

Children's Scootathlon

6th Sept (Sunday)

390m scoot/390m bike/250m run

11:30am – 4 & 5 yrs old

11:45am – 6 yr old

12:00pm – 7 & 8 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. Please leave plenty of time to get there.

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 front of the main registration marquee from 10.45am. Upon arrival you will need to pick up your race number, event T-shirt 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 10.00am. triandrun 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.

Toilets

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

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 results. There will be **NO prizes** for first across the line. Every competitor will receive a medal.

