

Weetbix Tryathlon 2012

2nd February, 2011

Dear Parent,

Your child is now officially registered for the Weetbix Tryathlon.

WHEN: 25 March, 2012

WHERE: Vellenoweth Green, St. Heliers The Weet-Bix Kids Tryathlon is located at Vellenoweth Green in St Heliers, looking out towards Rangitoto Island. The swim is located in the sea, and runs parallel to the beach. Tryathletes are generally able to stand-up during the short ocean swim; however, we do encourage everyone to give the swimming a go! The Transition Area is located in the heart of the reserve, and the bike and run legs of the Weet-Bix Kids Tryathlon is around the field and surrounding streets.

Auckland Council Training Days

Auckland City Council Local along with Sports Park South have planned a programme leading up to the event. This programme has been developed following the recommended training regime set out on the website for each child's age group and ability. Training days will **take place on the 21st & 28th of February as well as on the 6th, 13th and 20th of March** in the lead up to the St Heliers Event all at Lloyd Elsmore park **from 4pm to 5pm**. The school **will not be involved with the training days** but if you would like your child to take part then please contact Chris Earl on Chris.Earl@aucklandcouncil.govt.nz

How to help your child to prepare

1) Know the course

Check that you know how you're going to get to the event venue. Look at the weetbix site to see the course layout.

<http://tryathlon.weetbix.co.nz/Venues/auckland.aspx>

2) Get all the gear together

Make sure your child's got:

- A Bike/ Helmet

Prior to the Weet-Bix Kids TRYathlon, it is strongly recommended you have your bike and helmet safety checked at your local Avanti bike store. The Avanti store checking your bike and helmet for the Weet-Bix Kids TRYathlon will do so according to the Weet-Bix Kids TRYathlon Bike and Helmet Safety Checklist. All participants who have their bike safety checked will go into the draw* to win an Avanti Black Thunder or one of 10 Weet-Bix Merchandise Packs.

2) Get all the gear together (cont)

- Closed-in Running Shoes (compulsory for both the bike and run legs)
- Socks
- A vivid to write the race number down their arm and leg
- Someway of identifying their bike in the Transition Area (Like a big fluro flag on a pole to stick in the ground)
- A box or similar to put their things in while they are in the Transition Area
- A filled drink bottle just before you leave home (so it's nice and fresh!) and ready to go on the bike
- Sunscreen
- Hat
- A jacket for at the end of the race
- A snack for the road
- + Lots of memory space on your camera!

3. What to wear on the day?

A Tri kit will be handed out at school the Friday before the race. All children should arrive at the event with their togs on, Weetbix T-shirt, Shorts, and closed-in Running Shoes.

4. Don't forget the race number on the day

The race number should be clearly visible on the front of the t-shirt and there should be a clearly written race number down the arm or leg. This will help the photographers.

5. Know the swim cap colours

The start of the swim for the Weet-Bix Tryathlon, will start in waves by swim cap colour. Bikes in the Transition Area are also organised by swim cap colour to make sure they are easy to find. All children **need to know their colour** so that when they put their bike into the Transition Area, they know which flag they need to line their bike up with. Children should check their cap colour on the website.

<http://tryathlon.weetbix.co.nz/Venues/auckland.aspx>

6. Know what to leave with the bike in the Transition Area

- Bike
- Helmet
- Closed-in running shoes
- Socks (optional)
- Drink bottle (preferably on the bike)
- Weet-Bix Kids TRYathlon **race t-shirt and race numbers**
- Any medication needed during the race itself

7. Check the event status on the night before and in the morning of the race.

On the Weet-Bix Kids TRYathlon homepage there is an event status button. This is updated the evening before the event, should there be any changes to the course. If you have any doubts about the event due to the weather, please check the homepage.

On the day, the programme will be as follows... Please be there early for parking

| | |
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| Administration tent opens: | 7.00am |
| Transition area open for you to drop off required equipment: | 7.00am to 8:30am |
| Race briefing: | 8:30am |
| Race start: | 9:00am |

Prize-giving will start once all participants have completed the course. Due to the nature of the event, there isn't a specific time that this will begin. Bikes are not available from the Transition Area before the conclusion of Prize-giving; Please ensure you are aware of this as the Marshals will be unable to make exceptions to this for Health and Safety reasons. Please remain immediately after prize giving as this is when the schools have their team photo.

Please keep these instructions to refer to prior to the race.

Buckland's Beach Primary School will have a gazebo with a large sign erected on Vellenoweth Green. We ask that you congregate there on arrival. (If you want comfort bring a fold out chair).

If you have any further questions. Please see Miss Redpath in Room 4.

Regards

Jillian Redpath

BBPS TRYATHLON ORGANISER <http://tryathlon.weetbix.co.nz>

*Please note any BBPS children who are not registered, can still do this at home on the internet. They will not be part of the BBPS school group (they will have to get their Tryathlon kit on the day at the event) but they are welcome to join the other children at the gazebo and in the school photo. By having a BBPS team we are now in the draw to win sports equipment.

