



## KIDS OF STEEL FREQUENTLY ASK QUESTIONS

### PRE RACE

**Q: What is the race participant limit for the Kids of Steel (KOS) triathlon?**

**A:** 100 Kids Total

**Q: What are the distances for each event?**

**A1:** KOS 6-7 – Swim 50 meters (2 lengths), 1 km bike (out and back), 500 m run.

**A2:** KOS 8-9 – Swim 100 meters (4 lengths), 5 km bike (out and back), 1 Km run.

**A3:** KOS 10-11 – Swim 150 meters (6 lengths), 5 km bike (out and back), 2 Km run.

**A4:** KOS 12-13 – Swim 300 meters (12 lengths), 10 km bike (out and back), 2.5 Km run.

**A5:** KOS 14-15 – Swim 300 meters (12 lengths), 10 km bike (out and back), 2.5 Km run.

**Q: How do I register?**

**A:** Through the Race Roster registration system at <https://raceroster.com/events/2018/14508/stettler-triathlon> . Additional info at <http://www.stettlertri.com/registration/> .

**Q: I don't want to use a credit card to register, can I use Interac?**

**A:** If you wish to use E-mail Interac Debit payment contact the Race Director at [joel.norman@stettlertri.com](mailto:joel.norman@stettlertri.com) to arrange it.

**Q: Upon the completion of registration will athletes receive an e-mail confirmation?**

**A:** Yes, upon registering for our Triathlon you'll receive an email that confirms your place in the race.

**Q: What is included in my race entry?**

**A:** Finishers t-shirt, finishers medal, silicon swim cap, post-race snacks & food, race bib, chip timing and access to the rec. center facilities including the hot tub, entry to lots of great draw prizes and an overall great race experience.

**Q: Where do the race proceeds go?**

**A:** Back into the race to improve it for future years and to the Gear Up Foundation for kid's sport equipment. The race is volunteer based and all time is donated by our outstanding volunteer group.

**Q: Is the race sanctioned by Triathlon Alberta?**

**A:** Yes, they will provide race officials on race day.

**Q: Do I require a Triathlon Alberta membership?**

**A:** Yes, All Junior and Adult athletes participating must be either a [2019 Annual Member](#) of the Alberta Triathlon Association (ATA) or purchase a [Day Membership \(Click for link\)](#) for the Stettler Triathlon. Memberships must be purchased prior to race day.

**Q: When can we pick up our race packages? Where do we pick them up?**

**A:** The Saturday before the race 12:00pm to 5:00pm. Sunday Race Morning 6:30 am to 9:15am. Pick up desk is inside the [Stettler Rec. Center – 6202-44 Ave., Stettler, Alberta, T0C 2L0](#)

**Q: When can I find the race information package with maps.**

**A:** <http://www.stettlertri.com/kids-race-info/>

**Q: What date do I have to register by to guarantee my T-Shirt size?**

**A:** June 23



## KIDS OF STEEL FREQUENTLY ASK QUESTIONS

**Q: Can I change my T Shirt size?**

**A:** Yes, but only if notified before prior to June 15. We usually have a few extra that you can exchange for on race day if the shirt does not fit. First come, first serve.

**Q: Can I change from one event to another?**

**A:** Yes, Kids may choose to race down a distance but will not be eligible for placement in the Triathlon Alberta Point Series. Example: Your child is 12 but want to race 150m swim, 5km bike and 2 km run. Please email the race director after registration to inform them of the request at [joel.norman@stettlertri.com](mailto:joel.norman@stettlertri.com).

**Q: What are the Kids of Steel age categories?**

**A:** Categories are: KOS 6-7, KOS 8-9, KOS 10-11, KOS 12-13 & KOS 14-15

**Q: I'm injured or can't make it - Can I get a refund?**

**A:** If you are unable to attend or get injured prior to the race you can get a 50% refund of your entry fee or roll your entry over to the next year's race if notification is given by July 7.

**Q: I'm coming from out of town, where should I book a room?**

**A: Hotels**

The Canalta Hotel in Stettler is offering a discounted hotel rates and the Ramada Hotel is offering a discounted hotel rates – see our web page for pricing details. Both locations are close to our event. Discounts are not available through the online booking system. Call the numbers below and use the Group Name “Stettler Triathlon” when booking. Pricing is only in effect while room availability lasts.

Canalta Bookings – Call 1-888-742-5808 –<https://canaltahotels.com/our-properties/stettler-canalta>

Ramada Bookings – Call 1-403-742-6555 –<https://ramedastettler.reservations.com/>

**A: Camping**

The closest camp site to the event is the [Town of Stettler Lions Camp Ground](#). You can easily walk or bike over to the rec. center is less than 5 minutes. Another good option is [Prairie Junction RV Resort](#)

**Q: Will athletes receive confirmation they are entered?**

**A:** Yes, upon registering for our race you'll receive an email that confirms your place in the race.

## RACE DAY

**Q: What is the location of the event?**

**A:** [Stettler Rec. Center – 6202-44 Ave., Stettler, Alberta, T0C 2L0](#)

**Q: Where is the best place to park?**

**A:** At the Stettler Rec. Center.

**Q: What time does transition open?**

**A:** Open at 6:30am and closes at 9:30am

**Q: What time do the races start?**

**A:** 10:00am – Race day schedule can be found on our web page at <http://www.stettlertri.com/race-day-schedule/>

**Q: I have a bike issue race morning – is there any way to get help?**

**A:** Wipeout Ski and Bike will be setup near transition providing bike support.



## KIDS OF STEEL FREQUENTLY ASK QUESTIONS

**Q: Where does the swim take place?**

**A:** At the Stettler Rec. Center 25 meter pool with 3 to 4 athletes per lane.

**Q: How do the swim lanes get loaded?**

**A:** The first 5 lanes start and as a lane becomes free another lane is loaded with swimmers.

**Q: Can I warm up in the pool before the race?**

**A:** No, due to limited Sunday morning pool access, setup time, and lifeguard restrictions on race morning.

**Q: How will I know what time I start?**

**A:** It will be e-mail out before the race and will be posted in the rec. near the pool entrance door.

**Q: Where do I get my timing chip?**

**A:** As you enter the pool for your race a volunteer will put it on for you. This prevents going over the timing mats prior to your race start.

**Q: Do I have to return my timing chip?**

**A:** Yes, They will be taken off after you cross the finish line.

**Q: What is the quality of the pavement on the bike course?**

**A:** The overall quality of the pavement is good and the traffic is usually light on Sunday mornings.

**Q: Is the bike course swept?**

**A:** The transition area and the bike course corners are swept.

**Q: What finishing awards are given out?**

**A:** Yes! The top 3 males and the top 3 females in each KOS age category. These will be given out after all of the races are complete – Usually around 12:30pm but will be updated on race day.

**Q: Do all participants receive a finisher's medal?**

**A:** Yes.

**Q: Are there water stations?**

**A:** When you exit transition on the run, and at the run loop crossing both directions. See the run maps for more details.

**Q: Is there lockers to store bags and items?**

**A:** Yes, in the rec. center pool change room. The cost is 50 cents to lock them.

**Q: Where are the washrooms?**

**A:** Inside the rec. centre in the pool change rooms, in the main hall and near the rink entrances.

**Q: Can I run across the finish line with a friend or family members?**

**A:** No, this is a Triathlon Alberta Rule due to previous safety concerns.

**Q: Can I wear headphones during the race?**

**A:** No, due to athlete safety concerns.

**Q: How difficult is the course?**

**A:** The course overall is very flat.



## KIDS OF STEEL FREQUENTLY ASK QUESTIONS

### POST RACE

**Q: Where will the results be posted?**

**A:** Ongoing results will be posted on the exterior of the rec. center. Ongoing results will be uploaded to Racepro's web site at <http://racepro.ca/races/stettlertri/>.

**Q: Are snacks and food provided after the race?**

**A:** Yes, food and snacks are available for athletes and volunteers.

**Q: What time do the awards start?**

**A:** The awards start around 12:30. Top 3 males overall, top 3 females overall and few special awards.

**Q: Are there any post-race prize draws?**

**A:** Yes – there are lots, prize draws happen after the awards are completed. The grand prize is a Garmin Triathlon watch. You have to be present to claim your prize if your name is drawn.

**Q: What if I don't want to keep my swim cap?**

**A:** You can return it so we can clean them and recycle them for future use. When you return it you will get a ticket for a draw for a \$50 gift card.

**Q: I still have more questions – where can I get answers?**

**A:** If you can't find an answer to your questions in on our website [www.stettlertri.com](http://www.stettlertri.com), race package posted on the race info section of the website or the FAQ e-mail the race director Joel Norman at [joel.norman@stettlertri.com](mailto:joel.norman@stettlertri.com).