



Important Race Day Information

We are looking forward to seeing you at the [Friends of Aine Kid's Try-athlon](#) on Sunday morning!

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

Please also be sure to LIKE Friends of Aine on Facebook [HERE](#)

DATE: Sunday, August 19, 2018

SCHEDULE OF EVENTS:

- 6:30am - Race Day Registration & Packet Pick-up Opens
- 7:30am – Nashua Road & County Road Closes
- 7:50am – Pre-race Meeting at Bedford Town Pool
- 8:00am – Friends of Aine Kid's Try-athlon Starts

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 Sportsman 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: ½ 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 pancake breakfast in Sportsman Field. Athletes need to replenish nutrients after a hard workout and there is nothing better to do than a pancake breakfast! Grab some pancakes, fruit, water, and Powerade as you enjoy your race successes and recover.

RESULTS:

Results will be displayed on the timing trailer adjacent to the finish line in Sportsman 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 volunteer pancake flippers. There will also be water games, face painting, a dunk tank, arts and crafts, and so much more! Come prepared for FUN!

WE WANT TO THANK EVERYONE WHO PARTICIPATES 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 THAT THE RACE IS HELPING KIDS HELP THEMSELVES, WHILE AT THE SAME TIME HELPING OTHER KIDS. IT'S A WIN-WIN!!

WHO BENEFITS FROM THE TRY-ATHLON?

Lots of people benefit from participating in the Friends of Aine Kids Try-athlon. The kids who race benefit because:

- emphasis on health and wellness
- feeling of accomplishment and success
- they will know that by their efforts, they have helped another child

Kids who are grieving benefit because: 100% of the proceeds from the event go to the expansion of child and teen bereavement programs at Home Health and Hospice Care, with a long term goal of establishing a center for grieving children in Aine's name.



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Kid's
TRY-ATHLON