

Children's Scootathlon

Sunday 12th July 2009

390m scoot/390m bike/250m run

9:30am – 4 yrs old

10:00am – 7 yrs old

9:40am – 5 yrs old

10:10am – 8 yrs old

9:50am – 6 yrs old

TO KEEP THINGS SIMPLE, AGE IS 'AGE ON RACE DAY'.

Welcome to the Children's Scootathlon races.

Parents: don't forget to bring the scooter, bike and helmet!

Please put your child's name on the bike, scooter and helmet

RACE INSTRUCTIONS

The venue is private property - the Dorney Lake Rowing Centre, Boveney, near Eton Wick, SL4 6QP. (See the small map for the location). Please leave plenty of time to get here. You will not be allowed access to the area before the day, so please do not go near the site. We are here as guests so please could competitors show courtesy and politeness in order that we may be allowed back. This event is part of a whole weekend of multisport racing and you are welcome to stay and see all the other events taking place. **For everyone's safety, please keep all children under strict control**; the lake is very deep and people will be racing on very fast bikes.

Playing football on the grass is not allowed!

Parking will be near the entrance to the venue to allow you entry and exit at any time. Just follow the signs as you come into the venue. You will have an **800m walk** to the transition area. **Please allow plenty of time.**

Access is allowed at any time on race day.

Registration will take place in the ZOGGS marquee from 8.30am. Upon arrival you will need to pick up your event T-shirt and race number from the Children's Scootathlon registration tables.

You will need **4 SAFETY PINS TO PIN YOUR NUMBER TO YOUR FRONT.** Please wear your number on your chest as high up on your front as possible. Please use at least 4 safety pins per number!

Catering services will be available from 9am. triandrunk is the official retail shop and they will be with us for the entire day. If you need them to bring any specific products then please ring 020 8500 4841.

The Course

Children will have their own transition area. When you are called for your wave, please put your bike **inside the transition area** on the outer barriers. **Wait to be called for your wave.** The race will begin with a 390m scoot (1 lap) You then come into transition, put down your scooter and pick up your bike and cycle for 1 lap. Then you come into transition and leave your bike next to your scooter and then run to the finish gantry around the lap you have just cycled. Scooting, cycling and running will always be in an anticlockwise direction. All three disciplines should be done **wearing a cycle helmet.** Water will be available at the finish line.

Parents: please remove your child's bike and scooter from transition as soon as they have finished so others can race. You will NOT be allowed to stand in the transition area during the race.

This is a **fun** event, so remember, all finishers are winners. There will be **NO prizes** for first across the line. Every competitor will receive a medal.



www.humanrace.co.uk

Toilets

Extra toilets will be on site next to the boat house.