



## Bike & Helmet Inspection Certificate

### BRING THIS COMPLETED FORM TO RACE PACKAGE PICK UP

All Athletes: Friday June 23<sup>rd</sup> 5-7pm Kin Beach Vernon BC  
Out of Town Athletes ONLY: Saturday June 24<sup>th</sup> 7:00-7:45am

To be completed by your local bike shop.

This is to certify that \_\_\_\_\_'s helmet and bike have been inspected for the Vernon Kids Triathlon, June 24<sup>th</sup>, 2017, and the following are true:

- The bike and brakes appear to be in good working order.
- TriBC Youth Rules met: Bar ends plugged, no toe cages, no tri bars, kids <13 with clip in pedals must have recessed cleats.
- The bike appears to be a safe size: rider can stand over top tube, and can reach the brake levers.
- The helmet has no apparent damage, and is adjusted properly.

Signed (if all conditions met): \_\_\_\_\_

Date: \_\_\_\_\_ Bike Shop: \_\_\_\_\_

Helmet Manufacture Date: \_\_\_\_\_

Make & Colour of Bike: \_\_\_\_\_

**\*\*Child MUST be present during the bike and helmet check.\*\***

**\*\*Helmets must have been manufactured within the past 5 years.\*\***

Olympia Cycle & Ski, Sun Country Cycle, and Skyride Cycle will do free inspections from May 19 to June 17 during business hours. Any bikes brought in after that date may be charged for this service.



## Race Weekend Info

### Race Package Pick Up:

Local athletes - Friday June 23<sup>rd</sup> 5-7pm Kin Beach.

Out of town athletes only – Saturday June 24<sup>th</sup> 7:00-7:45am.

**\*Must Bring Completed Bike Check Form\***

Mandatory Pre-Race Meeting for Draft Legal athletes:

June 23<sup>rd</sup> 6:30pm Kin Beach

Race Morning: Transition set up is available from 7-7:45am.

Parking: See Parking Maps on [vernonkidstri.com](http://vernonkidstri.com). No parking signs are in place to ensure a safe race course for your athletes. Road closures will be in effect from 8am until the end of the event, so plan to stay until the final wave has finished their race.

Athlete Drop off: Drop off is best along the south edge of the park, on Lakeshore road, arrive via Tronson Road, exit to find parking via Lakeshore.

**ALL ATHLETES: Package Pick up and Body Marked by 7:45am.  
Transition is closed to all at 8:00am**

### Parent/Spectator Do's and Don'ts for kids triathlon:

DO have fun!

DO cheer for everyone! We like a lot of positive noise!

DO volunteer to be part of the action (sign up at [vernonkidstri.com](http://vernonkidstri.com))

DO leave furry friends at home.

DO allow our volunteers and officials to do their jobs.

DO stay off the race course and out of transition, these spaces need to be kept clear for races in progress. Parents are NOT allowed in transition.

DO arrive early and prepared (snacks/water/layers of clothing/sunscreen.)

DON'T complain. We are all volunteers. Suggestions on how we can improve this event, are welcome and encouraged. Please contact the Race Director at [lauramedcalf@yahoo.ca](mailto:lauramedcalf@yahoo.ca) with your commitment to volunteer to implement your solutions.

**Have Fun!**