



RACE DAY INFORMATION

- Registration and t-shirts are located in the lobby of the AYR Motor Centre.
- After registering, take bike to the area in the parking lot marked 'Bike Check'.
- Once the bike has been checked, take it to the area marked 'Transition Area'.
- Anything that will be worn during the bike/run part of the race (ie. sneakers, socks, helmet, and t-shirt) and a towel will be left directly under the bike.
- 9:45am – meeting for participants and parents outside the front entrance.
- 10:00am - official race start outside the front entrance.
- The oldest ages will race first, and the other groups will follow from oldest to youngest.
- Age groups will be called to the front entrance when it is their turn.
- Participants start with the swim. They do not need to have their t-shirts on for this part.
- After the swim, they will run from the pool on the carpet, through the front lobby to the Transition Area outside.
- In the Transition Area, participants will put on their helmet, sneakers and any clothes they choose to wear.
- They must walk their bike to the Transition Area Exit, where they will get on their bike to race.
- Parents may help the youngest age group (5-6) in the transition area and along the bike route, if necessary.
- After the bike, participants return to the Transition Area to put their bike back and start the run.
- At the end of the run is the finish line, where each participant will receive a medal

NEW THIS YEAR! A Duathlon event has been added.

- **This is a Run-Bike-Run event. See details on Posters and the Race Map.**

Please Note:

- There are race maps posted that show distances and routes for each age group.
- We encourage parents and participants to cheer on the other participants while waiting!
- **Due to safety reasons and because we have other activities going on in the Parking Lot and the Event areas, biking is not permitted other than the race route! Please do not bike in the Parking Lot during the event. Bikes are to stay in the transition area. Thanks for your cooperation.**