



Harrisonburg Youth TryAthlon

Saturday, August 12, 2023

Our intentions are for everyone to enjoy themselves while participating in three variations of physical activity including swimming, cycling, and running.

This event is designed to be a low-key introduction to triathlons for the ages of 5-17. All finishers will receive a race completion medal. As we will post event results, we will not be awarding places. The courses have been setup and designed to fit all levels of ability and experience. Our goal is for everyone to complete the course and take the focus away from competition. We want participants to enjoy themselves and have the desire to participate in future events.

Event Site: All events will take place at Westover Park and the surrounding neighborhood.

Event Times: Ages 11-17: Event Start will be 8:30am

- Check-in: 6:30am-7:30am

Ages 5-10: Event Start will be 10:00am (or 30 mins after completion of older age division-whichever is later)

- Check-in: 9:15am-9:40am; or during early check-in

There is a firm deadline to register of August 4, 2023 or if we reach our maximum of 100 participants prior to this date.

Register before June 24: \$30/participant (fee includes t-shirt)

Register between June 25-July 28: \$40/participant (fee includes t-shirt)

Register between July 29-August 4: \$40/participant (no guarantee of t-shirt)

Registration Information: Visit www.harrisonburgva.gov/youth-tryathlon or call 540-433-9168.

Contact Information: Erik Dart at 540-433-9168 or Erik.Dart@harrisonburgva.gov.

Matt Little at 540-433-2474 or matthew.little@harrisonburgva.gov.

Distances: Ages 5-7: Swim 25 meters / Bike 1 mile* / Run 0.5 miles

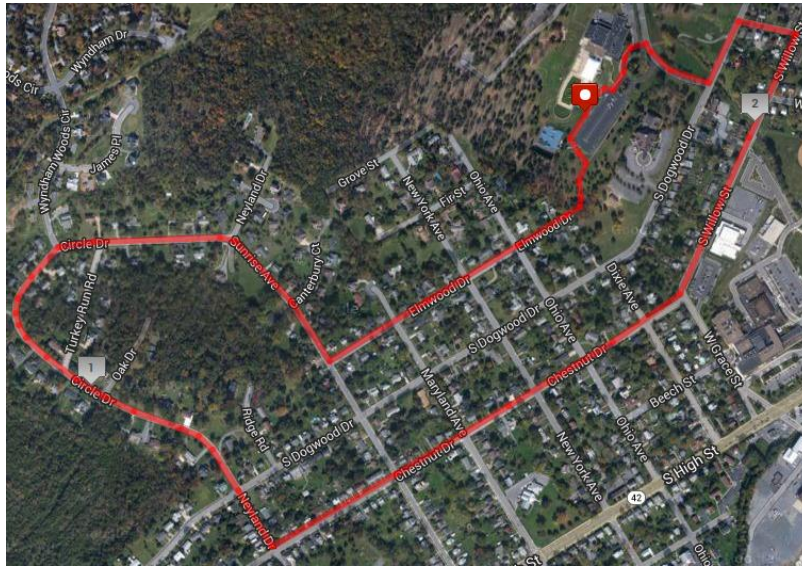
Ages 8-10: Swim 50 meters / Bike 1 mile* / Run 0.5 miles

Ages 11-13: Swim 100 meters / Bike 2.5 miles / Run 1 mile

Ages 14-17: Swim 150 meters / Bike 2.5 miles / Run 1 mile

**Participants must have the ability to confidently maneuver their bicycle through their designated distance. If participants do not appear to have this ability, they risk being pulled from the course.*

2.5 Mile Bike Course (Ages 11-17)



1 Mile Run Course (Ages 11-17)



1 Mile Bike Course (Ages 5-10)



0.5 Mile Run Course (Ages 5-10)



Race Day Instructions: Participants will need to check-in between 6:30am-7:30am for oldest age group; the youngest age group may check-in starting at 9:30am. At this point all participants who have not yet setup their essentials in the transition areas need to do so immediately. We will have bike racks setup for each participant's bike, and each participant will have their shoes, shirt (with attached race bib to the front), etc. placed in the designated area. Bike helmets are required.

Swim: All participants will begin with their swim portion. The swimming event will take place in Westover Pool in a designated area. Depending on participation size, different waves may be needed to prevent overcrowding in the pool. We will take care of the timing differentials at the conclusion of the event. Spectators may watch the swim portion from designated areas created by race directors. If participants become too tired to continue and need help, we will have lifeguards on duty.

Bike: Upon completion of the swim portion, participants will exit the pool through the gate and immediately go to the transition area for their shoes, shirt (with race bib attached to the front), helmet, and any other essentials. Participants must do this on their own, they cannot receive any assistance. They will then head to the bike racks to collect their bike and complete the cycling portion of the event. Each participant must have their helmet on and fastened prior to starting the cycling portion. Both cycling routes run through the surrounding neighborhood and return to Westover Park. Both routes are posted above. We will have course marshals throughout the course, along with support from the Harrisonburg Police Department, however, please remember the roads are not closed. As traffic may be light, this is an open course, so please be aware of your surroundings. Please follow the course marshal's instructions for proceeding through intersections, if they don't feel it's safe, they may need to stop you.

Run: Once participants have completed the cycling portion, they will return their bikes to the racks, and then begin the final leg of the event, running. The majority of both running routes are within Westover Park, and will end at the same area as the cycling portion. Both routes are posted above. A small portion of the running courses are on open streets, again please be aware of your surroundings. We will have course marshals, and Harrisonburg Police Department support throughout this course as well.

Finish: Upon completion of the running portion, the participants have achieved their goal and completed the triathlon. Participants will then receive their finisher medals, have time to gather themselves, and meet up with parents. Please make sure to clear the finish line and transition areas as soon as possible. Please gather all belongings from the transition area. Results will be posted and emailed on Monday. Ages 11-17 are encouraged to stick around and cheer on the 5-10 year olds that will be competing next.

Water Stations: We will have water stations setup at the transition area. Participants will have the ability to get water after completing the swim, bike, and run portion. Participants may provide their own water sources including water bottles for biking and running.

First Aid Station: We will have first aid available at the transition area. Parent and child should report to the first aid station.

Restrooms and Locker Rooms: Locker Rooms are available inside Westover Pool. Restrooms are available inside the Community Activities Center and Westover Pool. The Harrisonburg Parks and Recreation is not responsible for lost or stolen belongings.

Parents: Participants are not allowed to have any assistance throughout the event. The only exception would be providing their own water source. Please do not follow your child throughout the course as you may interfere with other participants.

Parents please remain in the designated areas, clear of the course. We have the course setup where the start/finish line and all transitions occur in the same area. This area will be very visible from the viewing areas. This will in turn minimize confusion by our competitors.

This event is intended to be a fun introduction to triathlons, please attempt to relax and enjoy the time during the event. We stress that this is non-competitive, so please encourage your child and all participants throughout the event. Any negative comments or actions will not be tolerated, and you will be asked to leave the premises. We want this to be a positive experience for all competitors, in hopes that they return for future events. Please help us reinforce this.

Participants: We urge everyone to come out and do their best during all three portions of this triathlon. With that being said, we want you to keep your own health and safety in mind. If you start to feel sick, dizzy, cramping, shortness of breath, etc., please stop competing and come off of the course. The course will always be there, you can compete in future events, don't risk your health and safety in order to finish. If you need assistance, find a course marshal, event staff, or parent.

Most importantly have fun, enjoy competing in this event, and feel proud once you have completed. Encourage other participants and congratulate them upon completion. We are all out to finish, let's reinforce that.

Turn by Turn – 5-10 Bike Course

- Exit Westover Park and turn LEFT onto Dogwood Drive
- Turn RIGHT onto West Water Street
- Turn RIGHT onto South Willow Street
- Turn RIGHT onto Chestnut Drive
- Continue past 1 intersection and turn RIGHT onto Ohio Avenue
- Continue on Ohio Avenue through intersection of Dogwood Drive and turn RIGHT onto Elmwood Drive
- Enter Westover Park
- Follow paved pathway (veering LEFT) towards the transition area

Turn by Turn – 11-17 Bike Course

- Exit Westover Park and turn LEFT onto Dogwood Drive
- Turn RIGHT onto West Water Street
- Turn RIGHT onto South Willow Street
- Turn RIGHT onto Chestnut Drive
- Continue past 5 intersections and turn RIGHT onto Neyland Drive
- Continue on Neyland Drive through intersection of Dogwood Drive onto Circle Drive
- Ride around Circle Drive up the hill and turn LEFT onto Elmwood Drive
- Continue past 3 intersections and enter Westover Park
- Follow paved pathway (veering LEFT) towards the transition area