PM on Sunday, August 13. From 7:45–11:30 AM, no vehicle traffic will be allowed on Memorial Drive, MacFarlane Lane, and Progress Drive.
- Parking is available at Central Bucks West High School, Lenape Middle School, Doylestown Health Hospital, and side street parking, where applicable.
- Parking volunteers will be on hand to direct you. You may use Memorial Drive until 7:30 AM to drop your triathlete’s bike off.
- Cars parked at Central Bucks West High School and lots off of Memorial Drive after 7:45 AM will remain parked there for the duration of the event!

## RACE TIMING

- Triathletes will be chip timed via the race bib. Your child’s bib contains a chip and must be worn during the bike and run portion to be timed. Athletes crossing the finish line without a bib will not have a time recorded. Recorded times will reflect your swim, bike and run time and an overall time. \*Note: bibs are to be worn during the bike & run only.
- The official times will be posted on the Y website as quickly as possible. In keeping with the spirit of compete to complete, all times will be posted in alphabetical order of Kids Triathlete participants!

## SAFETY

- All segments of the YMCA Kids Triathlon will be supervised by event volunteers and Y staff.
- All volunteers will be in volunteer shirts. Please feel free to ask for assistance!

## SPECTATOR AREAS

- Spectators must remain in the designated areas and marked spaces throughout the race. This is for the safety of all participants.
- Only WeeBee parents/guardians are permitted inside of WeeBee Transition, and to run alongside their child. Parents/Guardians are not permitted inside the Transition Area and the race course for Registered Kids Triathletes ages 6–14.
- Unsportsmanlike conduct among participants or parents/guardians will not be tolerated and any violators will be asked to leave.



## GENERAL RACE RULES

- The YMCA Kids Triathlon is rain or shine! Please prepare for all weather conditions.
- Except for WeeBee parents (ages 3–5), spectators are not allowed on any part of the race course.
- A parent/guardian must be on Y property at all times.
- Helmets must be worn at all times on the bike course. Chin straps must be buckled at all times.
- No bare chests/stomachs on the race course.
- Race bibs should be clearly visible on the front of each participant during the run and the bike portion of the race.
- Cutting the course or going outside the course will result in a race violation.
- Pre-race bike safety checks can be performed (at no charge!) during Athlete Checkin from 6:30–7:30 AM and prior to race start.
- No headphones, headsets, music devices, or personal audio devices are permitted on the course or during competition.
- **Have fun!**

## ATHLETE CHECK-IN

- **All registered triathletes are required to check-in on race day, Sunday, August 13 between 6:30–7:30 AM.**
- Packet Pickup on Thursday, August 10 during the Transition Clinic, or on Saturday, August 12 is highly encouraged! Race Day Packet Pickup will be available during Athlete Check-in outside of Transition from 6:30–7:30 AM.
- You may use Memorial Drive, the main road in front of the Doylestown YMCA, to drop off your triathlete's bike.
- You will receive your bib and t-shirt at the time of packet pick-up.
- You will also be body marked with racer identification info at this time.
- **Races will not be delayed to accommodate late arrivals.**

## TRANSITION AREA

- Transition in a triathlon is the area and practice of changing from one discipline to another. This will include the area that athletes enter coming back from the Swim, going out for the Bike, returning from the Bike, and heading out for their Run. Transition 1, or T1, occurs when an athlete transitions out of the Swim and into the Bike, and T2 occurs when an athlete transitions from the Bike to the Run.
- Transition is only open to registered Kids Triathletes, with the exception of WeeBees participants. We will have plenty of caring and dedicated volunteers to help your child setup! They will happily assist racers with clothes, helmets, and tying shoes!
- All race gear will be stored exclusively in Transition at the athlete's designated transition spot.
- Each age group's transition area will be clearly marked and will be organized by age group and bib number. Ask a Transition Volunteer for help at any time!
- After body marking upon entering Transition, please put all triathlon race gear (t-shirts, sneakers, helmet, bicycle, towel and water bottle) in the transition area.
- Only plastic water bottles in the transition area and on the course.
- It is the racer's responsibility to be aware of their surroundings at all times. \*Note: For the safety of all participants, **no bike riding in Transition!** Athletes can walk or safely jog their bikes to the mount line outside of Transition.
- Please listen to post race announcements for details on when you can access the transition area to get your athlete's gear. It is important that you follow instructions and listen for announcements so that you do not interfere with other racers.

# SWIM



- **Swim Distances:**
  - **Ages 6–7:** 25 meters (1 Pool Length)
  - **Ages 8–9:** 50 meters (2 Pool Lengths; 1 Lap)
  - **Ages 10–11:** 100 meters (4 Pool Lengths; 2 Laps)
  - **Ages 12–14:** 150 meters (6 Pool Lengths; 3 Laps)
  - **WeeBees Ages 3–5:** 12 meters (½ Pool Length)
- With the exception of WeeBees, parents/guardians are not allowed on the pool deck or in the pool area. YMCA Aquatics Staff, Lifeguards, & Volunteers will be on the pool deck to assist and cheer your racer!
- Y provided floatation devices are available for WeeBee and 6–7 year old swimmers, if needed.
- **WeeBee parents/guardians are required to be in the pool with their child regardless of their swim ability**
- Participants assemble approximately 5 minutes before their heat is scheduled to begin. Please refer to the Event Schedule in the Athlete Guide for times.
- Swimsuits must already be on at this point and goggles are recommended. All bike & run gear must be left in Transition, including the race bib. \*Note: the race bib will disintegrate in water. Please have the race bib already attached to your athlete's shirt!
- Swimmers will be "body marked" at registration with their bib and age-group.
- Swimmers start in the water. NO DIVING and NO FLIP TURNS! When applicable, swimmers are required to do an "OPEN" turn (touching the wall with both hands and then turning to swim the next lap.) We ask that all swimmers stay on their side of the lane to complete their swim portion.
- Once the swim is complete, swimmers walk along the carpet from the Pool through the Gymnasium to the outside Transition Area where they prepare for the bike portion. Make sure to give your athlete a loud cheer here!
- **Swim Viewing Party!** Join us at the Pavilion in our KIDS TRI VILLAGE as we livestream your child's indoor swim!

# BIKE

- **Bike Distances:**
  - **Ages 6–7:** 1.75 miles (1 Bike Course Loop)
  - **Ages 8–9:** 1.75 miles (1 Bike Course Loop)
  - **Ages 10–11:** 3.5 miles (2 Bike Course Loops)
  - **Ages 12–14:** 3.5 miles (2 Bike Course Loops)
  - **WeeBees Ages 3–5:** 0.25 miles
- All racers must have their own bike and helmet. Kickstands are recommended. Training wheels are only permitted for the WeeBees.
- Racers enter the Transition Area and proceed to their bike. Shirts, socks, sneakers and helmets must be worn over swim suits! For the safety of your athlete, shirts must be worn at all times following the Swim and beginning on the Bike.

- Race Bib numbers must be clearly visible on the front of each participant during the Bike and the Run portion of the race.
- Bikes must be walked out of the Transition Area to the end of the parking lot. Once on Memorial Drive, racers can mount their bikes. Volunteers will be there to guide you.
- Although traffic will be blocked for the Bike, riders must stay alert and pay attention to their surroundings and the other athletes.
- Volunteers will be positioned throughout the course. Volunteer instructions must be followed including requests to slow down. Volunteers are there for the safety of the children participating in the race.
- Ride on the right side, and pass on the left. Do not cross the yellow line in the road.
- When passing, call politely to the rider "on your left." Do not block or ride on the left side of the lane without passing.
- Look before turning, stopping or slowing down. Someone might be next to you or behind you that you don't expect.
- Helmets must be worn and chin straps remain fastened at all times while on your bike. All handlebar ends must be solidly plugged.

## RUN

- **Run Distances:**
  - **Ages 6-7:** 0.5 miles (1 Run Course Loop)
  - **Ages 8-9:** 0.5 miles (1 Run Course Loop)
  - **Ages 10-11:** 0.75 miles (1 Run Course Loop)
  - **Ages 12-14:** 0.75 miles (1 Run Course Loop)
  - **WeeBees Ages 3-5:** 0.12 miles
- Runners exit their Transition Area on the sidewalk/building side to begin their run. Runners will proceed out of the Y lot, onto the sidewalk and to the right, then follow the sidewalk and down Lower State Road.
- Age groups 6-7 and 8-9 will turn up the access road and into the parking lot to complete their run.
- Age groups 10-11 and 12-14 will continue down the path to the back of the Y property, then cross into the camp field and come up from the lower end Y lot to complete their run.
- Volunteers will be on site to direct runners.
- Where applicable, runners must stay on the sidewalk at all times and listen to volunteers.
- Race bib number must be visible at all times during the run. Do not alter your number in anyway. Do not transfer your number to any other athlete or take a number from any other athlete since all numbers will be programmed into the computer by the timer.
- Be sure to check that sneakers are laced tightly before beginning the run.
- Have fun and give your best smile for your photo finish at the Finish Line! All athletes will receive a 2023 YMCA Kids Triathlon Finisher's Medal!

# FINISH LINE & KIDS TRI VILLAGE



The YMCA Kids Triathlon is a race experience for the entire family! Bring out your loudest Cheer Squad to cheer your triathlete on! Enjoy the following benefits on August 13 as we help prepare for your child's start, and celebrate their **COMPETE TO COMPLETE** race journey.



**LIVE DJ G Boogie,**  
presented by Showoff Productions,  
will bring the energy and help all  
triathletes complete their race!

## FINISH LINE EXPERIENCE

### FINISHER MEDALS

for all Kids Triathletes will be  
awarded to all athletes as they  
find their Finish Line!



Back after popular demand, welcome  
to our **KIDS TRI VILLAGE!** This unique  
expo will engage all athletes, parents/  
guardians, and families throughout  
the duration of the Kids Triathlon race!  
Waiting for your respective age group to  
start, or finish early and want to join in  
on the fun? **KIDS TRI VILLAGE** has it all!

### BOUNCE HOUSE & FUN YOUTH GAMES!



### SPONSOR TABLES, VENDORS & POST-RACE REFRESHMENTS

### SWIM VIEWING PARTY!

Join us at the Pavilion as we livestream  
your child's indoor swim!

### Y FOR ALL: DIVERSITY & INCLUSION

Join us for a special craft project, the  
**Kids Tri Y FOR ALL Bracelet!** Led by  
YMCA Diversity & Inclusion champions,  
express your you-ness through the  
colors of the beads with this special  
souvenir creation that will bring home  
our **COMPETE TO  
COMPLETE** and  
our **Y FOR ALL**  
inclusion efforts.



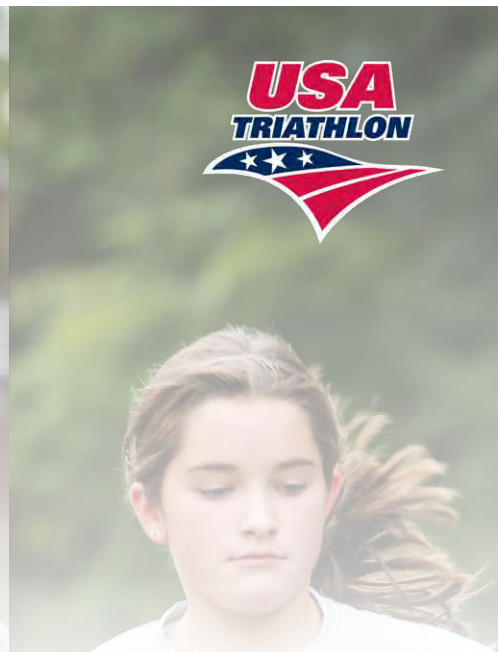
### LIVE MUSIC ENTERTAINMENT performed by musician BOBBY BEETCUT

Bobby Beetcut is a peace educating  
"Family Roots Musician" who creates a  
fun and funky blend of uplifting music  
resonating with kids and their parents  
alike. Family Roots Music is music you  
can plant children into, that help grow  
compassionate, fun, socially conscious  
and peaceful human beings.

### BUCKS BUBBLES FOAM PARTY!

Get ready for the best party ever: the Foam  
Party! Enjoy non-stop, cool, refreshing  
FOAM to celebrate your Kids Tri finish!





# Kids Triathlon Program

**DATE:** Sept 14 – Nov 2

**LOCATION:** Doylestown branch

**TIME:** Thursdays, 5:15–6 PM

**AGES:** 6–12

Powered by USA Triathlon's USA Kids Tri, this program is designed to help your child be ready to compete to complete the YMCA Kids Triathlon race.

## This 8 week program includes:

- Instruction by YMCA and USA Triathlon Certified Coaches
- Focus on general conditioning, along with swim, bike, run and transition skills
- Mini-triathlon to celebrate program completion

All youth participants will receive a **FREE USA Triathlon Youth annual membership**, a **discount on the YMCA of Bucks and Hunterdon Counties Kids Tri race** and **USA Triathlon swag**.



**SCAN HERE TO REGISTER!**  
or visit [ymcabhc.org/kids-tri](https://ymcabhc.org/kids-tri)