

2011 Kids of Steel® Triathlon Series

St Malo Event

Hosted by the Tribalistic Triathlon Team

DATE:	Saturday, June 25th Tykes & Trikes (5 & under) will start first at 9:00 AM, with the other age categories (youngest to oldest) following, ending with the Try-a-Tri.
PLACE:	St Malo Provincial Park
REGISTRATION:	7:15 AM to 8:15 AM Pre-registration is strongly recommended
PRE RACE MEETING:	8:30 AM (includes briefing for Try-a-Tri)
NUMBERS:	Someone will mark your number on your body in felt pen, and you will be given a numbered timing band and a colored wristband.
BEFORE REGISTRATION:	Drop off your bike, runners, towel, and cycle clothing at the cycle transition area. We will have someone watching the equipment.
DISTANCES FOR KIDS OF STEEL®:	<ul style="list-style-type: none">◦ Tykes & Trikes (under 6 years) – short unofficial distance◦ 6 & 7 years - 50 m Swim, 1.5 km Cycle, 500 m Run◦ 8 & 9 years - 100 m Swim, 5 km Cycle, 1 km Run◦ 10 & 11 years - 200 m Swim, 5 km Cycle, 2 km Run◦ 12 & 13 years – 300m Swim, 10 km Cycle, 3 km Run◦ 14 & 15 years - 500 m Swim, 10 km Cycle, 4 km Run◦ 16+ years (Try-a-Tri) - 300 m Swim, 10 km Cycle, 3 km Run
SAFETY:	Volunteers will be at all 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.
MISCELLANEOUS:	Water will be available along the running course. Refreshments will be available after the race.

A Try-a-Tri event is being offered for adults. The distance is a 300m swim, 10km cycle, and 3km run. Register on race-day only.

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 for Kids of Steel® athletes, are posted on the Triathlon Manitoba website www.triathlon.mb.ca , complete with photos.
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 at 925-5636, or email trimb@shawbiz.ca or trimbinfo@shawbiz.ca .

FOR FURTHER INFORMATION PLEASE CONTACT TRIATHLON MANITOBA AT 925-5636 or www.triathlon.mb.ca.