Thank you for registering for the 13th annual "Gotta Tri" Triathlon!

We would like inform you of some important information that might help you prepare for your child to be involved on the day of the event. Participants will bike, run, and get wet at the fire truck and water play area as they make their way to the finish!

- ✓ ***Items needed to bring with you that day are:*** **a bike or tricycle (that fits your child well) with helmet for each child (required), tennis shoes, swim diaper (if any young ones are still in pull-ups), as well as a towel, snack (if needed), and change of clothes/shoes for after the event. Bathrooms and changing facilities are available at the pool/duck pond area for your convenience.**

- ✓ **Check-in is open from 1:30 PM – 2:30 PM (for Tiny Tots ages 3 – 6) or from 2:30 – 3:15 pm (for any True Troopers ages 7 – 9) at Springbrook Pool. The course is open from 2 - 3 PM for ages 3 – 6 or from 3:00 – 3:45 pm for ages 7 - 9, and all participants must start at the bike area near Alcoa Elementary. Groups will start every few minutes on a first-come/first-serve basis. There is no need to feel that everyone has to be there and ready right at the event start time to begin as there will be a huge back up if everyone comes at one time.**

- ✓ **Park in the Springbrook Pool or Alcoa Elementary School Parking lots when you arrive.**

- ✓ **All participants must check-in at the Springbrook Pool building before starting the race. No one will be able to participate on the course without proper check-in.**

- ✓ **Please wait to unload your child's bike and helmet until you receive instructions at check-in (or leave the bike outside the pool area if need be as you check in).**

- ✓ **An adult must accompany the participant along the 3 – 6 year olds course. Other siblings (who are not ages 3 – 6 and not registered) are not allowed to participate on the course for their safety and for the safety of the registered participants and due to space. Ages 7 – 9 year olds can do their course unassisted if they would like.**

- ✓ **Spectators are welcome to watch & wait in the grass along the course or in the grass area between the pond & the pavilions for the best viewing of the course (but are not allowed on the road or in designated course areas)!**

- ✓ **Participants can do the course up to 3 times. They can do all of it again by returning to the bike start or half of it again by accessing the run/water portion.**

- ✓ **Participants will receive a medal as they finish, along with a wristband that shows they have completed the course. Please make sure that wristband stays on until you leave the event as that shows they are registered and have received their medal.**

- ✓ **A "Play Area" will be available for the kids once they are done with the course. Bikes can be checked out of the holding area at any time during the event (once they are left there where the running portion begins), but please be careful to not cross in front of a participant on the course.**

- ✓ **For weather concerns, you can visit our Facebook page facebook.com/MABparksrec for day-of info. We will possibly delay the start of each course time if needed.**