

Schedule of Events

Lowery's Multigenerational Spring Triathlon 2010

Athletes Packet Pick Up: You need to pick this up on Friday because this will be hectic on Saturday morning: There will be no race day registration!

Packet Pick Up: Friday April 23rd, 2010

Time: 1:00- 5pm

Village Runner

217 N. Stephanie St

Ph# 702-898-7866

Date: Saturday April 24th, 2009 Race Day

Start Time: 7:30am

Location: Henderson Multigenerational Center

Transition Area: Opens at 6:00am and Closes at 7am (Try not to be to late)

Late Packet Pickup: 6:00 to 6:45am

Kids Long Course Tri: Start at 7:30 am Sharp 300 yard swim, 6 mile bike, 2 mile run

Kids Short Course Tri: Starts at 7:40am Sharp 200 yard swim, 2 mile bike, 1 mile run

First Things each athlete should do on race Day

1. Rack your bike in the designated transition area(Volunteer will help)
2. Pick up your chip timing from registration table. Please have your number with you.
3. Get body marked(Volunteers will help)
4. Make sure your water bottles are filled and tires are pumped
5. Get to the swim area(pool deck)for pre race meeting by 7am
6. Get ready to race

Things you will need on race day

Goggle and Swim Cap

Helmets (mandatory) or you are not allowed to race.

Running shoes and socks, sun screen, dry clothes and jacket, towel, sunglasses

Swimsuit or triathlon suit, sports watch, 2 water bottles filled

Swim: The swim will consist of wave starts with 2 swimmers per lane. You will need to bring running shoes to the swim area as the run to the transition will be on trail and dirt. Bike racks will be assigned based on the race you are doing. Direction for the bike and run course are below. Helmets are mandatory, if you do not have one you can not race.

Bike Course (Short) Take a **right** out of transition and a **right** on Paseo Verde Parkway: Take this all the way to Paseo Verde Park and go around the park. Take this to the asphalt trail and back to the multigen complex. Short course will do this loop 1 time. Also ride smart and on the right hand side of the road. Please stay inside the coned area.

Bike Course (Long) Take a **right** out of transition and a **right** on Paseo Verde Parkway: Take this all the way to Paseo Verde Park and go around the park. Take this to the asphalt trail and back to the multigen complex. Long Course will repeat this course a total of 3 loops. Also ride smart and on the right hand side of the road. Please stay inside the coned area.

Run Course: The run course is around the Multigen complex. The short course will do this one time and the long course and will do this twice. This will be run on the sidewalk and asphalt trails. The run will have 2 aid stations.

Transition Area: The transition area will open at 6am and close at 7am. We need to have all kids rack their bikes inside the transition areas by 6:45am. The area will be fenced off and clearly marked. We need to try and keep the transition area as clear as possible so we are asking that only one parent per child enter to help them set up. Helmets must be strapped onto your head before exiting and upon re-entering the transition area.

Awards: Each athlete will receive a finisher's award upon completion of the race. We will also be giving away awards for each age group 1st, 2nd and 3 places and overall male female short and long course. We want to encourage all athletes to finish the race so please cheer each athlete through out the race.

Food: Food and Beverages will be provided after the race of each participant.

Parents Involvement: Safety is our number one concern. We will ask parents to have a great time watching their athlete but we would like you to follow a few guidelines.

1. Please allow each athlete plenty of room during the swim. You may encourage and support each athlete but please do not block the view of the lifeguards eyesight.
2. Please do not follow athletes in your car during the bike inside the barricaded areas. This encourages other cars to follow and it not safe for the athletes.
3. Transition Area needs to remain clear during the race. Please do not follow athletes inside this area during the race. This area will have volunteers to help each athlete with his/hers bike.

4. Helping athletes: if you are planning to ride or run with your athlete please let us know ahead of time. We encourage you to support and help with the safety but you must follow guidelines on the bike and run course.
5. Volunteering: We are need of parents to help with volunteering. If you are interested in helping to set up the event or work on race day please email Frank Lowery at flowey719@cox.net

Spectator and Parking Information on Race Day:

Spectator will be not be allowed in the athlete transition area after the race has started. We have volunteers that will help the kids/adults with directions and racking of their bikes. Please bring your cameras and chairs and have a great time. Parking will only be available in the main parking lot of the Multigen Complex or in the City Library parking lot.

Insurance: All entrants must be covered by USAT Insurance!

Non-Members: The cost of the annual membership is \$5. USAT no longer sells that one-day license, but you the annual membership is valid for one full year and can be used at any USAT events. To make things easier and quicker at packet pick up, we encourage you to purchase the insurance ahead of time by clicking on the following link <https://www.usatmembership.com/default.aspx> Please remember to bring proof of the insurance, whether you bring the card you receive in the mail or by printing a temporary card. If you choose not to purchase the insurance ahead of time, you will need to fill out and extra waiver a packet pick-up and pay \$5 per child via cash or check only.

Members: If you have already purchased a USAT membership for your child, please be sure to have them bring their USAT card to packet pick-up. If they forget, parents will have to sign waivers and pay the \$5. If your child has a photo ID they must present it with proof of their current annual membership. If they do not have a photo ID, their parent who can present one must accompany them.

This is a lot of information and times are subject to change; Please check the time when you pick up your athlete bags on Friday April 23rd, 2010. If you have any question please do not hesitate to email Frank at flowey719@cox.net

I look forward to watching everyone race and have a good time.

Best of Luck

Frank Lowery
Race Director
Lowery's Multisport Races, Inc