

## **PSP Recreation NCR/PSP Loisir RCN Kids Tri and FunDu**

### **General Information:**

This event is being held at the Canadian Forces Base, Ottawa South ("Uplands") just south of the Ottawa International Airport. Parking is in designated areas as indicated on the attached maps.

We held a Kids Tri and FunDu at this location from 2002 to 2006 and again every year since 2008. It is a very popular event for beginners.

The swim is in an outdoor 25 meter pool that provides parents with several places to view all the action in the pool and exit to a nearby transition zone and exit to the bike course.

### **NEW DISTANCES THIS YEAR for UPLANDS!**

DU Ages 3-5 100m run/250m bike/150m run

TRI 6-7 50m/1.5k/.5k

8-9 100m/4.5k/1k

10-11 150m/4.5k/2k

12-13 200m/9k/3k

14-15 300m/9k/4k

16+ 300m/12k/4k

The bike course is a 1.5 Kilometre loop which means all but the youngest 6-7 age group will be doing more than one loop allowing parents and friends to follow the triathletes around the bike course. Because of the number of loops required to complete the bike course the athletes and parents will need to know how many loops they have to complete and keep track. It is the responsibility of the athlete and parent to complete the required distance. Athletes who do not complete the distance will be disqualified unfortunately and athletes who go too far will not have their times adjusted. Please familiarize yourself and your child with the route, distances, turns and number of loops by referring to the maps attached.

The run course is on grassy fields and sidewalks inside the bike loop course. The run course will be clearly marked with pylons and signs, assisted by volunteers. Please familiarize yourself and your child with the route, distances, turns and number of loops by referring to the maps attached.

Triathletes and parents must attend the pre-race meeting. PLEASE NOTE: There will be a break in the schedule at approximately 10:15AM to allow the bike course to be cleared of the younger age groups before the older age groups start their swim waves at 10:45AM. There will be a second Pre-Race Meeting for the older age groups at

10:30AM. Please check our schedule below for estimated start times, access to T Zone, awards and removal of equipment. However, older age groups should be prepared to start earlier.

We do allow late entries the morning of the event.

We recommend all athletes and parents plan to pick up the bib number at the pre-race day Check In on the Saturday before the event. The pre-race Check In location is the PSP Recreation NCR building at the race site between 4PM and 6PM.

We will also have a Race Day Check In at the race site from 7AM to 8AM.

## Race Day

Please arrive early as it takes about 45 minutes to Check In, body mark and set up in the Transition Zone (see our Race Day Tips) in the About Ottawa Kids Tri page.

Event Schedule: Following is an estimate of the start times for each age group, but older age groups in particular should be prepared to start earlier.

| Age Group               | # of Waves   | Swim Start         | Last runner | Comments                            |
|-------------------------|--------------|--------------------|-------------|-------------------------------------|
| <b>Pre-Race Meeting</b> |              | <b>8:00:00 AM</b>  |             |                                     |
| FunDu 3-5               |              | 8:15:00 AM         | 8:30:00 AM  | Must wear helmets on bike and run   |
| 6 to 7                  | 4, 3min each | 8:30:00 AM         | 9:15:00 AM  | In bib sequence, 2 per lane 4 lanes |
| 8 to 9                  | 6, 5min each | 8:45:00 AM         | 10:15:00 AM | In bib sequence, 2 per lane 4 lanes |
| 10 to 11                | 8, 5min each | 9:15:00 AM         | 10:45:00 AM | In bib sequence, 2 per lane 4 lanes |
| <b>BREAK</b>            |              |                    |             |                                     |
| <b>Pre-Race Meeting</b> |              | <b>10:30:00 AM</b> |             |                                     |
| 12 to 13                | 4, 5min each | 10:45:00 AM        | 1:00:00 PM  | In bib sequence, 2 per lane 4 lanes |
| 14 to 15                | 2, 8min each | 11:00:00 AM        | 3:15:00 PM  | In bib sequence, 2 per lane 4 lanes |

| Race Day Check IN | T-Zone Access | Pre Race meeting | Bike Removal | Awards / Draw Prizes |
|-------------------|---------------|------------------|--------------|----------------------|
| FunDu 3-5         | 7:00 to 8:00  | 8:00:00 AM       |              |                      |
| 6 to 7            | 7:00 to 8:00  | 8:00:00 AM       | 10:15        |                      |
| 8 to 9            | 7:00 to 8:00  | 8:00:00 AM       | 11:15        | 10:45                |
| 10 to 11          | 7:00 to 8:00  | 8:00:00 AM       | 11:30        | 11:00                |
| 12 to 13          | 7:30 to 10:30 | 10:30:00 AM      | 13:00        | 12:00                |
| 14 to 15          | 7:30 to 10:30 | 10:30:00 AM      | 13:15        | 13:15                |

### Directions to the site

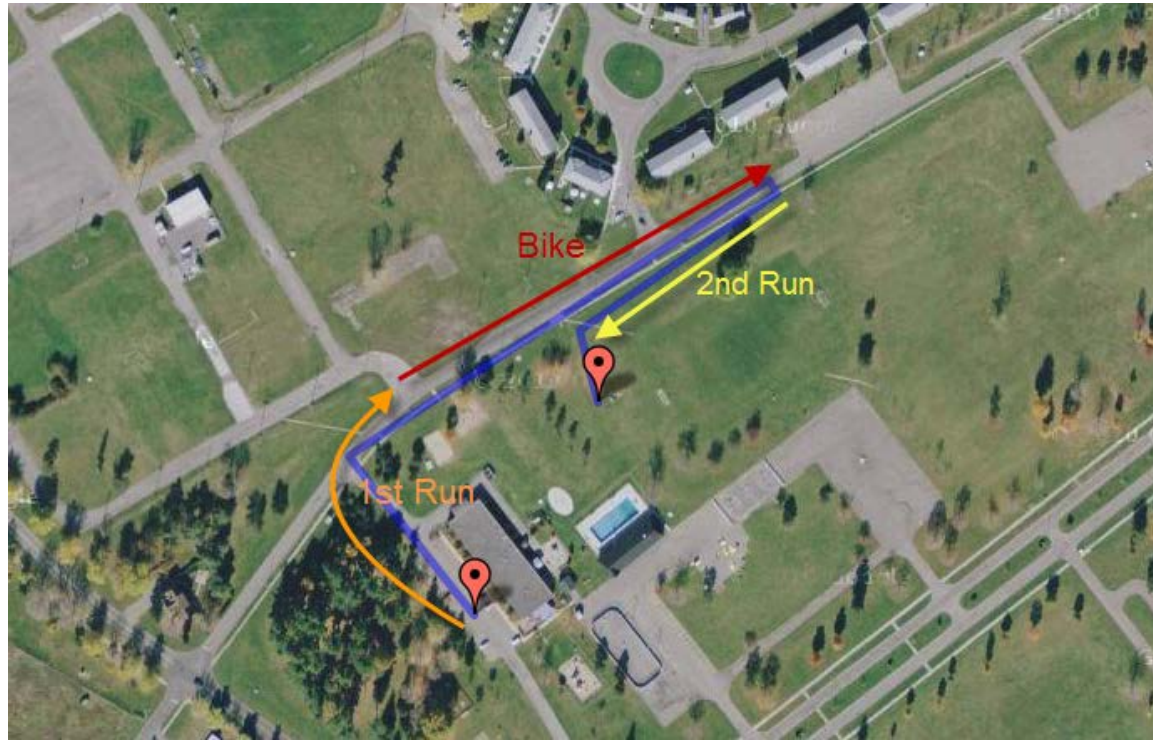
The Ottawa Kids of Steel Tri and Du is located at the Canadian Forces Base, Ottawa South (Uplands). Uplands is adjacent to Ottawa's International Airport. The parking area for the event is best reached by taking Hunt Club Rd to Canadair Rd. At this intersection, there is a hotel and Tim Horton's. Turn south on Canadair.

There is a large parking area beside the Drill Hall.



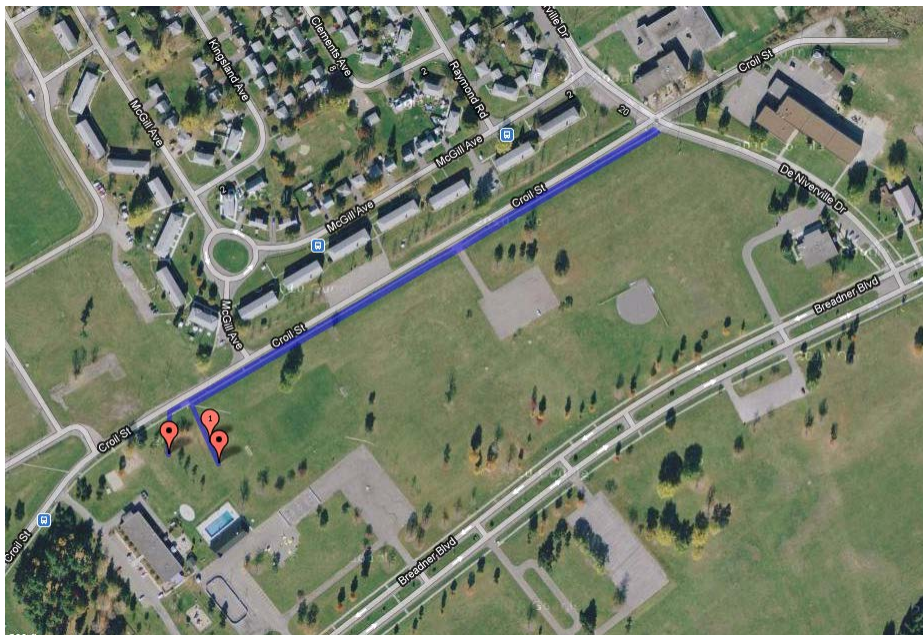
## Fun DU

The Fun Du will be a point to point race



## Run Routes

Depending on the age group, (see distances above), kids will run multiple loops of the run course: <http://www.gmap-pedometer.com/?r=4560542>



- 6-7 0.5km – 1/2 loop
- 8-9 1km - one loop
- 10-11 2km - two loops
- 12-13 3km - three loops
- 14-15 4km - four loops
- 16+ 4km - four loops

## Bike Routes

Depending on the age group, (see distances above), kids will bike multiple loops of the bike course: <http://www.gmap-pedometer.com/?r=4566058>



The Race Director will be available during Pre-race Check In if you have any questions.  
Have a great race!!!