



## FREQUENTLY ASKED QUESTIONS

### 1. Can we register a child on race day?

- a. No. Registration closes on Sunday, Sept. 24<sup>th</sup> at 11:59pm. Register at <https://runsignup.com/Race/IA/Waverly/TriByLittleKnightTriathlon> as we have a maximum capacity on this event.

### 2. Can I pick up my child's bike from transition immediately after they finish?

- a. In order to not interfere with others in the event, we will not open transition up until our last child leaves T2. The event will be extremely short in nature, so enjoy the finish line area, take lots of pictures, and before you know it, transition will be opened back up.

### 3. What if my child cannot swim 50 yards?

- a. Our main goal is to provide a positive and safe environment for kids to fall in love with triathlon. With that in mind, the first step would be seeing if your child can finish 50 yards with some type of flotation device (ie. life jacket, puddle jumper, arm floaties, kick board, pool noodle, etc). If that still seems difficult then reach out to Race Director [heather.zajicek@wartburg.edu](mailto:heather.zajicek@wartburg.edu) and we can discuss other options. Also note we will have lifeguards on duty, both in the pool and outside of the pool.

### 4. Can my child team up with others for a "team format"?

- a. For our event we will *not* be offering a team format. Our goal for this first year is to keep logistics simple to provide the best event possible. If feedback in the future calls for teams we may consider in the future.

### 5. What if my child has a disability and needs special accommodations?

- a. Please reach out to [heather.zajicek@wartburg.edu](mailto:heather.zajicek@wartburg.edu) and we will talk through accommodations on a case-by-case basis. We would love to provide a positive and safe atmosphere for ALL children.

### 6. Is the bike leg on closed roads or sidewalks?

- a. The bike leg will be on low traffic roads that are open to traffic. However, we will cone off a bike lane on a large section of the road and not allowing parking on a majority of the course. We will also have a plethora of volunteers on course to mitigate any risks. We have designed a bike course that will be simple in nature for the kids, does not include any major hills, and does not

cross any major intersections. Wartburg College campus allows us to have a beautiful 1-mile loop with only three 90 degree turns.

**7. Is this a timed event? Will there be age group awards given out based on performance?**

- a. Our event will is timed event. Awards will be given for each age division. All kids will receive a “swag bag” and a finisher medal.

**8. Is the TriByLittleKnight course spectator friendly?**

- a. YES! With minimal walking, you will be able to view the swim, transitions, start/middle/end of bike, and entire run. Invite an entire cheering section for your child!

**9. Can I compete alongside my child?**

- a. We ask that parents and spectators stay off the course as to not interfere with other athletes. The course setup is simple in nature, and parents will have plenty of opportunities for helpful encouragement and picture taking. If your child does need accommodations for any reason, please reach out to [heather.zajicek@wartburg.edu](mailto:heather.zajicek@wartburg.edu).

**10. Are parents allowed in transition?**

- a. During the event parents will not be allowed in transition. We will have great volunteers helping inside the transition zone, and due to the small nature of the event you will be close to your child even outside of transition. With transition area closing at 12:45pm, parents are encouraged to help their child prior to that with how the event will flow, and, of course, our awesome volunteer team will gladly help you or your child out with any questions prior to or during the event.

**11. How does my child practice for a triathlon?**

- a. Check back for more info at <https://www.wartburg.edu/youthtriathlon/#schedule>. We hope to offer up a potential “triathlon clinic” for kids that want to get more prepared. We will also post some informative tips/videos in regard to our course and triathlon in general on our Facebook page: <https://www.facebook.com/TribyKnightTriathlon>