

# ***2011 RIDING MOUNTAIN KIDS OF STEEL®***

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<b>DATE:</b>	Sunday, August 14th at Clear Lake Townsite. [Wasagaming]
<b>REGISTRATION:</b>	8:00 AM to 8:45 AM Drop off your bike, helmet, shoes, towel etc. into the transition area located by the beach.  You will receive your timing band, colored wrist band and have your body marked.
<b>PRE-RACE MEETING:</b>	9:00 AM Pre-race instructions
<b>RACE START:</b>	9:30 AM Oldest category first; working down from there.

## **AGE CATEGORIES & DISTANCES:**

- a) 8 & 9 years - 100 M Swim / 5 km Cycle / 1 km Run
- b) 10 & 11 years - 200 M Swim / 5 km Cycle / 2 km Run
- c) 12 & 13 years – 300 M Swim / 10 km Cycle / 3 km Run
- d) 14 & 15 years – 500 M Swim / 10 km Cycle / 4 km Run

**SAFETY:** Volunteers will be at major intersections. Please follow their instructions. The streets will not be closed to traffic. PLEASE be careful. If you have an equipment failure or are unable to finish the race, do not leave the event without telling a race official.

There will be water available on the running courses.

Following the finish, athletes will be taken to the designated refreshment area where they may be joined by parents and friends.

Awards will follow the completion of the event by all competitors.

More information can be obtained by calling Triathlon Manitoba [925-5636] or email [info@triathlon.mb.ca](mailto:info@triathlon.mb.ca)

# **PARENTS OR GUARDIANS MUST ATTEND THE RACE.**

## **TRIATHLON RULES**

1. Spectators must not enter the transition area.
2. Triathletes shall not receive any aid from parents, family or friends (unless injured).
3. There will be no drafting on the cycle course. Make sure there are two bike lengths between bikes - on front, side and back, unless passing. Call out to the cyclist that you are passing.
4. Bike regulations, with photos, are posted on the Triathlon Manitoba website [www.triathlon.mb.ca](http://www.triathlon.mb.ca)
5. Follow instructions from race officials on the course. If a competitor fails to follow the rules of this triathlon, they will be removed from the race.
6. No riding of bicycles in the transition zone. You must get on and off your bike at the dismount line.
7. Follow the rules of the road. Keep to the right. No blocking.
8. Helmets must be properly fastened before mounting your bike and must remain fastened until after dismount.
9. All athletes must have their torsos covered on the bike and run portions of the event.
10. Code of Conduct

### ***TRIATHLETES:***

- a) Shall display appropriate behavior while participating in this great sport.
- b) Shall treat other competitor, officials, volunteers and spectators with fairness, respect and courtesy.
- c) Shall not be guilty of misconduct or use abusive language prior to, during, or following the event.

We hope that all participants and their families enjoy this exciting event.

We still need volunteers. If you can help or if you have any questions, please call Triathlon Manitoba 925-5636.

For further information, please go to our website [www.triathlon.mb.ca](http://www.triathlon.mb.ca).