

**Parking**

Parking lots will close at 8:00 a.m. and re-open at 10:30 a.m. Parents should park in the Osceola Elementary lot. Volunteers should park in the lot across from the lake next to the Osceola ball fields.

- BT** = Swim to Bike Transition
- RT** = Bike to Run Transition
- F** = Finish Line
- = Water Station

The Volunteer Center will be located inside the Calhoun Center adjacent to athlete check-in.

- = Pool
- = Bike Course
- = Run Course
- = Fun Run/Tot Trot & Exhibits

Approximate Distances

**RACE BIB COLOR: BLUE**

Ages 5-6 swim 25 m (1 pool length)  
 bike 1 mile (1 lap)  
 run 1/4 mile

**RACE BIB COLOR: ORANGE**

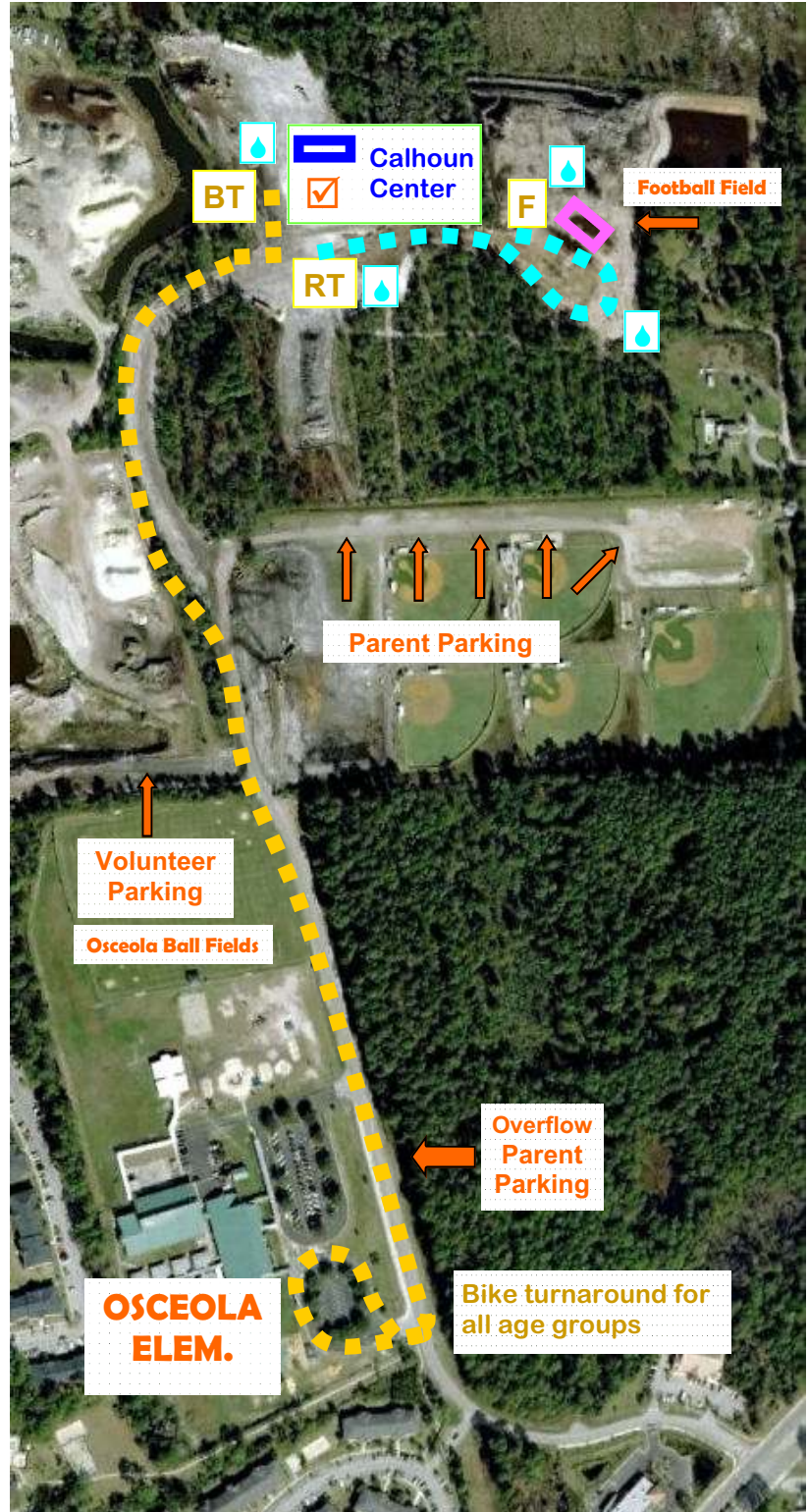
Ages 7-8 swim 50 m (2 pool lengths)  
 bike 1.5 miles (2 laps)  
 run 1/2 mile

**RACE BIB COLOR: GREEN**

Ages 9-10 swim 75 m (3 pool lengths)  
 bike 1.5 miles (2 laps)  
 run 3/4 mile

**RACE BIB COLOR: WHITE**

Ages 11-12 swim 100 m (3 pool lengths)  
 bike 2.5 miles (3 laps)  
 run 1 mile



**Entering the Complex / Parking Guidelines**

Please enter the Solomon Calhoun Center Complex using the Duval Street entrance. Traffic in the complex will be one-way.

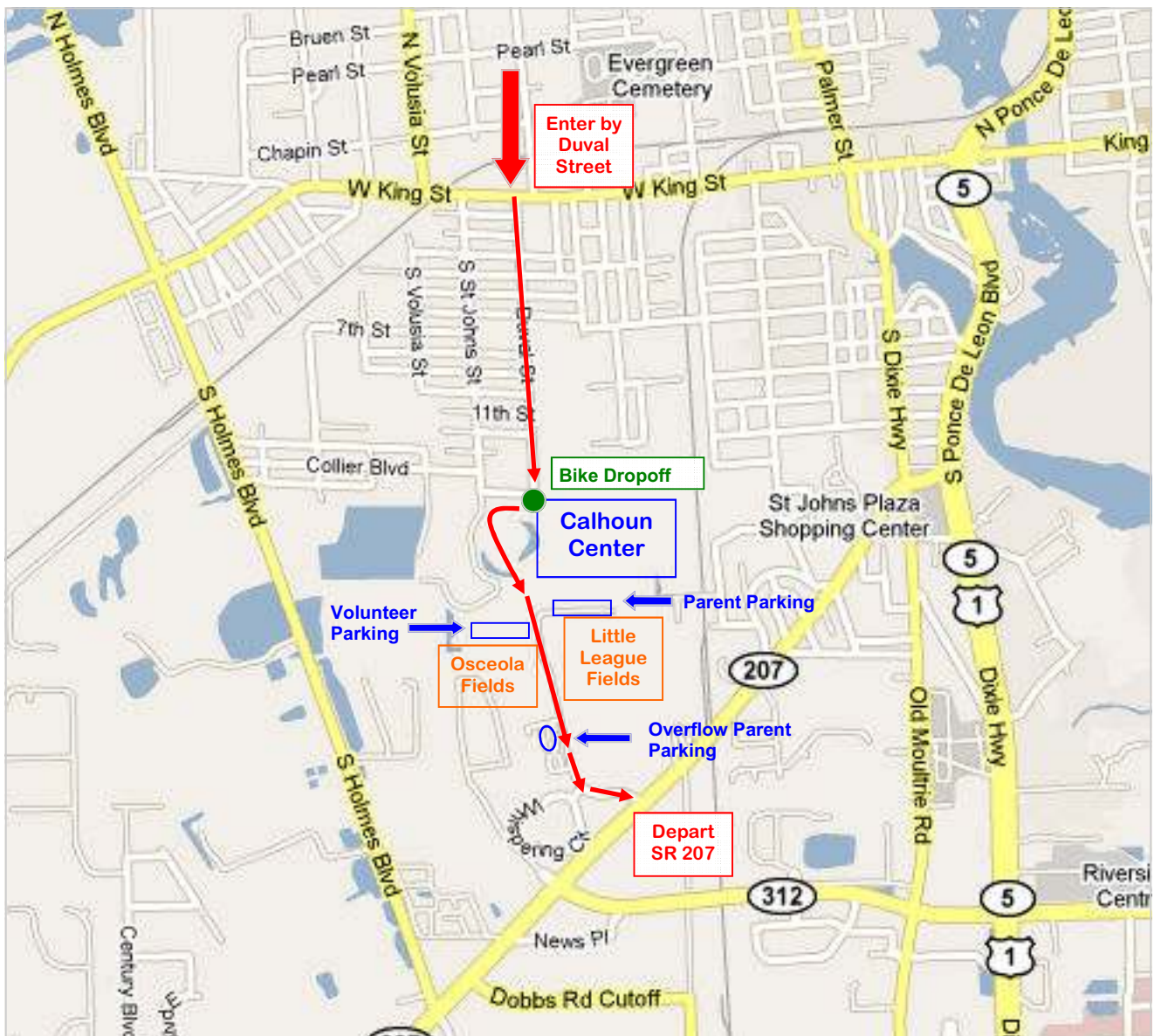
**For safety reasons, no cars will be allowed to drive through the race course from 8 a.m. until the triathlon is completed around 10:30 a.m. If you arrive after 8 a.m., you will need to enter by SR 207 and park outside the coned area.**

**Departing the Complex** Following the race, cars will be directed to depart onto State Road 207. For safety reasons, cars will not be allowed to travel back toward Duval Street.

**Parents:** Drop off bikes, helmets and strollers (not kids!) at the Bike Transition area before driving to the Parent Parking lots at the Little League Fields or the overflow lot at Osceola Elementary. The elderly/physically challenged may also be dropped off here.

**Parking for Tot Trot/Fun Run** Families attending the Tot Trot/Fun Run (after the triathlon) may enter through Duval Street and park on the shoulder of W.15th Street.

**Volunteers:** Volunteers will park in the lot across from the lake next to the Osceola ball fields.





## Rules & Precautions

To make the Children's Museum of St. Johns Just TRI It! Kids Triathlon a fun and safe event, please mind the following guidelines.

### Personal Belongings & Event Attire

- Parents are asked to label all belongings with their child's name – towel, shoes, socks, bikes, helmets, and shirts. Permanent markers will be available onsite.
- Race bibs need to be affixed with safety pins to each child's upper chest. Boys will need to wear shirts during the run and bike portions of the race. The race bib color denotes your child's age group.

### Swimming

- All athletes should be comfortable in the water and should be capable of safely swimming the designated distance with no assistance.
- We suggest athletes wear swim goggles.
- Prior to their heat, athletes will be directed to place their shoes (with one sock inside each shoe) at the end of their lane. Shirts (with race bibs attached) and towels will be placed on top of shoes.

### Bikes

- Parents/Guardians are encouraged to inspect the athlete's bike prior to the Kids Triathlon. Attention should be paid to brakes, steering, wheels, inflation pressure, tire condition, chain, and pedals. Pedals should be inspected for sharp edges and appropriate measures taken (such as duct taping) to prevent cutting injuries should the pedals hit the athlete's legs.
- Bikes must be set up, with helmet on handle bars, and participants out of transition by 8:15 a.m.
- While in transition areas, athletes must walk – not ride – their bikes.
- For safety reasons, training wheels will NOT be permitted.
- Bike helmets must be worn and buckled during the bike portion of the event, including when in the Transition Area. Parents/guardians must assure that the helmet fit is proper for the athlete.
- Bike passing – athletes must pass on the left, calling "on your left" when preparing to pass to avoid collisions.

### Running

Parents/guardians should assure that the athlete is wearing athletic footwear suitable for running. To avoid tripping, the athlete should be able to properly tie his/her shoes, preferably using double knots, or by using speed laces.

### Sun Protection

Due to the wave start, many athletes will have to wait before beginning the event. Parents/guardians should provide appropriate sun protection in the form of sunscreen and clothing.

### Athlete Health

Parents/guardians should assure that the athlete is in a physical condition that will permit him/her to participate in the event without jeopardizing his/her health or that of other participants.

### First Aid

An EMT will be available in the event of an emergency. Event volunteers will be familiar with the location of the EMT.

### Eyewear

Children who require prescription glasses should have a headband to hold the glasses in place during the event. If the glasses must be removed for the swim there will be a volunteer available to hold the glasses. Athletes who choose to wear non-prescription sunglasses during the bike and run should consider a headband but it is not mandatory.

### Hydration

The weather in June can be hot and it is vital that your child consume water to prevent dehydration. There will be water available before, on the course, and after the event. Any child showing signs of dehydration should be brought to the EMT.

### Spectators

Spectators will not be allowed on the bike course or in the pool holding area. Viewing areas are located in a designated area on the pool deck and on sidewalks throughout the race course. Spectators should be very careful to not interfere with participants or block the race course. Volunteers will be present to assist athletes in all event areas.