

2008 RACE CONFIRMATION

TIMBERKIDS YOUTH TRIATHLON

Saturday, August 16, 2008

Registration/Packet pick-up: Saturday, August 16th starting at 1pm next to the TimberKids transition area at Gunstock. Your race packet will contain a folded bike number sticker to go on the bike frame, a small helmet number to go on the front of the helmet, and a Tyvek run number to be worn on the front of the run jersey. Your packet also contains a timing chip to be worn around the ankle and a color-coded swim cap. Participants will also receive a t-shirt.

Pre-race meeting: At 1:45 pm next to the transition area. We will go over rules and important information.

Race Info: Transition area opens at 1:00 PM. We ask that only athletes enter into transition. Bikes must have their bike number sticker attached, and be racked in the transition area by 1:45pm. The race will start at 2pm. Everyone must be out of the transition area before 2pm. The swim is a 50 yard triangle, where you will swim in a counterclockwise fashion around the turn buoy and back to shore. The swim start is right next to transition. The bike is a 2-mile out and back course on Area Road. The run is .4 mile run around the pond.

Awards: All finishers will receive a medal. To make this more of a "fun" event, there are no age group awards for the athletes. Times will be recorded and posted.

Post-race: There will be food and drink available for the participants during and after the race. Bikes may be removed from the transition area once the last bike has returned from the bike course.

Dear Timberkid Parent,

We know that the physical and emotional growth of your child is extremely important. By participating in this race, your child has the opportunity to learn lessons about physical activity, competition, emotional ups and downs, fatigue, and interacting with others. These lessons can be both positive and negative. Our goal is to make this experience a positive one for children, parents, officials, volunteers, and spectators. Please help us achieve this goal of making the Timberkids Race a positive experience for all involved. On this sheet you will find a checklist for supporting your child. On the back of this sheet you will find the Young Athletes Bill of Rights.

Enjoy your weekend,
Everyone at EndorFUN Sports

STRATEGIES FOR BEING A SUPPORTIVE TIMBERKID PARENT

Put the goals of your child first. Children are *NOT* little adults! The goals of fun, friends, fitness, participation, and skill development must come first.

Be a positive role model! Cultivate a culture of respect for participants, officials, volunteers, and spectators. Children learn by watching the people that mean most to them. Think about the lessons you would like your child to learn from participating in triathlon.

Parents are positive supporters, not officials, coaches, or competitors. It is difficult enough to be a parent, let the officials and competitors play their role. You have the most important job as a listener, guide, and cheerleader: in other words...a parent!

Reinforce positive social and emotional behaviors. Encourage camaraderie with competitors. Timberman is supportive race environment and you help us create the environment. These lessons will carry far more importance in your child's life than the time they completed the race.

Praise your child for demonstrating positive sporting behaviors. Look for the positive behaviors (like putting forth great effort) that your children display and let them know you are proud. These positive behaviors will give you something to talk about with your children after the race or on the ride home.

THE YOUNG ATHLETE'S BILL OF RIGHTS

1. Right to participate in sports
2. Right to participate at a level commensurate with each child's maturity and ability
3. Right to have qualified adult leadership.
4. Right to play as a child and not as an adult
5. Right of children to share in the leadership and decision-making of their sport participation
6. Right to participate in safe and healthy environments
7. Right to proper preparation for participation in sports
8. Right to an equal opportunity to strive for success
9. Right to be treated with dignity
10. Right to have fun in sports

Retrieved (2008) from Institute for the Study of Youth Sports, Michigan State University where it was reprinted with permission from Guidelines for Children's Sports, R. Martens and V. Seefeldt (Eds.), Washington, D.C. American Alliance for Health, Physical Education, Recreation and Dance, 1979.

DIRECTIONS TO GUNSTOCK (Expo/registration site): From points South... take I-93 North to Concord, NH and exit on to I-393 East. Off I-393 take the Route 106 (Loudon/Laconia) exit and turn left on to Route 106 heading North. Go several miles through the towns of Loudon, Canterbury, Gilmanton, and Belmont. After you see the "McGreevy" car dealerships on both sides, exit right on to the Route 11 Bypass (towards Gilford). Off the bypass, take the Route 11A (Gilford) exit and turn right at the stop sign. Go approximately 7 miles on Route 11A until you see the signs on the right for Gunstock. Turn right in to the main (second) entrance to Gunstock and follow the driveway to the parking lot.

SCHEDULE OF EVENTS (TENTATIVE, SUBJECT TO CHANGE)

Friday, August 15, 2008 at Gunstock Mountain Resort, Route 11A, Gilford, NH

4:00-7:00PM: TimberVillage Festival & Expo

5:00PM: First-Timer's Seminar, brought to you by Final Kick

4:00-7:00PM: Packet Pickup for Short Course and 70.3 Participants

6:00-8:00PM: Champions of Triathlon Dinner. *Tickets available at www.linmark.com.*

Saturday, August 16, 2008 at Ellacoya State Park, Route 11, Gilford, NH

4:30AM: Gates at Ellacoya State Park open

5:00-6:30AM : TimberMan Short Course packet pickup

6:30 AM: Pre-Race Meeting at Transition area

7:00 AM: TimberMan Short Course Triathlon: first swim wave

9:00 AM: Post-race Little Caesar's Pizza, Jordan's Ice Cream, and Coors Light Beer, plus TimberConcert featuring Paul Warnick

10:00 AM (approx.) Awards Ceremony, FINAL KICK RAFFLE

2:00-7:00 PM at Ellacoya State Park: Mandatory Bike Check in for 70.3

Saturday August 16, 2008 at Gunstock Mountain Resort, Route 11A, Gilford, NH

8:30-10:00 AM: Buffet Breakfast: (\$10.00)

12noon-6:00PM: TimberVillage Festival and Expo

Triathlon related gear, coaches, clubs, massage, seminars

Bike Inspection, Tuneups, and Demos by FINAL KICK SPORTS

1:00-6:00 PM: 70.3 Packet Pickup

1:00 PM: TimberKids Packet Pickup (at TimberKids Transition area)

2:00 PM: TimberKids Youth Triathlon

3:00 PM or 5:30PM: Mandatory Pre-Race Meetings (choose one)

5:00 PM: TimberMan Pre-Race Carbo Load Gala

Sunday August 17, 2008 at Ellacoya State Park, Route 11, Gilford, NH

4:00 AM: Gates at Ellacoya State Park open

5:00 AM: Transition area opens, bodymarking begins

6:30 AM: Pre-Race briefing at Transition area

7:00 AM Transition area closes

7:00 AM: Race start 70.3 Distance

11:00 AM: Post-race LITTLE CAESAR'S PIZZA BUFFET, FRATELLO'S RISTORANTE ITALIANO, BEANS AND GREENS, JORDAN'S ICE CREAM, STONYFIELD YOGURT, FOOD FROM HANNAFORD, & COORS LIGHT beer, plus TimberConcert featuring Phil N' the Blanks

3:00PM (approx.) Awards Ceremony for 70.3

Sunday August 17, 2008 at Gunstock Mountain Resort, Route 11A, Gilford, NH

6:00 PM: TimberParty, featuring live music , New England Clambake/Lobster boil, Bonfire and S'mores and Fireworks!

If you have a friend or family member coming with you who would like to volunteer, please have them contact Audra Tassone-Indeck at 603-293-8353 or e-mail audra@endorfunsports.com. We've made some great new improvements for 2008. GET READY TO TRI... we can't wait to see you at the 8th annual Timberman Triathlon! ROCK ON! Keith Jordan, Race Director