



Race Date: Saturday, July 23rd, 2011

Time: 7:00 am

Location: Plum Creek Neighborhood in Kyle, Texas

Distances:

Juniors (5-6) Swim 25 meters / Bike 1.1 mile / Run 0.5 mile

Juniors (7-10) Swim 100 meters / Bike 5 K / Run 1 K

Seniors (11-15) Swim 150 meters / Bike 10 K / Run 2 K

Parents Swim 150 meters / Bike 10 K / Run 2 K

Entry Fees (lower cost for early registration):

Youth \$35.00 in May, \$40.00 in June, \$45.00 in July

Family Team \$60.00 in May; \$65.00 in June; \$70 in July

(Please Note: One parent per child. Kids are capped at 175. Parents capped at 50 so enter early before it closes to adults and/or kids and to save money! No adults may race without a child.)

For more information and to register:

www.hillcountrytri.org

www.kidstriseries.com

The Hill Country Kids and Family Tri is the 4th and final kid's triathlon in the 2nd annual 1379 Tri Series. The tri series races also include the Cedar Park, Ranger, and Red Licorice Jr. Varsity Tri. Check the website above for more info.

The course starts with a pool swim at McNaughton Pool. The bike and run courses are closed to car traffic with volunteers and off duty police officers lining the course to ensure safety. EMS is present at the finish line. We have included an optional parent's mini tri that will start after the kids' race. We will combine the child's race time with his/her parent's time for a team family time. Every racer will receive a finisher's medal. Trophies will be awarded to the top three finishers in each age group for boys and girls as well as for family team awards. Post-race food, face painting, and awards will follow the race in the playground area.

Transition opens at 5:45 am. Body marking and safety inspections will take place before the athlete enters the transition area. Every athlete must have a sticker on their bike from Jack and Adams, Bicycle Sport Shop or Lucky Spoke indicating that their bike has been checked for safety and is the proper size. Please take your child and their bike and helmet to one of these locations for inspection. Helmets are required and will also be checked for proper size and fit. We reserve the right to pull an athlete from the race due to an unsafe or improperly sized bike or helmet.

Mandatory pre-race meeting begins at 6:45 am inside the pool area. Transition closes to all racers at 6:45 am sharp. Make sure you give yourself plenty of time to get to the race site, pick up your timing chip, and set up your transition area. No spectators will be allowed in the transition area during the race. The swim will be a staggered start with swimmers entering the water every 10 seconds according to their estimated swim times.

In case of inclement weather please check our website for information. We will have a 2 hour postponement contingency due to bad weather. The race course may be altered due to unsafe conditions. There will be no refunds. All athletes must be a member of USAT and will be required to provide a USAT membership card along with photo ID at packet pickup. You may purchase a USAT membership at packet pickup or online at www.usatriathlon.org (print out a card and bring it with you!) You may purchase a one day membership. You may not pick up another racer's packet except for your child's. No exceptions! This is USAT's rule not ours! A parent/guardian will be required to sign a USAT waiver for his/her child.

Packet Pickups: Wednesday, July 20th from 11:00 am – 1:00 pm at 1379 Kids

located at 2727 Exposition Blvd, Suite 121 Austin, Texas 78703

Friday, July 22nd from 4:00 pm – 8:00 pm at the Plum Creek Community Center

located at 405 Haupt in the Plum Creek Neighborhood in Kyle, TX.

THERE IS NO RACE DAY PACKET PICKUP

Kids Clinics 5:00 & 6:00 pm on Friday, July 22nd during packet pickup at McNaughton Pool. Transition and course review for kids.

Spectators: We encourage all parents and supporters to line the course and cheer on the racers. Our new course design enables parents to easily cheer at different points.



New Course Designs

5-6 year olds

25 meter swim - one length of pool

1.1 mile bike – 2 loops

1st loop: exit transition out the back to left, loop around parking lot, right on McNaughton, u-turn at Fairway and McNaughton

2nd loop: u-turn at entrance to Negley school prior to transition entrance, u-turn at Fairway and McNaughton, left into transition.

0.5 mile run – 1 loop

Exit transition out the front, turn right on McNaughton, turn left on Witte, u-turn at roundabout at Hartson, turn right on McNaughton, finish on McNaughton at Wetzel.



7-10 year olds

100 meter swim - 4 lengths of the pool

5k bike – 2 loops

1st loop: exit transition out the back to left, loop around the parking lot, right on McNaughton, left at Fairway, u-turn at NEW roundabout past Negley Street, right at Fairway, u-turn at entrance to Negley School prior to transition

2nd loop: turn left at Fairway, u-turn at NEW Roundabout past Negley Street, right at Fairway, left into transition.

1 k Run - 1 loop

Exit transition out the front, right on McNaughton, left on Witte, u-turn at 1st break in street after roundabout at Hartson, right on McNaughton, finish on McNaughton at Wetzel.

11-15 year olds and Parents

150 meter swim – 6 lengths of the pool

10 k bike – 4 loops

1st loop: exit transition out the back to left, loop around the parking lot, right on McNaughton, left at Fairway, u-turn at NEW roundabout past Negley Street, right at Fairway, u-turn at entrance to Negley School prior to transition

2^{nd-4th} loops: turn left at Fairway, u-turn at NEW Roundabout past Negley Street, right at Fairway, 2nd & 3rd loops u-turn at entrance to Negley School prior to transition, 4th loop left into transition.

2 k run – 2 loops

1st loop: exit transition out the front, right on McNaughton, left on Witte, u-turn at 1st break in street after Hartson roundabout, right on McNaughton,

2nd loop u-turn in front of McNaughton Pool, left on Witte, u-turn at 1st break in street after roundabout, right on McNaughton, finish on McNaughton at Wetzel.

1/17/2011

Google Maps

Google maps

All Country Kids & Family Tri

Get Google Maps on your phone
Text the word "GMAPS" to 466453



P= Pool

T= Transition

U= U-turn

D= Bike Turn o Round

A= Aid Station

maps.google.com/maps?hl=en&ie=UTF...

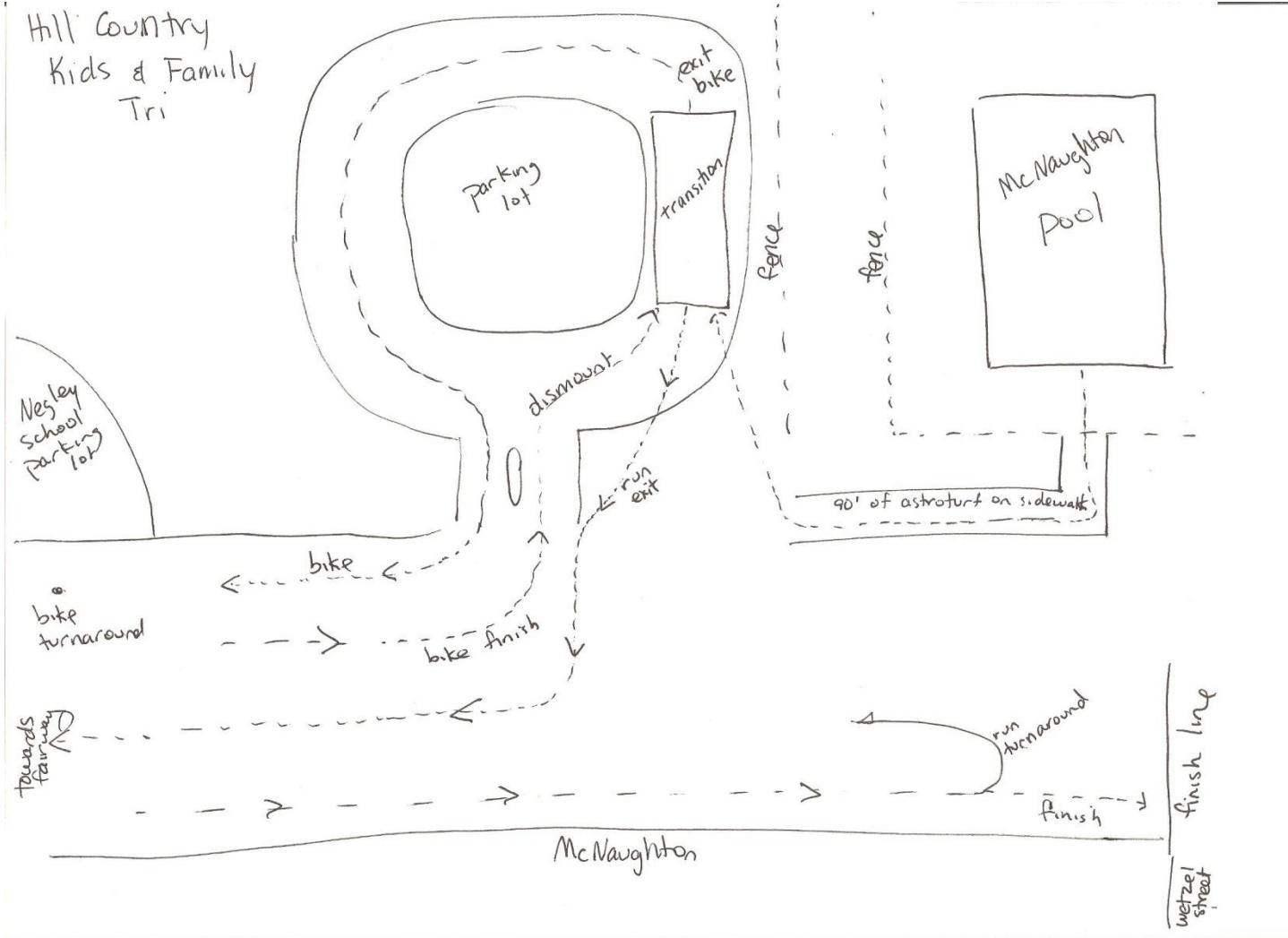
Bike Course Map

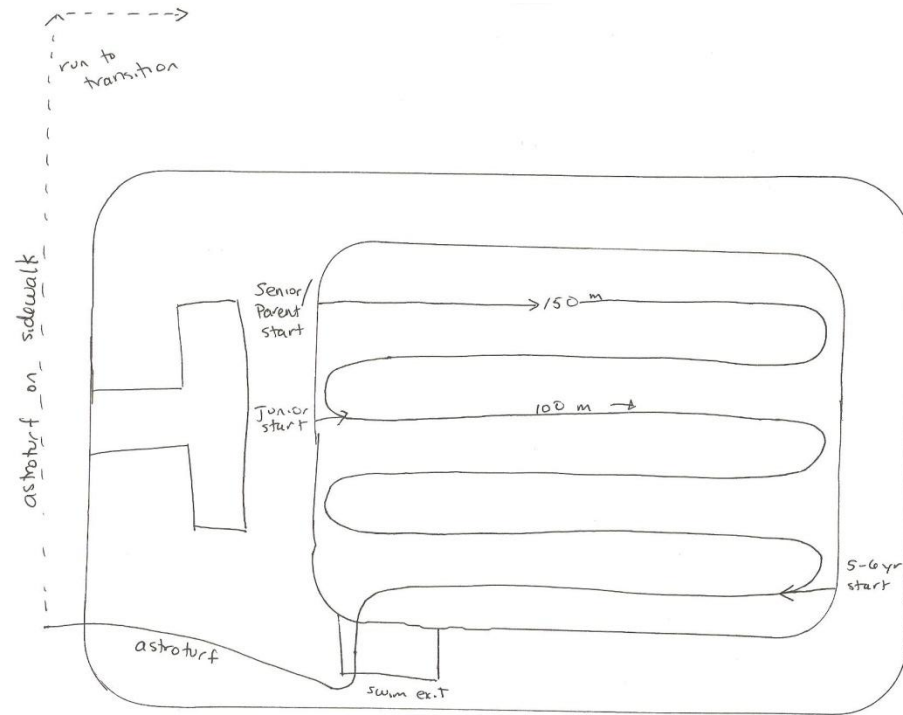
5-6 yr olds

2 loops

1.1 miles

Hill Country
Kids & Family
Tri





Hill country Tri Kids & Family

McNaughton Pool