

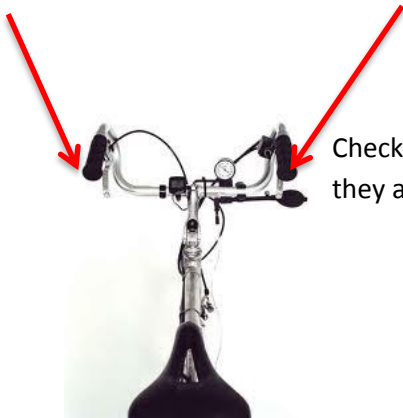
Q and A's for Velocity Youth National Championship

All Bikes must be in good working order before coming to the event – if not your child will not be able to enter the event.

Bike Equipment



Bike Helmet must fit the child properly - to test get the child to place the helmet on without clipping and get them to look down – if the helmet remains on, then it is the correct size. To adjust, there is a lever at the back of the helmet than can be manually adjusted to tighten/loosen as required.



Checking Brakes – Both Brakes must be working – pull both levers to ensure they are working correctly.



Make sure the pedals are moving freely and the gears can be changed.

Apply some oil to the chain to help with this.



Ensure that the tyres are pumped properly so that your child does not get a flat during the race.



Taking off the wetsuit can be very challenging for the triathlete.

Apply Wash up Liquid to the areas pointed out in the diagram and this will allow for smoother transition.

Every triathlete must wear a wetsuit, it can be short or long!

How do I put on the timing chip?

The timing chip is very easy to put on – it's attached with a band of Velcro surrounding it – make sure it's attached to the left ankle and tight so that it does not fall off throughout the race

What do I do if I'm not sure where to go?

Ask the Marshalls and tell them your wave colour – that way they will know when to turn you back

My feet feel funny after coming off the bike?

This is normal – it takes a few minutes for your feet to feel the natural rhythm at training, always follow your cycle with a quick run.

What is a transition?

A transition is when you have to change from one event to another and with that change of equipment. T1 is when the child enters after the swim. Wetsuit has to be taken off, helmet on and bike taken from the rack. T2 is when the child comes back from cycle race, racks the bike and exits transition area to complete the run and final section of the event.

Nutrition – what should the kids eat on the day?

Make sure your child has a good breakfast as it may be a while before their race is on depending on their age – they will need plenty of fluids throughout the day and light healthy snacks like fruit, nuts yoghurts etc.

How Deep is the Water?

The water in Loughrea Lake is very clean (Blue Flag accredited) and very shallow – for the younger children, they will not be swimming out of their depth. There is a full and comprehensive safety plan in place which consists of will be plenty of kayaks if your child needs to take a break at any stage.

Can I help my child in transition?

Under no circumstances are parents of the competitors allowed in transition – there will be ample number of marshals in transition to help the younger triathletes remove wetsuits and get bike helmet clipped and ready to go. Parents can cheer and encourage from outside the barriers.