



Waunakee 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:

- **Indoor Pool** – There are bleachers in the pool area for spectators to view the swim event. It can become crowded with participants and spectators, so if you are in viewing the swim, plan on it taking a little extra time to leave the swim 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 during the race (children under 7 are allowed to have one adult helper in Transition, if desired; the helper should wait at the child's bike parking location).
- **Bike Course** – Our bike course uses local roads and sidewalks/paths. 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.
- **Run Course** – The run course takes place in the high school stadium on the track, and spectators can view the run from the stadium bleachers. You will also be able to hear any race announcements from within the stadium.
- **Finish Line** – Athletes will finish on the track and then move into the grassy area west of the stadium bleachers. You can reunite with your athlete here and celebrate their success!

Remember that only athletes should be on the course itself; parents and spectators should remain safely out of the way of the 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 volunteer 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 goals and contributing to healthier schools!