



Kids' TRY-ATHLON

FREQUENTLY ASKED QUESTIONS

What is a TRY-athlon?

Our kid's TRY-athlon is a race that everyone between the ages of 4 and 15 can participate in and be successful. If you TRY your best, you will succeed! It's also an opportunity for kids to have a chance to experience a race without the pressures of worrying if they can make the distances or not – we've designed it so that everyone is triumphant! It's an opportunity to TRY something new!

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 child and teen bereavement programs and resources across NH.

What are the distances for each event?

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: $\frac{1}{2}$ mile
- Ages 11 -15 will do the following:
 - Swim: 50 yards (no flotation devices allowed)
 - Bike: 2 miles
 - Run: 1 mile

What time should I arrive?

For the safety of our participants, roads will be closing at 7:30am. This will include parts of Nashua and County Roads, and the entrance road to the High School. We recommend you arrive no later than 7:15 to allow ample time to be ready for an 8am race start.

Where should I park?

Parking will be in the upper lots behind Ross Lurgio/Bedford High School. Please park and walk your bike to the Bike Drop location at the Town Pool. See the Course Map for more detail. There is



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NO parking at the Town Pool or in the lower BHS lot.

Where do I pick up my race bag and number?

Pre-Race Day bag pick-up will be on **Saturday, August 13, 10am-Noon** at the town pool. Race shirts, bib numbers and timing anklets will be included in your race bag. If you are unable to pick up your bag the day before, it will be available for you at the Registration table the morning of the race.

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
- Bicycle helmet--can’t race without it!
- Water bottle (there will be water along the course as well)
- Sunscreen

Should I label my gear?

We strongly suggest labeling all of your gear using a Sharpie or some other identifiable mark. Your registration bag will also have stickers for your helmet and bike that correspond to your bib number.

Where do I put my gear while swimming?

We ask racers to please stage their change of clothes & shoes on the transition carpet in the town pool parking lot. The carpet will be broken up into colored boxes that match the participants bib color. This will help athlete identify the area in which their gear is stored.

Bikes will be put into bike transition based on the color of their bib color. The color of their bib will match the transition color for their bike.

Can I drop off my child's equipment before I park?

There will be no equipment drop-off in the pool parking lot. All equipment must be walked down from the parking lot at the high school. Do not attempt to enter the pool parking lot to drop off equipment. This is a safety issue with many young athletes preparing for their race in the parking lot. Thank you for understanding.

Where do I put my bib number?

For the swim event, be sure to “sharpie” your bib number onto both upper arms and put on your



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ankle strap. For the bike and run events, be sure your paper bib number is pinned onto the FRONT of your race shirt prior to race start.

Do I need to wear my anklet strap?

The ankle strap is your timing mechanism. Be sure your ankle strap is on BEFORE you enter the pool. Unfortunately, you will not receive any times if you forget your ankle strap.

Can I use an iPod while I race?

For safety reasons, we ask that no electronic devices be used.

Do I have to wear a helmet while biking?

All racers are required to wear bike helmets. Please be sure to bring it with you and leave it with your bike in the Bike Transition Area. No participant will be allowed to race without a bike helmet.

Are training wheels allowed?

Absolutely. This event is for all abilities. We want all participants to feel comfortable while riding their bike. We just ask that all riders be aware of other riders and allow them to pass when its safe/appropriate.

Are there water stations along the course?

Yes, there will be water stations available along the run course route and at both transition areas. It is important to stay hydrated so be sure to use them.

Will there be food available?

There will be food available for the racers at the finish line and a pancake breakfast for everyone to enjoy!

Are bathrooms available?

Yes, there are bathrooms located at the town pool facility and there will be port-a-potty facilities in the registration and post-race area.

What else can we do at the event?

We have raffles, music, face painting, merchandise, food and fun! And of course you'll want to hang out and wait for the awards.

Tips for a SUCCESSFUL Try-athlon:

- We are racing for fun!
- Eat a good meal the night before and a good breakfast the morning of.
- It is common to be nervous or have butterflies before the event. Keep in mind, others,



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whether they have ever participated in a triathlon or not, most likely feel the same way.

- Review the course maps prior to arrival on race morning so your athlete's know the course.
- Make sure your helmet fits snugly and properly.
- Have shoes ready to go in transition for when athletes finish the swim. Volunteers will assist with shoe tying as necessary to allow all athlete the chance to race unobstructed.
- It is important to stay hydrated. There will be water stations along the route for you have a drink when you need it.
- During the swim, should you become tired, feel free to hold on to the lane line. There is no penalty and you need to stay safe.
- When on the bike, be sure to look forward and keep your eyes on the roadway. There most likely will be participants behind and in front of you. If possible and when safe, allow other riders to pass.
- When and if you should pass another athlete on the bike course, be sure to let him/her know you are approaching. Shout out "on your right" or "on your left" when passing.
- Pace yourself so you don't wear out before the finish line.
- If you have to walk, no worries!
- Most importantly, this is your event. You are participating in it for yourself. We will be proud of you regardless of what time you finish!