



# CAMP GENEVA KIDS TRIATHLON 2010 PARTICIPATION PACKET



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## General Information

**Parking: Please note that parking is at GENEVA Pines only, 17000 Quincy, Holland**

**Late registration, Check In & Race are at GENEVA Shores, 3995 Lakeshore, Holland (GENEVA Shores is across the street from GENEVA Pines)**

**\*Volunteers will be stationed to assist crossing Lakeshore**

**\*Special needs, please call Diane @616-399-3150**

### **Early Packet Pick-Up:**

- When and Where

- o Friday, June 4<sup>th</sup> from 4:00-6:00 pm

- o GENEVA Shores, 3995 Lakeshore Dr.N, Holland in the office

- o Must still check-in day of race

### **Late/Race Day Registration:**

- When and Where

- o Saturday, June 5<sup>th</sup> from 8:00-8:30 am

- o GENEVA Shores, 3995 Lakeshore Dr.N, Holland

- What you will do

- o Bring completed registration form/waiver and entry fee

- o Skip that line and avoid the registration madness on race day by registering early!

### **Race Day Check-In:**

- When and Where

- o Saturday, June 5<sup>th</sup> from 8:00-8:45 am

- o GENEVA Shores, 3995 Lakeshore Dr.N, Holland

- What you will do

- o Confirm registration for time keepers

- o Have your race number written on your arm and leg

- o Pick up sticker with number for bike

### **Volunteer:**

- We need your help!

- Please volunteer to monitor a portion of the race. We need bike route and run route helpers.

You will be brought back in from the race course in time to see your child finish the run.

Contact Diane Schrottenboer at [diane@campgeneva.org](mailto:diane@campgeneva.org) or call 616-399-3150 to volunteer.

### **Food:**

- Water will be available for race participants before, during and after the race.

- Healthy snacks will be available for racers, parents and other family members after the race.

### **Proceeds of the Event:**

Proceeds of the event will go to the youth scholarship funds of Camp Geneva, Park Township and Holland Charter Township.

### **Refunds & Cancellations:**

There are no refunds or cancellations. No rain-day. Event would be cancelled due to severe weather only. T-shirts and goodie bags to be picked up at the Camp Geneva office, 3995 Lakeshore Dr. North.

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### Race Day Description – The Racer

- First, bring your child to GENEVA Shores and have him/her check-in , which will be identified, before racking his/her bike at the race site and setting the transition area.
- Bicycle check-in time must be completed by 8:50 am. Bicycle pick-up will occur after ALL races are completed.
- We will announce when it is time for each age group to start their race. Please wait with your child outside of the pool area. The racers may enter the pool area when their age group is announced. Racers will be assisted by volunteers only. Parents & Spectators may watch from outside the fence around the pool or on the lookout deck.
- Certified lifejackets are allowed in the pool for the non-swimmers. There will be lifeguards on duty at the pool.
- There can be one adult per racer in the transition area to assist the racer in putting on his/her shoes and bike helmet. The adult may help the child bring his/her bike from the transition area to the sidewalk.
- The racers will bike their identified age area.
- After the bike ride on the asphalt paths for younger racers and lakeshore loop for older racers, they will return to the transition zone and complete the run to the finish line.
- There will be volunteers at the finish line to direct the kids after the race.
- When your child is done, please go to the ARC building for their race goodie bags, individual awards, healthy snacks and other fun stuff!

### Equipment Check List

- Swimsuit - bathing suit, trunks-no regular clothing in the pool!
- Towel  Socks (optional)  Shirt
- Running shoes - NO flip flops, sandals or Crocs allowed
- Sunglasses & Sunscreen (optional)
- Bike - must be in good working order, aired up with functioning brakes. No direct drive bicycles allowed.
- Bike helmet
- Water bottle with name
- Be prepared for unexpected weather! Bring along running pants and a jacket in case of cool weather.

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## The Parent/Spectator/Volunteer

### **Race start times:**

- o 5/6 year olds begin at 9:00 am; the rest of the age groups will follow in order of youngest to oldest. There will be an announcement 5 minutes prior to each age group's start in the pool.
- o The bike racks open at 8:00 am for all racers. All bikes must be in good working order, aired up, with functioning brakes. No direct drive bicycles allowed. Please contact Cross Country cycle with any questions @396-7491.
- o The bike racks will be labeled with the different age groups—rack your bike at the appropriate racking area after check in and put number on bike at check-in.
- o Please be at the race site for check in between 8:00-8:45 am. Racers checking in after 8:45 am may not be able to participate.

### **Race Progression:**

- All race areas will be well marked for easy location.
  - Rack bike and set your transition area. Put your helmet on your bike seat, set your towel next to your bike, socks and running shoes or sneakers. NO flip flops, sandals or Crocs allowed. Please allow plenty of time to rack your bike and check in with the race coordinators. The race will proceed as listed below:
    - Check in with race coordinators at GENEVA Shores (the race coordinators will write your number on your arm and leg so that you can be identified during the race).
    - Race volunteers will track your time.
    - The announcer will call the next age group to the pool five minutes before the race start.
- Appropriate swimwear. Suggestion - wear bathing suit to the race. A bath house is available for changing.
- You will follow the timer to the start lane. Participants will start the swim one at a time.
    - After completing the swim, you will walk through the pool area and out to the transition area with event volunteers and put on your biking gear. One adult may assist each racer in the transition areas. You will WALK your bike to the mounting zone and begin the ride.
    - When you return from the bike ride, dismount your bike before entering the transition area. Go back to your age group's rack and rack your bike. Again, one adult may assist in the transition areas.
    - From there, you will go out of the transition area the same way you came in from the swim and begin the run.
  - You will cross the finish line after the run.
  - After that you are done! Go to the ARC to receive your goodie bag, individual age group awards, healthy snacks and more fun stuff!

**Congratulations! You have completed the Camp Geneva Kids Triathlon!**

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KIDS TRIATHLON TRAINING TIPS

Unlike triathlons for adults where many are trying to get in shape or race, kids do triathlons because they are fun. It is our goal to keep it fun so that kids will develop a life-long passion for fitness and a healthy lifestyle. **We have listed a few helpful tips to help you and your child have the best experience possible:**

**Always put safety first:** The highest priority should always be your child's safety no matter what activity. A safe bike, a good pair of running shoes, and always wearing a helmet that fits is important. During training, supervision is another key factor. Using greenways, parking lots, or business park loops (areas apart from traffic) are a safe way to let your child learn to cycle.

**If your child is not a strong swimmer now is the time to start:** Your goal should be to help build your child's endurance to the point they can cover the distance of the swim portion of the triathlon comfortably. By making games out of swimming it helps keep it fun while challenging them to swim further each time. Stroke type is not as important. The freestyle swim is the fastest and most efficient, however, it takes time to learn. An easy breaststroke works fine. If possible it is a good idea to have your child swim with a group so they know how it feels come race day.

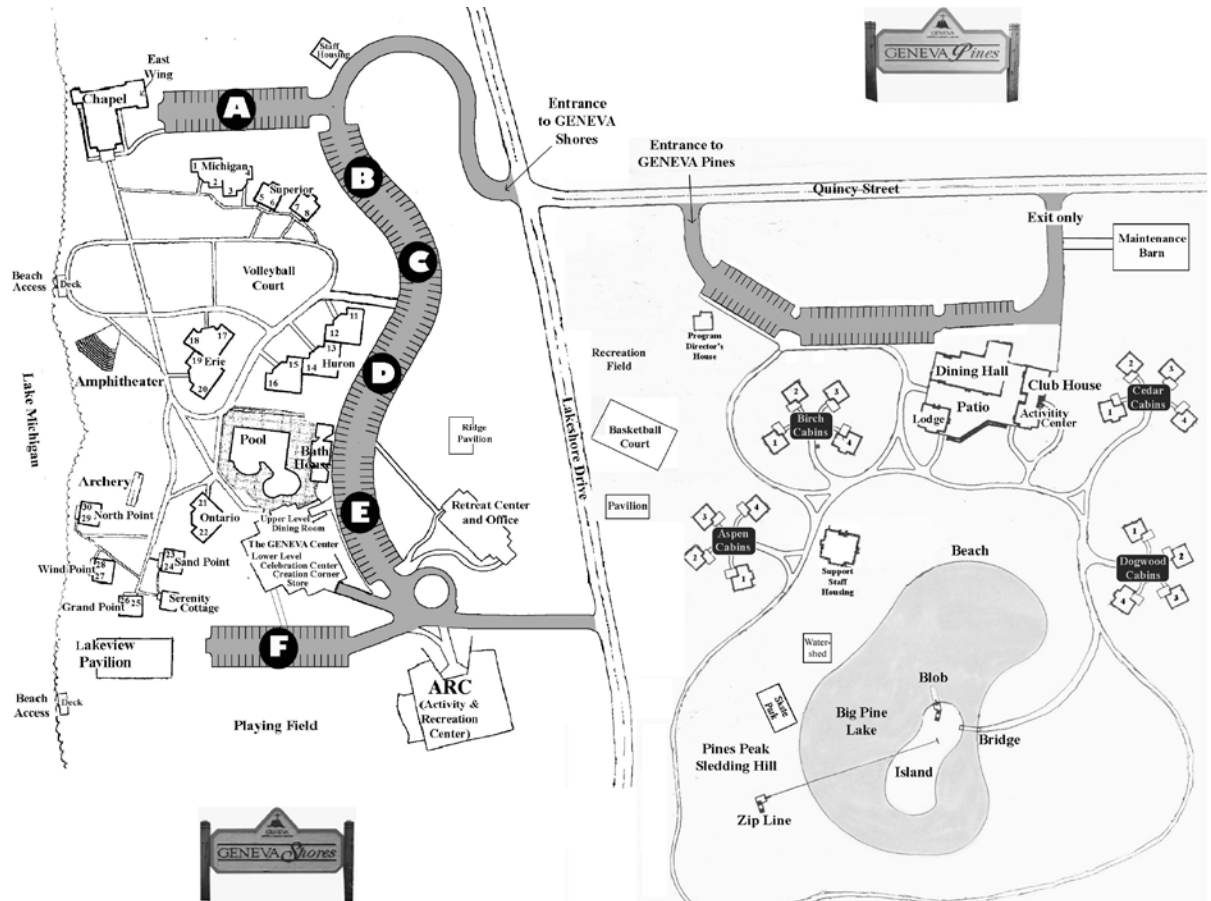
**Training volume should not be emphasized:** Again, this is supposed to be fun and being stuck with a training schedule or doing excessive training is not fun for a child. Try to keep training to a minimum with short bouts of creative intensity. You could do this by having your child swim 100 meters and then run 400 meters and repeat 2,3,4 times. During a week's training you should try to have your child do at least some training in each event each week (they should swim, bike, and run at least once each week). Doing this with friends will foster a team environment and be a lot more enjoyable.

**Work on pacing:** Have you ever watched a kids fun run? The kids take off and about a quarter of the way around the track they all bonk. They end up slowly jogging to the finish. It is important for kids to understand the concept of pacing. You can help teach them this by taking them to the track. Run a mile with them and have them take it easy the first lap around and gradually build the next lap, and the next, and finish strong with a brisk tempo. By showing them how to pace, they'll have a much better day.

**Work on transitions:** The most unfamiliar aspect of the triathlon will be the transitions. Transitions are the center of where the swimming, biking, and running meet. Be prepared by having your child practice what we call bricks (combining two exercises in training). Set up an area to mimic transitions. Have them practice biking and go straight to running off the bike with short bouts (like bike 5-10 min. then run 5 min. for 1, 2, 3 times). Practicing each of these two transitions will improve the chances that it will all go smoothly on race day. Come early on race day to prepare your child's transition area. Bring two towels, one to sit on by the transition area when they change and the other for after the race and bring a full water bottle with name on it. An extra shirt and any clothing that your child may want to wear during the race and after. After your child's transition area is set up and the race is about to begin no one but racers with one adult will be allowed in the transition area.

**Keep it fun: Kids often resist structure and chores. Kids enjoy games. So our goal is to take a structured sport like triathlons that require proper training and turn it into a game.**

## GENEVA Shores & GENEVA Pines Campus



**\*Parking will be at GENEVA Pines off Quincy**

**\*Packet pick-up, Late Registration and Check-in day of race will be at GENEVA Shores off Lakeshore**

**\*Special needs, please call Diane at 616-399-3150**

## Camp Geneva Kids Triathlon Race Distances

AGE	SWIM	BIKE	RUN
5-6	25 yds (1 lap)	.5 mi	.25 mi
7-8	25 yds (1 lap)	1 mi	.50 mi
9-10	50 yds (2 laps)	1 mi	.75 mi
11-12	100 yds (4 laps)	3.5 mi	1 mi (will include some steps)
13-14	100 yds (4 laps)	3.5 mi	1 mi (will include some steps)

**Course:** The swim will take place in the Camp Geneva pool. The bike course will be a fun In-Camp loop for the younger athletes, 11-14 yrs will be on the bike path along Quincy/Lakeshore and the running course will be an In-Camp destination overlooking/on Lake Michigan beach. Street crossings will be supervised.

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Beautiful Geneva Camp & Retreat Center



**WHERE:** Beautiful Geneva Camp  
Retreat Center  
3995 Lakeshore Drive North, Holland

For the Triathlon we'll have lodging available Friday night in our Retreat Center (hotel-style rooms with two queen beds) for \$60/room with a full breakfast available Saturday morning for \$7/person (\$5 children under 12). **Reservations can be made by contacting GENEVA at (1-800-805-0808).**

