



## Middleton Kids Triathlon - Spectator Viewing Guide

### What do I need to know about being a spectator at a kids' triathlon?

Positive, supportive spectators are key to help our athletes do their best on the day of the event. They appreciate hearing cheers of support, and everyone benefits when spectators are aware of participants' safety.

Our athletes cover a lot of ground on race day – swimming, biking, running, and visiting Transition between each activity. As a spectator, you won't be able to keep up with the kids to see them each step of the way, so it is best to pick one or two key places that you would like to be able to see and cheer on your athlete.

### Where should I go to view my athlete in action?

Here are a few locations you may consider visiting on race day:

- **Pool** – The gate to the east of the pool building will be open for entry to the pool area. Spectators can view the swim from behind the marked course area.
- **Transition** – One of the most action-packed locations during the race is Transition. By stationing yourself near the Transition area, you could see your athlete as they transition from swim to bike, and then again from bike to run. Note that parents are not allowed IN the Transition area while racing is in progress (children under 7 are allowed to have one adult helper in Transition. If you are helping a child in Transition, you should wait at their bike.).
- **Bike Course** – Our bike course uses local roads near the aquatic center. Athletes appreciate the extra boost of support while on the course, but be aware that it may take spectators awhile to get to or from the course due to race traffic and road closures. Please stay to the side, off the actual course.
- **Run Course** – The run course takes place on the track in the high school stadium. Spectators can enter the stadium from the main stadium entrance and are able to view athletes from the west (home) stands.
- **Finish Line** – Athletes will cross the finish line on the track, in front of the west (home) stands. You can reunite with your athlete as they exit the track after crossing the finish line and celebrate their success in the Finish Zone. You can hear race announcements within the stadium.

Wherever you are viewing, please be aware of the kids racing near you and stay off the course so that the routes are clear and safe for our athletes.

### Anything else to remember on race day?

Since the race will be held rain or shine, be sure to dress for the weather. You may want to bring snacks or water, and definitely bring your patience and enthusiasm. Our volunteers (the friendly people in bright shirts!) can help with questions or concerns, and be sure to say a 'thank you' to them as well, as they help ensure that all our kids have a safe and successful race day!

**THANK YOU** to all spectators for supporting the kids as they achieve their personal goals and raise money to be donated to health and wellness initiatives at participants' schools!