

2017 DOUBLEGATE TRIATHLON

DATE & TIME

Saturday, August 5, 2017; 8:00 am. Check-in: 7:00-7:30 am
(In the event of severe weather, the race may be canceled)

EVENT:

A swim-bike-run event just for kids to promote physical fitness!
OPEN TO DOUBLEGATE SWIM & TENNIS CLUB OR HOA MEMBERS 15 & UNDER.

COURSE:

The triathlon will begin and end at the DoubleGate pool area. Triathletes will swim in the DoubleGate pool, then bike and run on neighborhood streets (Twingate Dr from the pool to Bannergate Dr, and Bannergate Dr).

DISTANCES:

AGE	SWIM	BIKE	RUN
6U	25 yds.	½ mile	¼ mile
7-9	50 yds.	1 mile	½ mile
10-12	100 yds.	2 miles	1 mile
13-15	150 yds.	4 miles	1 mile



ENTRY FEE:

\$5.00 per triathlete (each entrant receives a race t-shirt)

WHAT TO BRING:

The only equipment you need to race is a bathing suit, goggles (optional), sneakers (no bare feet allowed for bike and run), bike and helmet (**mandatory**). Racers can wear their bathing suits for the entire race. Water will be provided in the transition area.

MEDALS:

Medals will be awarded to top 3 places for boys and girls in each age group.

POST RACE CELEBRATION:

There will be refreshments by the pool for all racers after the event. Pool will open early following the awards ceremony.

Come join us for a great event! It's sure to be lots of fun!

ENTRY FORM

DEADLINE FOR ENTRIES: Wednesday, August 2, 2017

Name _____ Phone _____ Age _____

Gender: M F T-Shirt Size: Youth S Youth M Youth L Adult S Adult M Adult L

My child assumes all risks associated with participating in this race, including, but not limited to falls, contact with other participants, the effects of weather, including heat, cold and precipitation, traffic, and the condition of the course, all such risks being known and understood by me. Having read this waiver and knowing these facts and in consideration of your accepting this entry, I for anyone for whom I am entitled to act, waive, release, and will hold harmless the race organizer, DoubleGate Swim & Tennis Club, and all the agents, employees, officers, directors and volunteers working for this entity from all claims and liabilities of any kind arising out of or related to participation in this race.

Parent's Signature _____ Date _____

Email Address _____

Each participating family is required to provide at least one (1) race day Volunteer.

Volunteer Name _____

\$5 per entry. Make check payable to: DoubleGate Swim & Tennis Club.

Return completed entry form and fee to Rich Lockhart, 420 Chantenay Place, Johns Creek, GA 30022; 678-852-4499; richardlockhart@comcast.net. You will receive confirmation of entry and your volunteer assignment on Thursday, August 3.

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GUIDELINES & SAFETY CONSIDERATIONS

1. Entry deadline is Wednesday, August 2. Early entry is encouraged. Late entries will be accepted as space permits, but will not be guaranteed to receive a t-shirt on race day. Early registration is greatly appreciated.
2. **PARKING** - For safety reasons, there will be no parking on Twingate and Bannergate along the race course. Racers can be dropped off at the transition area with their equipment during check-in. Parking will be available on streets that are not part of the race course. Please consider walking or riding bikes to the event as a family to warm up your racer.
3. Please plan to be at DoubleGate pool for check-in at 7:00-7:30 am on race day. Participants will receive their race t-shirts at check-in. There will be a mandatory meeting for all racers at 7:45 am to receive instructions. Give yourself plenty of time to get ready.
4. 6&Under swimmers can use kickboards.
5. Bicycle helmets are required. Racers may not leave the transition area without their helmet on and the strap securely fastened.

IF YOU DON'T HAVE A HELMET ON RACE DAY, WE CANNOT LET YOU PARTICIPATE!

6. Check over your bike (tires, chain, brakes, seat height, etc.) prior to race day to make sure it's safe. Training wheels can be used in the 6U age group. No tandems, tricycles, scooters or motorized bikes. We will have a bike check station available on race day for minor adjustments.
7. Adult cyclists will patrol the course. Parents and non-participating siblings are not allowed on the course. This will help keep the course clear for the participants.
8. Participants are prohibited from riding their bikes in transition. They must mount at the exit from transition and dismount at the entrance to transition. This line will be clearly marked.
9. Parents - for safety reasons we cannot allow you to be in the transition area after the race begins. Volunteers will be in the transition area to assist. We appreciate your cooperation, and will take every precaution to conduct a safe race for our DoubleGate children.
10. Consider pre-race conditioning. The race distances are designed to be attainable for the average, healthy, active child. While a serious training regimen is not necessary, it is helpful to get a child used to the distances, and to build up cardiovascular endurance. We suggest a little pre-race swimming, short runs and bike rides. It will make race day easier and more fun for the athletes.
11. Most importantly - Have fun! Good luck to all of our triathletes!

