

14th Annual Freddy's Tri-Family Racing YMCA Thanksgiving Day Triathlon & Duathlon Race Information

There is still time to sign up for this great race at trifamilyracing.com using the direct link once you open the event tab.

Registration/Package Pick up: Everyone has the option of picking up their race packet on two different days. Packet pick-up on SATURDAY November 18TH from 2pm to 5pm at Tempe Landis Cyclery, 1006 E. Warner Rd., (Northeast corner of Rural & Warner in Tempe), in Tempe Arizona. We will also have packet pick up on TUESDAY November 21st at Sole Sports in Glendale located at 18583 N. 59th avenue (Southeast corner of Union Hills road and 59th avenue) from 5pm to 6:30pm. All entrants MUST sign a LIABILITY WAIVER at packet pick up (ID required). Packet pick-up is HIGHLY recommended! Parent signature required if participant is under the age of 18 yrs old. This is in addition to the liability forms you sign online.

Race Rules: There are NO LISTENING devices allowed on any portion of the event, IPODs, etc., etc. You must wear a bike helmet from the time you touch your bike until it is racked. You must always swim facing forward, no back stroke. You must also ride your bicycle the correct amount of bike laps (Youth one lap, Adults 3 laps) or run the correct course.

Race Maps: The designated race course is available to view at trifamilyracing.com

Transition Area: All bikes must be racked NO LATER THAN 6/6:15am. There will be no one allowed in transition area starting fifteen minutes before the youth race starts. Parents are NOT allowed in transition area. There will be bike racks marked YOUTH ONLY, other than that... it is first come first serve for bike racks, show up early!

Race Meeting: The race meeting will take place at 6:20/30am before the start of the Youth race.

Beginner tips: Watch the youth race; it is a mini version of your race. Wear a race belt, don't pin your race number to your t-shirt, it is much easier and you won't have your race number flapping the breeze as you run or ride your bike. Make sure everything is ready a day before the race, don't wait until race morning to get everything ready. Make a check list and have everything ready. Bring a change of clothes; there are showers and bathrooms on site. Warm up before you start the race (light jog). Get there early and get a good place in the bike racks (toward the ends of the bike racks and toward the exit of the bike ride start and finish). If you are changing from running shoes to cycling shoes put a good amount of baby powder in both shoes to facilitate getting in and out of them easier. If you can buy stretch or quick shoe lace locks do so as they make getting in and out of your shoes easier and also you won't have to tie your shoe laces. **DO NOT BUY ANYTHING DIFFERENT THE DAY BEFORE THE RACE OR EAT ANYTHING DIFFERENTLY THAN YOU TYPICALLY DO**, Try anything new well in advance of the race.

Parking: There will be NO one site parking, parking will be north of the Southwest Regional Family YMCA on Thomas & Litchfield road at the large park located north of the YMCA. Parking will be at a premium with close to 500 race entrants,.. arrive early. There is also a much smaller skate park adjacent to the YMCA that can also be used to park in. The Goodyear Community Park's address is 3151 N. Litchfield road. **There will also be NO PARKING at the Saint Thomas Aquinas church as there will be services that morning.**

Start times: ALL BIKES MUST BE IN THE BIKE RACKS BY 6/6:15AM

Youth Tri – All start at same time, approx 7 am. Youth 6-12 yrs old Draft Legal race will start one minute before mass youth start for 6-12 years olds.

All Youth draft legal older youth 13-19 yrs old 7:45am.... then all Sprint Tri-Adults Men at approximately 7:47am, All Women at 7:48am

All Relay teams and Duathletes regardless of gender start the run at 7:48am with the Women's run wave start.

THE RUN: The Sprint Triathlon run is 2 miles' adults, (youth ½ mile). All Youth regardless of gender take off at the same time 7 am. The run is essentially an out and back run course for the youth, a big circle for the Sprint Triathletes and duathletes.

THE BIKE: The Sprint triathlon bike is 12 miles and is 3 laps (Youth one lap, 4 miles); please Sprint triathletes **make sure you do three laps**, everyone is responsible for making sure they do the correct laps, our timer will alert me to any inconsistencies with times, anyone doing less than the required laps will be dis-qualified... Please use extreme caution your first lap, there are turns as well as a few speed bumps.. Unless passing, please stay to the far right to allow smooth traffic flow. Please obey all Police and volunteers. **Make sure your helmet is on (and buckled) from the time you touch your bike to the time you rack your bike. Parents may accompany their child on the bike course only as long as they are also wearing a helmet. Please ride on the right side of the road.** Anyone caught passing on the outside of the barricade cones will be disqualified. Elite racers Please don't forget many of the race entrants out there are doing their first triathlon, pass with caution and plenty of room **INSIDE** of the race cones. Words of Caution! You will be riding by one Church as well as other streets that leads in neighborhoods, always keep your head up. Parents are allowed to ride their bikes with there child as long as they also wear a helmet and **NEVER** enter the transition area. Parents wait just outside of the transition area to join your son and daughter if you want to also ride your bike with them. Anyone **NOT** wearing a helmet will be pulled from the race and disqualified.

THE SWIM: Make sure you are body marked on race morning, our crew will do it for you!
The Sprint triathlon swim is only 400 meters & (youth 100 meters) the swim will take place by zigzagging (serpentine fashion) your way, going under every lane line for the entire length of the pool. All youth and adults will only swim 1 lap in each lane; Please be careful exiting the pool area, and remember all gear for your race should be in the transition area. Helmets, glasses, anything else, must be in the transition area. **Please make sure your race number is marked on you before you enter the pool. Please don't argue with the volunteers, their word is final. Please also be courteous when passing other swimmers, everyone has paid the same to enter this race. Don't forget you must exit the pool and cross the finish line for your race completion using the steps in the pool**

DUATHLON: Same as the Individual Triathlon except the run is ½ mile at the youth water station turn around see race maps at trifamilyracing.com. Your finish line is the same as everyone else, inside the pool area.

RELAY TEAMS: Same as the Triathlon Information above **EXCEPT YOUR TIMING CHIP AND NUMBER** are passes like a relay baton in the transition area.

Finish Line: The youth finish line is just 20 feet outside of the pool as they race,... **Run, bike, and swim last,**

Trophies: Remember all entrants, youth & teams go five deep. **No medals or ribbons will be mailed out; it is your responsibility if you decide to take off early, to have someone you know pick up your award for you. You must be present for all merchandise that is given away; no friends can pick up your merchandise.**

Merchandise: Merchandise awards will be 5 deep for the top Male & Female overall winners. (The top five overall awards will be pulled from the rest of the entrants to allow for more individual medals and ribbons for the triathlon **ONLY**. **Remember before, after, and during our awards ceremony we will be giving out merchandise with at random drawings. The person called out MUST BE PRESENT to receive the merchandise.**

Extra Age group awards will be left at the Glendale Sole Sports Running store mentioned above no more than one week after all of the results from this race are tabulated and posted on the trifamilyracing.com website.

Parting words: Say thank-you to every volunteer and Policemen you see out there, many of them are doing this race for no more than a T-shirt and breakfast (Policemen excluded). Remember, to listen to them, and to heed any and all warnings. Let them know that you're glad they are out here to help us.