



North Shore Triathlon

Presented By



Kids of Steel Athlete Guide

Thank you for participating in the North Shore Triathlon. This document covers the Kids of Steel Race. It is intended to prepare event participants with all the information they will need for a successful and rewarding **North Shore Triathlon** experience.

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First-Time Triathletes

If this is your first triathlon; congratulations! Doing anything for the first time takes courage. Our best advice for first-time triathletes comes from a word right in the name: try. Try your best and most importantly have fun. The goal is not to exert yourself so much it hurts or to practice until it is no longer fun. Triathlons are meant to push us and to get us out there and doing things but not at the cost of your happiness or well-being. When it comes to training just swim, bike, and run. You don't need a detailed and highly scheduled routine, but you do need practice until you are confident that you can complete each leg of the event.

If your child has not raced the North Shore Triathlon previously we encourage you both to attend our race briefing on **Sunday, May 19th at 2:00 P.M. in the [Ron Andrews](#) parking lot**. This is particularly helpful for the parents or guardians of **kids aged 6 - 7 (Red course)** as you will learn how you can assist your child during the event. Come to Ron Andrews with your race package ([see pre-race info](#)) and your questions prepared. We will be happy to provide the answers.

Definitions

There are many resources online to help first-time triathletes and many definitions you may still need to learn. Here are a couple that we have provided that will help you in this athlete guide and our race.

Transition:

Transition is the change from one discipline to another. For example, the transition from swim to bike. Transition is a physical location too. Our transition area is in the Ron Andrews parking lot and this is where you can rack your bike and store all your race specific equipment. Transition is often called the fourth event as the time it takes to remove or put on clothes, shoes, and other gear does impact your time.

Bag Check:

A bag check or bag drop is where athletes can put gear for after the event. You might want some outer layers to keep you warm while you wait for your start time. You may also want warm clothes to change into once your race is done. Vancouver weather can be pretty fickle sometimes so packing exactly what you need is crucial for an athlete.

Drafting:

Drafting is when you pedal behind another athlete to reduce wind resistance to save energy while cycling. Drafting is not permitted in the North Shore Triathlon. For the safety of all participants, we ask athletes to be at least 2-3 bike lengths away other cyclists and to use extreme caution in the bike turnarounds.

Event Schedule

Saturday, May 18th

12:00 P.M. –
4:00 P.M.

Package Pick-Up
Location: [Jim Pattison Subaru North Shore](#)

Sunday, May 19th

12:00 P.M. –
4:00 P.M.

Package Pick-Up
Location: [Jim Pattison Subaru North Shore](#)

2:00 P.M.

Kid's Race Orientation
Location: [Ron Andrews](#) parking lot

Monday, May 20th

6:30 A.M.

Transition Opens
Location: [Ron Andrews parking lot](#)

6:30 A.M. - 8:00 A.M.	Race Day Package Pick-Up Location: Inside the main entrance of Ron Andrews
7:00 A.M.	Junior Elite Race Location: Inside Ron Andrews at the pool
7:30 A.M.	Kid's of Steel Race Starts Location: Inside Ron Andrews at the pool
7:40 A.M.	Red Course Starts Location: Inside Ron Andrews at the pool
7:50 A.M.	Green Course Starts Location: Inside Ron Andrews at the pool
8:00 A.M.	Yellow Course Starts Location: Inside Ron Andrews at the pool
8:10 A.M.	Blue Course Starts Location: Inside Ron Andrews at the pool
8:20 A.M.	Orange Course Starts Location: Inside Ron Andrews at the pool
8:40 A.M.	The Adult Age Group Race Starts Location: Inside Ron Andrews at the pool

10:15 A.M.

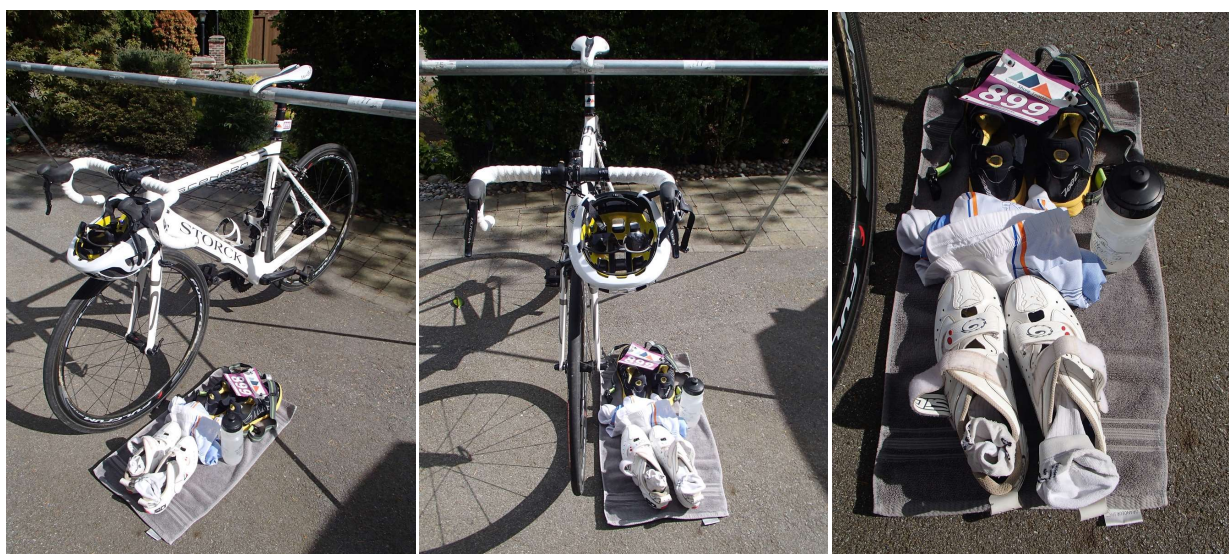
Kids of Steel Awards Ceremony
Location: Inside Ron Andrews

Course Information

Transition

Transition opens for Kids of Steel participants at 6:30 A.M. There is a Junior Elite race that occurs beforehand so transition is reserved for those racers before 6:30 A.M. It will be a very busy day so please do not attempt to enter transition before 6:30 A.M.

There are 8 bikes on a single rack in transition. You need to place your bike in the appropriate numbered spot. Your transition area is for storing everything you will need during the race and nothing else. All athletes must keep their transition area orderly. Your allotted transition space beside your bicycle is roughly the size of a typical hand towel (14" x 26") and all of your race gear must fit in this space.



Start Times

The anticipated start time of the kid's race is 7:40 A.M. This is an estimate and can vary depending on how long the prior event takes to complete. There will be a separate wave start for each of the five age groups.

These times are approximate. Please allow yourself sufficient time to set up your transition area before your wave is called into the building. If you are picking up your race package on race morning you must do this before you will be allowed into transition.

Bag Check

When your race wave is called and you enter the building you will be directed toward the bag drop where your gear will be held for you. Please attach the baggage tag you received in your race package to your bag if you are checking gear into the bag check area before the race. **Do not check your bag before your swim wave is called.** You will be obliged to wait outside the building and you will get cold. **Do not check things that will be needed during the event.** Everything you need for the triathlon should be at your transition area.

Although the bag drop area is continually monitored we cannot be responsible for any valuables so please avoid including those in your checked bag. You must pick up your check bag and items at transition, including your bike before 1 P.M. Your wristband will be checked against your bike tag by transition volunteers when you are removing your equipment from transition. You cannot send someone else to pick up your gear.

Courses At A Glance

RED Course (ages 6 to 7):

Total Distance: 1,275 M

Start: Ron Andrews swimming pool

Finish: Near the southwest corner of the transition area

Distances:

- Swim | 50 M
- Bike | 850 M
- Run | 375 M

Additional Notes:

Parent helpers are allowed (and encouraged) for kids in the RED division. You should make sure to collect an additional RED wristband at package pickup. This will allow you into transition and the pool viewing area. Only parent helpers of RED kids who have a RED wristband will be allowed in these areas.

Parent helpers can enter transition and assist their child with transition setup.

Parent helpers are not allowed in the pool but may observe from the pool deck viewing area. Your child can have a PFD (Personal Flotation Device) provided it is securely attached to their body. Water wings, pool noodles, etc. are not allowed. There are 6 adult volunteers in the pool so your child will never be more than 1-2 arms length from an adult while in the water. Once the swim is over you can assist your child out to transition in preparation for the bike course.

Parent helpers can assist their child on the bike by running alongside (and providing a boost when necessary - the hill out of transition is pretty tough). You are strongly recommended to be close to them on the bike when they return down the hill to transition following the bike leg.

Parent helpers can run alongside their child during the run portion.

GREEN Course (ages 8 to 9):

Total Distance: 2,875 M

Start: Ron Andrews swimming pool

Finish: Near the southwest corner of the transition area

Distances:

- Swim | 75 M
- Bike | 2.0 KM
- Run | 800 M

YELLOW Course (ages 10 to 11):

Total Distance: 6,150 M

Start: Ron Andrews swimming pool

Finish: Near the southwest corner of the transition area

Distances:

- Swim | 150 M
- Bike | 5.0 KM
- Run | 1.0 KM

BLUE Course (ages 12 to 13):

Total Distance: 7,125 M

Start: Ron Andrews swimming pool

Finish: Near the southwest corner of the transition area

Distances:

- Swim | 225 M
- Bike | 5.0 KM
- Run | 1.9 KM

ORANGE Course (ages 14 to 15):

Total Distance: 12,725 M

Start: Ron Andrews swimming pool

Finish: Near the southwest corner of the transition area

Checkpoints:

- Swim | 225 M
- Bike | 9.3 KM
- Run | 3.2 KM

Note that ORANGE kids do TWO laps of the bike course.

RED Course (Ages 6 to 7)

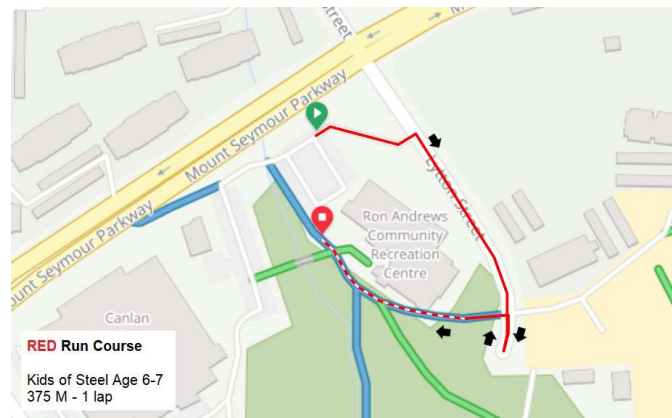
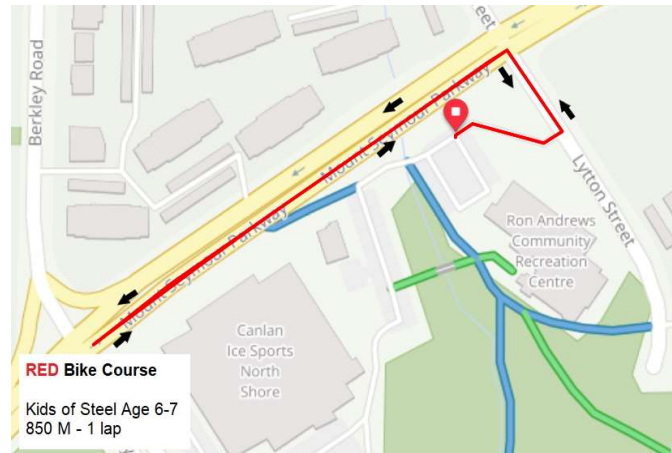
Race start time for RED Course Competitors is at approximately 7:40 A.M. Please allow yourself sufficient time to set up your transition area before your wave is called into the building. If you are picking up your race package on race morning you must do this before you will be allowed into transition.

The pool swim is 50 meters and is fully supported by adult volunteers in the pool. Parent helpers can observe the swim from the pool deck.

The bike section starts with a bit of an incline up a small hill and RED Course Competitors get assistance from their assisting adult to give them a boost up the hill.

Once at the top of the hill, the course heads west down MT Seymour Parkway (closed road) to the turnaround at Berkley Road and then returns to transition.

The run course follows the path by the road up to Lytton and the turns right and heads to the bottom of Lytton. Turn around there and then run back up Lytton before turning left behind Ron Andrews and heading to the finish line.

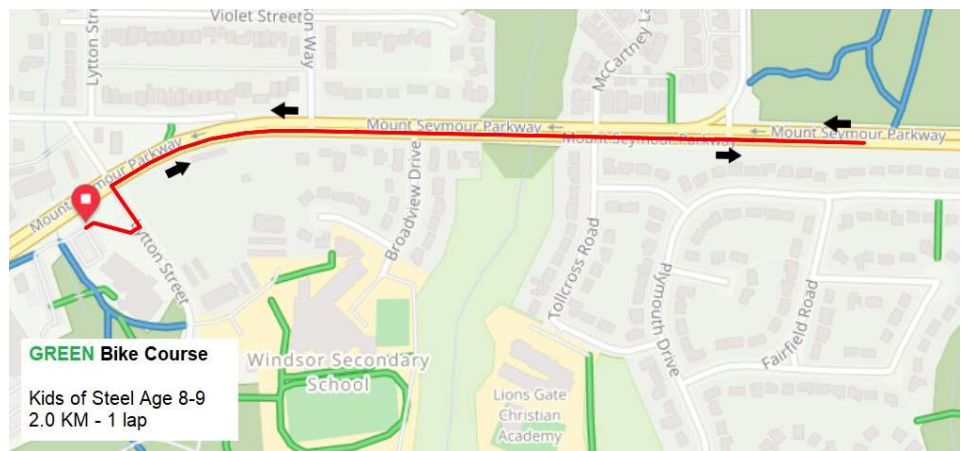


GREEN Course (Ages 8 to 9)

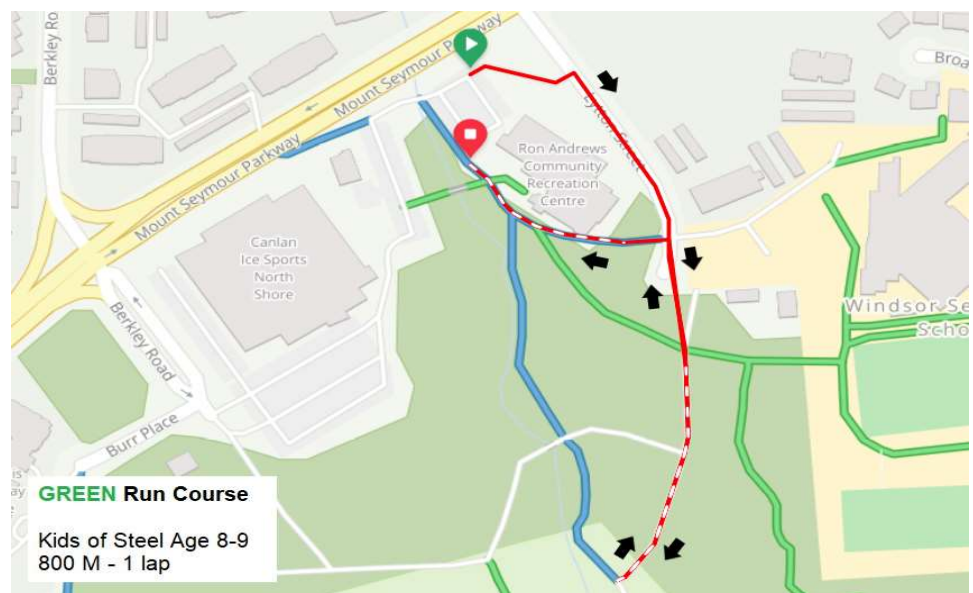
Race start time for GREEN Course Competitors is at approximately 7:50 A.M. Please allow yourself sufficient time to set up your transition area before your wave is called into the building. If you are picking up your race package on race morning you must do this before you will be allowed into transition. **No parents are allowed into transition.** If you feel your child will need some assistance setting up their transition please ask one of the transition area volunteers to assist.

The swim portion is 75 meters (one full lap of the 37m pool). Parents are not allowed in the pool area.

The bike course heads uphill out of transition and the east along Mt Seymour Parkway (closed road) before turning around just before Plymouth Drive and then returning to transition.



The run course heads up the path beside the roadway out of transition and then turns right down Lytton. Follow Lytton to the bottom and then head onto the trail system to the turnaround at the T intersection. Return back up the trail and Lytton before turning left behind Ron Andrews and heading to the finish line.

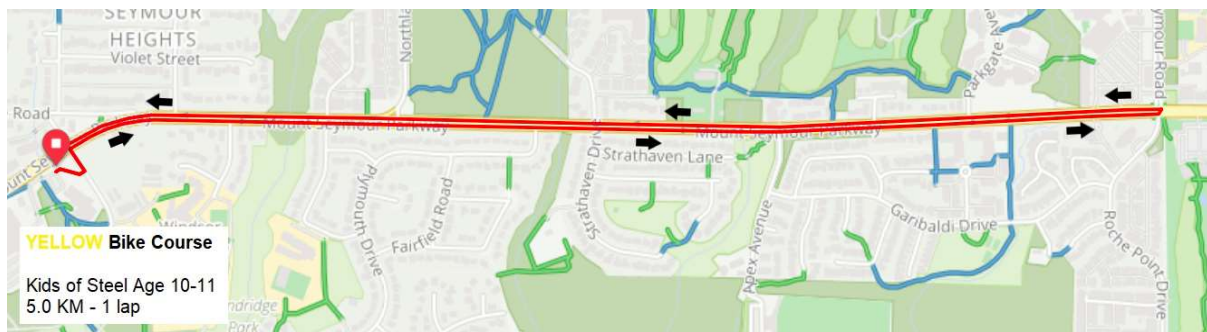


YELLOW Course (Ages 10 to 11)

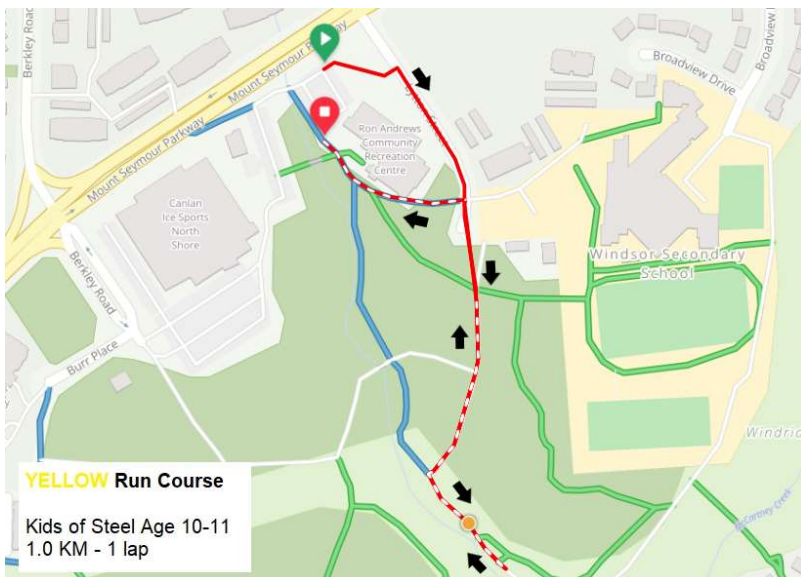
Race start time for YELLOW Course Competitors is at approximately 8:00 A.M. Please allow yourself sufficient time to set up your transition area before your wave is called into the building. If you are picking up your race package on race morning you must do this before you will be allowed into transition. **No parents are allowed into transition.** If you feel your child will need some assistance setting up their transition please ask one of the transition area volunteers to assist.

The swim portion is 150 meters (two full laps of the 37m pool). Parents are not allowed in the pool area.

The bike course heads uphill out of transition and the east along Mt Seymour Parkway (closed road) before turning around at Roche Pt and then returning to transition.



The run course heads up the path beside the roadway out of transition and then turns right down Lytton. Follow Lytton to the bottom and then head onto the trail system to the left turn at the T intersection. Continue to the turnaround point and then return back up the trail and Lytton before turning left behind Ron Andrews and heading to the finish line.

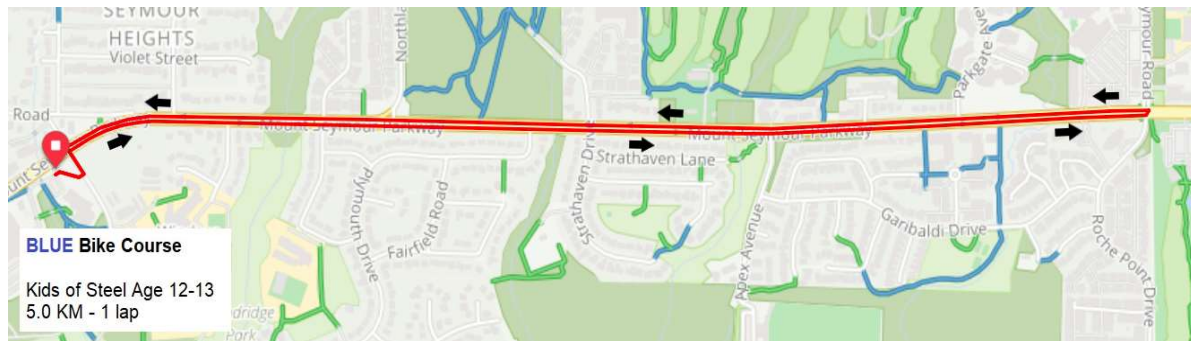


BLUE Course (Ages 12 to 13)

Race start time for BLUE Course Competitors is at approximately 8:10 A.M. Please allow yourself sufficient time to set up your transition area before your wave is called into the building. If you are picking up your race package on race morning you must do this before you will be allowed into transition. **No parents are allowed into transition.** If you feel your child will need some assistance setting up their transition please ask one of the transition area volunteers to assist.

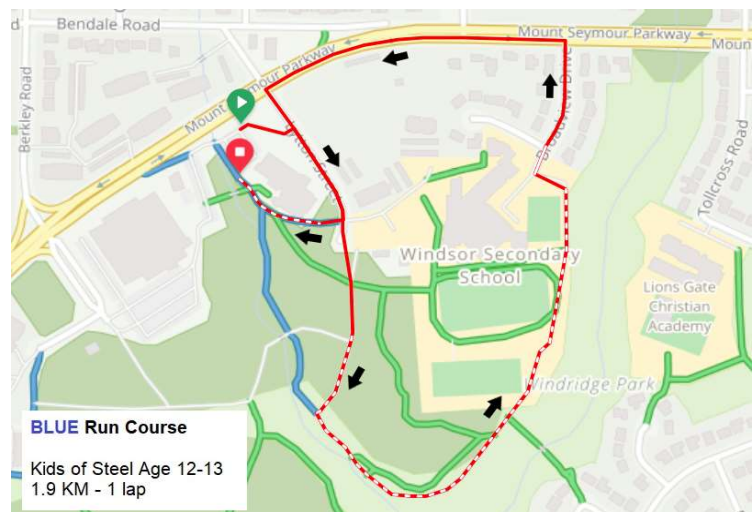
The swim portion is 150 meters (three full laps of the 37m pool). Parents are not allowed in the pool area.

The bike course heads uphill out of transition and the east along Mt Seymour Parkway (closed road) before turning around at Roche Pt and then returning to transition.



The run course heads up the path beside the roadway out of transition and then turns right down Lytton. Follow Lytton to the bottom and then head onto the trail system to the left turn at the T intersection. Continue to the turnaround point and then return back up the trail and Lytton before turning left behind Ron Andrews and heading to the finish line.

The run course heads up the path beside the roadway out of transition and then turns right down Lytton. Follow Lytton to the bottom and then head onto the trail system to the left turn at the T intersection. Follow the trail up beside Windsor school, through the parking lot and up Broadview to Mt Seymour Parkway. Turn left on the parkway and then left on Lytton before turning right behind Ron Andrews and heading to the finish line.

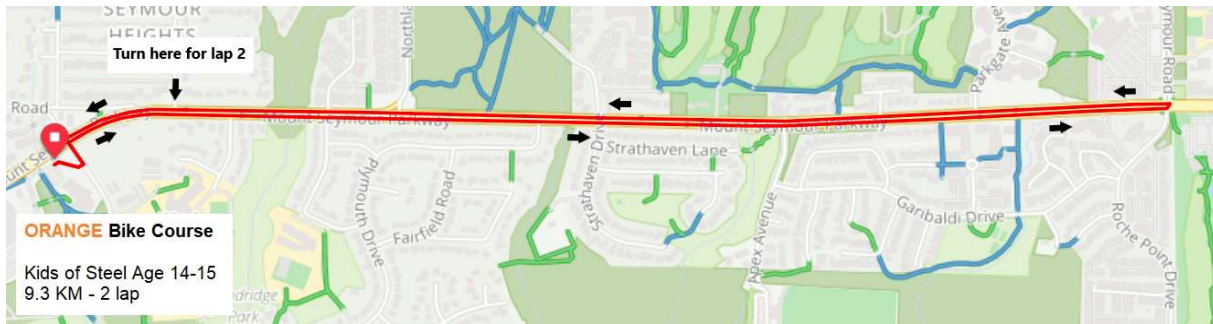


ORANGE Course (Ages 14 to 15)

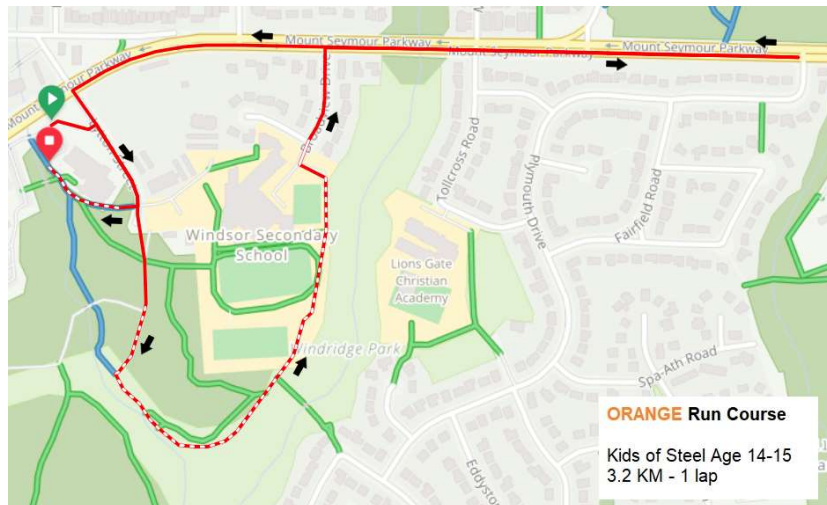
Race start time for ORANGE Course Competitors is at approximately 8:20 A.M. Please allow yourself sufficient time to set up your transition area before your wave is called into the building. If you are picking up your race package on race morning you must do this before you will be allowed into transition. **No parents are allowed into transition.** If you feel your child will need some assistance setting up their transition please ask one of the transition area volunteers to assist.

The swim portion is 150 meters (three full laps of the 37m pool). Parents are not allowed in the pool area.

The bike course heads uphill out of transition and the east along Mt Seymour Parkway (closed road) before turning around at Roche Pt and then returning to the turnaround point at Emerson before turning east again for one more lap before returning to transition.



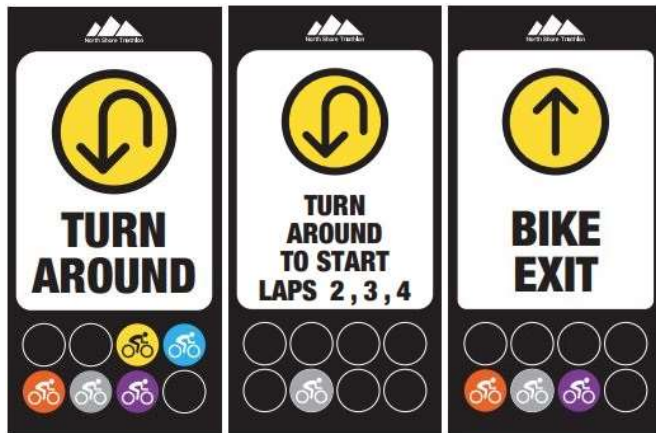
The run course heads up the path beside the roadway out of transition and then turns right down Lytton. Follow Lytton to the bottom and then head onto the trail system to the left turn at the T intersection. Follow the trail up beside Windsor school, through the parking lot and up Broadview to Mt Seymour Parkway. Turn right on the parkway and continue east to the turnaround point at Plymouth. Return along the parkway and then turn left on Lytton before turning right behind Ron Andrews and heading to the finish line.



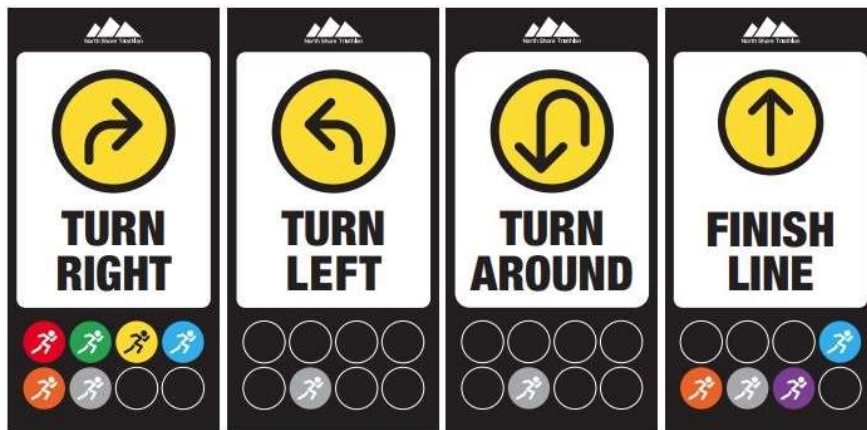
Course Signage

Both the bike and run courses are well-marked with signage. The North Shore Triathlon is actually comprised of seven separate events (1 Elite race, 5 Kid's races, 1 Adult Solo/Relay race) and each is marked by a different colour. All the signs are colour-coded to match the colour of your race id (bib, wristband, etc.) . In general, once a race wave finishes most of the signage that was specific to that event will be removed from the course. However, where there is overlap between races some multi-event signage will still be in place. Do not follow any signs that do not show a **coloured indicator that matches your wristband**. There are separate signs for the bike and run courses.

Sample Bike Course Signage:



Sample Run Course Signage:



Pre-race Info

Package Pick-Up

Package pick-up is at [Jim Pattison Subaru North Shore](#) at 809 Automall Drive, North Vancouver on Saturday, May 18th and Sunday, May 19th from 12:00 P.M. until 4:00 P.M. If you are coming from out of town and can't make either of these times, package pick-up will be available on-site race morning until 7:45 A.M. Please send the race director (racedirector@tripeaks.ca) a note that you are picking up on race morning so we know how many to expect the day of. Please come in person and bring photo id.

In your race package, you will receive

•	A numbered wristband	•	A numbered helmet sticker
•	A numbered bike sticker	•	A numbered race bib
•	A numbered bag check tag	•	North Shore Triathlon branded socks

Additional Package Pick-Up Notes:

- In race packages for Red Course Competitors (ages 6 to 7) there is an extra red wristband that must be worn by the assisting adult on the day of the race.
- If you ordered a t-shirt you will also receive your North Shore Triathlon branded event shirt at package pick up.

Event Identification

Everything you receive in your race package will be used to identify you.

Your numbered wristband must be worn until you retrieve your bike and gear from transition after the race.

Your bag check tag needs to be attached to your gear bag before dropping it at the bag check.



You will need to attach your numbered bike sticker to the seatpost of your bicycle. Your helmet sticker must be attached to the front of your bike helmet.



Transition volunteers will match your wristband to your bike sticker when you retrieve your bike from transition.

For the run portion of the event your numbered race bib must be visible on the front of your body. You can attach it to the front of your run shirt with safety pins or you can use a race belt. A race belt is often the most practical solution as you will be able to add or drop layers depending on weather conditions without having to reattach your bib. Your race bib is waterproof and can be worn in the pool if you prefer.



Timing Chips

Timing Chips will be assigned and distributed at package pick-up. If you are doing package pick-up on race morning please leave sufficient time to pick up your chip before the race starts. Again please email the race director in advance if you are picking up on race morning. The timing chip is attached to your left ankle with a velcro strap and is worn throughout the entire event. You will return your chip after you cross the finish line. Lost or misplaced chips will incur a \$40 charge.

Race Day Clothing

Vancouver weather in late May can be unpredictable. Whatever you wear make sure to test your clothing in training. Consider what you will need to stay comfortable for the duration of the race. Wearing something you love can also boost your confidence so show off your personality and accessorize if you want. In ideal weather what you wear in the pool is what you wear all race. If you plan to add a layer for the bike make sure it's something you can easily put on over wet skin.

Equipment Checklist

This is to help ensure you have everything for the triathlon that you need and will bring into transition. Make sure your equipment is in good working order.

•	Timing chip	•	Small towel - to dry off with (the size of a tea towel)
•	Bike	•	Water bottle
•	Loose-fitting jacket to put over wet clothing	•	Shorts
•	Glasses for biking	•	Swim goggles
•	Swimsuit	•	Swim cap
•	Bike helmet	•	Race belt
•	Running shoes & socks	•	Bike shoes if necessary / different than running shoes

Optional

- Flat repair tools
- Sunglasses

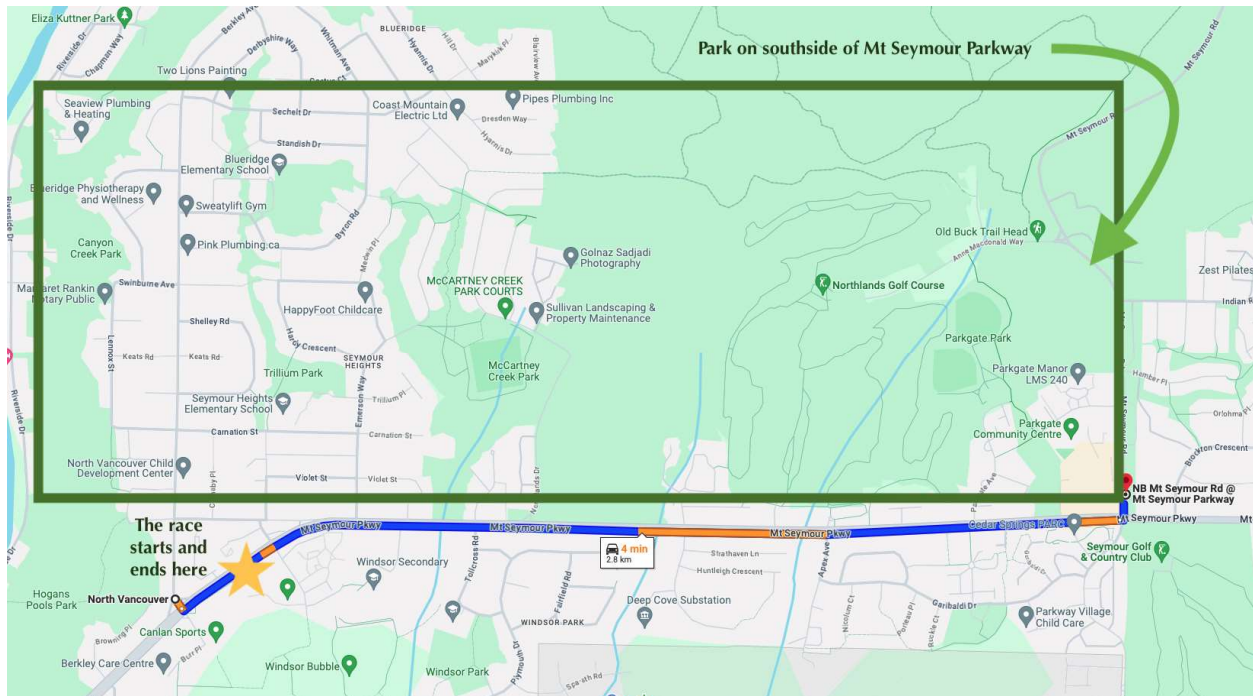
Aid Station

There is one aid station on the **run course** located on Lytton near the start of the run. There are no aid stations on the bike course. The aid station will be stocked with the following:

- F2C sports drinks
- Water

Parking

There is **no parking available on-site** [at the Ron Andrews parking lot](#) or [at the CanLan Ice Sports](#) arena next door. Your best parking option is on **the neighbourhood streets north of Mount Seymour Parkway**. The southside of the Parkway is closed for the event and access to the neighbourhoods on the southside is extremely limited.



Road Closures

The eastbound lanes (southside) of Mount Seymour Parkway will be closed from 6:30 A.M. to approximately 12:00 P.M. from Berkley Road to Mount Seymour Road. The north side of Mount Seymour Parkway will be re-configured to allow two-way traffic. Traffic control personnel will be present to assist motorists and to ensure the safety of all participants. Access to the side streets south of the Parkway will be limited.

Volunteers

Our volunteers are our best resource. The event cannot run without them. Be kind to our volunteers. Individual volunteers will be familiar with their own duty station but don't be surprised if they don't have information about other aspects of the event. Any abuse of, or disrespect towards a volunteer or any event staff will be cause for immediate disqualification.

Event Rules

Please read all the rules carefully. You are responsible for these rules:

1	All athletes are responsible for the safe condition and competent handling of their bicycles. There are no mandatory bike checks but there are voluntary ones if you so choose.	2	Each course must be adhered to and followed at all times. No shortcuts or alternate routes are permitted.
3	Athletes must wear a helmet while operating their bicycle. This means any time you are in control of or on your bike. All athletes must wait until their bike is racked before removing their helmets. Be advised that Triathlon BC race officials will stop you if your helmet is not properly fitted.	4	Triathlon BC race officials will be on-site and shall have the authority to disqualify any athlete.
5	Athletes must attach their numbered sticker to their bike seat post, helmet, and gear bag before the race begins.	6	All athletes are responsible for themselves throughout the event including navigation of the course. Please keep track of your laps and don't shorten the race course. Volunteers will be able to assist but it is your responsibility as the athlete to know where you are going. The course is marked with cones and signage.
7	Timing chips need to be attached to the Athlete's left ankles with a velcro strap and worn throughout the entire event. Timing chips not attached may be cause for disqualification.	8	Your numbered wristband must be worn until you retrieve your bike and gear from transition after the race.
9	No diving into the swimming pool and no running on deck. Please control your pace for the safety of yourself and those around you.	10	Drafting on another event participant is NOT allowed on the bike course.

<p>11</p>	<p>Support, crews, friends, and family members are NOT allowed on the course or in transition. Friends can and are encouraged to support and cheer from the sidelines. If you feel you will need some assistance setting up your transition please ask one of the transition area volunteers to assist.</p>	<p>12</p>	<p>Fraud, theft, abusive treatment of volunteers, staff, or others and acts of poor sportsmanship are grounds for immediate disqualification and may result in the athlete being suspended from competing in future events.</p>
<p>13</p>	<p>Challenges to event results must come from a registered participant and must be made either in-person on the day of or via email to racedirector@tripeaks.ca and must be received no later than 48 hours after the closing of the race finish line</p>		

Tips & Tricks

On Starting The Bike Course

Start in a low gear. The first part of the bike course is uphill so when you rack your bike in transition make sure it is all set to go in an appropriate gear.

On Equipment:

On race day use gear you have tried and tested in practice. Don't use new gear on the day of the triathlon. This is not the time to test new equipment as you want to control as many factors as possible. Keep your bike in good working order. Make sure to stop by your local bike shop if you want more assistance in optimizing your bike for training.

On Race Numbers:

It is important you have your bib number showing during the run. If you are cold and put on a jacket, your number needs to be on top and using a race belt allows you to quickly make your race number visible.

Emergency Information

We want everyone to have a safe and enjoyable triathlon experience. Unfortunately, accidents can happen. We have dedicated first aid stations on-site. They are located near the transition and the east end of the bike course. If you experience or see anyone in need of some assistance please locate the nearest volunteer. The volunteer will contact the race director who will dispatch appropriate medical personnel.

Safety Rules

1. You must make sure your bike is in proper working condition before race day.
2. You must be confident in your physical ability. Do not over-exert yourself and have plenty of nutrition and water leading up to and day of the race.
3. All athletes are advised not to participate if any health professional has advised the same.
4. The bike turnarounds are no passing zones. Do not attempt to pass other competitors in these areas.
5. The exit from the bike course to transition is downhill and has two sharp turns. This area of the course can be tricky especially if the roadway is wet. Control your speed.

Awards

There will be an awards ceremony for the Kids of Steel race inside Ron Andrews at approximately 10:15 A.M.

Kids aged 12 - 15 will be eligible for 1st, 2nd, and 3rd podium medals. Younger kids are not eligible for podium medals but will receive a finisher's medal at the finish line.

There will be a draw for three kid's bikes after the awards courtesy of Giant Bikes. All kids are eligible, but you have to be present to win.

Results will be posted online the next day. Your timing chips will track you throughout the race.

FAQs

- When should I be on site?

This depends on when your race starts, but at least one hour before the anticipated start time so you are ready to race. However, note that street parking is limited so the sooner might be better. Feel free to arrive early and cheer on the other kids during their race.

- When can I get into transition?

6:30 A.M. is the earliest you can get into transition. Transition opens for Kids of Steel participants at this time. For reference see [the transition section](#) again.

- Are there toilets?

Toilets are located in Ron Andrews and individual porta-potties are accessible outside of Ron Andrews.

- When will my event start?

This varies per participant and is based on athletes' age. For reference see the [start times](#) section again.

- Will there be food at the finish?

Yes! There will be fruit, sports drinks, and other snacks as post-event food. This is arranged by [Excelleration Triathlon](#).

- When/where can I see the results?

Results will be posted online following the event. Your timing chips will track you throughout the race.

- When can I get my gear out of transition?

Depending on when you finish you can remove your gear out of transition. All athletes must remove their belongings. Any leftover belongings will be given to Ron Andrews' recreation staff.

Sponsors

We'd like to thank the following sponsors for making the North Shore Triathlon and the Kids of Steel race possible and are proud to be supported by homegrown and local businesses that invest back into our community. We kindly ask our participants and fans to look to these sponsors first for the services or products they provide. We truly could not host these amazing events without them.

SINCERE THANKS TO

