

Whitehorse Kids' Triathlon

Saturday June 11, 2022 starts at 9:30am

Race Day Check List

Be sure to get a good sleep and eat a good breakfast. You will need fuel for your race. Pack your gear the night before the race. Arrive EARLY – it is going to take time to park and walk to the race site. Stay hydrated throughout the race and go at your own pace.

- Bike drop off 7:30 am - 8:45 am ONLY** - transition area (T2) Run/Bike. The area for bikes will be marked by bib numbers and age.
- Arrive dressed (swim suit on) and ready to participate

- Swimsuit
- Goggles - optional
- Towels
- PFD - if needed
- 5-year-old support person has all necessary equipment for themselves including swim attire

- Water bottle
- Hat
- Mittens, toque, buff if weather is cold
- Sunscreen - Do not forget to apply it on race day

- Race bib pinned on the FRONT of shirt. Bib # needs to be visible. – Please don't forget as we do not have extras
- Shirt and extra clothing depending on weather conditions
- Running shoes (no crocs or sandals)

- Bicycle - suitable for uneven ground
- Helmet - CSA approved with chinstrap
- Bike # stickers – somewhere visible on the frame - Please don't forget as we do not have extras

Participants must complete the entire course.

Any participant who does not cross the finish line is considered a missing child.

If your participant cannot complete you must check-out at the finish line before leaving.