



Kid's Triathlon Athlete Guide For *Team Bright Side*

Parents and Athletes!

We are officially in race week, and the Chicago Triathlon Kid's Race is right around the corner. It's tomorrow.

I wanted to touch base and get you the most up-to-date information for race weekend to make the entire process as smooth and painless as possible, including your packing list, schedule of events, parking maps, etc.

Naturally, if you have any further questions that aren't answered in this guide, text or call me, as I'm running around like a whirling dervish from now until Monday at 5 AM.

I cannot wait to see you this weekend and watch your athlete with that medal around their neck.

Coach Nic

Head Coach, Team Bright Side

Schedule of Events

5:30 AM - Packet Pickup Opens/Transition Opens

First thing you need to do is check in and pickup your packet. Once you have your packet, you can take your bike and put it in transition at your spot. Coach Patrick and Coach Theresa will be in transition wearing their Team Bright Side gear to help you and your athlete at their spot.

6:20 AM - Check-in on the Beach + Coffee and Bagels

Come meet us under our giant Team Bright Side Tent on the beach and we will check your athlete in. Starbucks is catering with coffee and Sam's Bagel Deli is catering with hot bagels. **NOM NOM NOM.**

6:40 AM - Team Photo on the Beach

Because if we don't get a group photo, it never happened.

6:45 AM - Kid's Tri Athlete Briefing (Juniors)

Race Announcer Dave Kappas will explain the course, discuss dos and don'ts and get you acclimated to what you need to know to race.

7:00 AM - Kid's Race Start (Juniors)

This is when the first athlete goes out. It's a time trial start (more on that later.)

7:45 AM - Kid's Tri Athlete Briefing (Seniors)*

Same as the Juniors but will explain the number of loops, etc. This is approximate depending on when all of the juniors finish their race.

8:00 AM - Kid's Race Start (Seniors)*

This is also approximate depending on when the junior athletes all finish. Safety first.

9:00 AM - Transition Reopens

This is the point where you can grab your athlete's bike and all of their gear and get them ready to head out.

Packing List

- Team Bright Side Tri Kit
- Goggles (*optional*)
- Bike
- Bike Helmet
- Socks (*optional*)
- Running Shoes

It's honestly a pretty short packing list. Seriously. You should see the packing list for the adult race, if you haven't yet. Hoo boy.

If you haven't received or picked up your **Team Bright Side Tri Kit** yet, text Coach Nic at 425-281-1925. I can either arrange to get it to you early, or I can bring it to the beach on race morning.

FAQs

What is a time trial start?

It means that athletes will line up 2x2, just like animals on an ark. Then every 3 seconds the announcer says "GO!" It creates a constant slipstream of athletes. It goes really quick and avoids chaos.

What do we do when my athlete finishes?

We have a finish line tent as well. Come over with your medal and grab a photo and grab a cookie and a chocolate milk while you wait for transition to open back up at 9 AM. You can also cheer on the other athletes and get your results.

What should we do the night before?

Talk to your athlete about what they're looking forward to. Let them express their nervousness, if they have any, then talk through the process to make it seem more accessible. Let them know how much we as a team believe in them.

What if we haven't reached our fundraising minimum?

I can almost guarantee that one pic of your athlete with their medal on social media will absolutely blow that fundraising minimum out of the water. But don't stress! You got until December 31st.

Maps

Course Map



Parking

For the two circled pay lots, if you'd like to park here, get here EARLY. Early early. They will fill up fast. They could also be challenging to get out of if you're in a hurry.

The yellow shaded areas have on-street parking that should be pretty easy and available. Lawrence, Wilson or Marine are your best bets there.

Note: Give yourself time to walk from your car to transition. It's a hike.

Note #2: Don't try to drop anyone off near Foster Ave. The police there won't take kindly to your plight.



Bright Side Tents

