Important Race Day Information

We are looking forward to seeing you at the 11th Annual Friends of Aine Kid's Try-Athlon on Sunday, August 13th, 2023!

Please read ALL the information below as it pertains to race day logistics, parking, packet pick-up, and more…

DATE: Sunday, August 13, 2023

SCHEDULE OF EVENTS:

6:30am- Race Day Registration & Packet Pick- up Opens

7:30am- Nashua Road & County Road Closes

7:45am- All bikes must be at the swim-to-bike transition area

7:45am-Pre-race Meeting at Bedford Town Pool

8:00am-Friends of Aine Kid's Try-Athlon Starts

- 8:00am- Group 1 (Ages 11-15)
- 8:25am- All adaptive athletes
- 8:30am- Group 2 (Ages 8-10)
- 8:45am- Group 3 (Ages 4-7)

PARKING:

Parking will be in the upper lots at Ross Lurgio/Bedford High School. Please park your vehicle and walk your bike to the Bike Drop location at the Town Pool. See the Course Map for more detail. There is NO PARKING or DROP-OFF at the Town Pool or in the lower BHS lot.

BIB # ASSIGNMENTS:

Bib numbers will be released on Friday after 2pm on the Millennium Running website. For your convenience, you will be sent an email to this link as well. Moreover, we will also have a bib number look-up on-site.

RACE DAY REGISTRATION & PACKET PICK-UP:

Race day registration and packet pick-up will take place at Riley Field (30 Nashua Road, Bedford, NH 03110). Please arrive early to in order to walk from the parking lot, to registration, and then swim-to-bike transition to prepare your race gear before the start of the race.

COURSE DETAILS:

All athletes should review their course maps with their parents. Be aware there are two different course lengths depending on age. Please ensure your athlete has seen the course maps prior to the start of the race. This allows the athletes to have a better sense of where they are going "next". Course maps are located on the Friends of Aine Kid's Try-athlon Website HERE.

Our Kid's TRY-Athlon is made up of three events: swimming, running, and biking.

- Ages 4-10 will do the following:
  - Swim: 25 yards (no flotation devices allowed)
  - Bike: 1 mile
  - Run: 1/2 mile
- Ages 11-15 will do the following:
  - Swim: 50 yards (no flotation devices allowed)
  - Bike: 2 miles
  - Run: 1 mile

WHAT SHOULD I BRING ON RACE DAY:

- Goggles (No "mask" style allowed)
- Towel
- Clothing for Bike and Run segments
  - Pro Tip: Many participants choose to wear swimsuit with t-shirt
- Shoes (any closed-toe shoe will do, running shoes are best)
- Bicycle/Tricycle/Big Wheel!
- Bicycle helmet--can't race without it!
- Water bottle (there will be water along the course as well)
- Sunscreen

TIMING CHIP:

All individuals will be receiving disposable timing chips that must be worn on the left ankle. Once applied they will need to be cut off and cannot be reapplied. After you finish, they're yours to keep!

WATER STOP:

There will be multiple water stops along the race course. Please encourage your athlete to hydrate throughout the event in order to stay healthy and hydrated! Water stops will be located in swim-to- bike transition, bike-to-run transition, and along the run course.

POST-RACE FOOD & BEVERAGE:

All athletes are welcome to join us for our post-race snacks and beverages in Riley Field. Athletes need to replenish nutrients after a hard workout and there will be many options to do so!

RESULTS:

Results will be displayed on the timing trailer adjacent to the finish line in Riley Field. Complete results will be posted exclusively at MillenniumRunning.com live from the finish line.

POST-RACE ACTIVITIES:

There are many activities and vendors for participants and their families to check out before, during, and after their athlete races. Please take the time to stop and say hello to our many sponsors, vendors, and volunteers. Come prepared for FUN!

Thank you for participating in this event, it means the world to us! We think of this event as a tribute to Aine, as a fundraiser and as an opportunity to get kids moving. We like to believe this race is helping kids help themselves, while at the same time helping other kids. It's a WIN-WIN!