

My Big  
Triathlon  
Day

We saw a fun event and I asked my parents to sign me up.

Sunday June 25 2017  
**Exceleration's  
Tri It Triathlon**



The day before the race, we went to the race location to get my race package. It had my race number, pins, race information, and a T-Shirt.

The race number is pinned to the front of the shirt that I wear during the race. I was told I could use my own shirt or the race shirt they gave me. They also wrote my race number on my arm and leg so I wouldn't forget.

I was allowed to go on a tour of the race course. It looked fun. The course will look a little different when we race. There will be more signs and people cheering.



The next day, I arrived 1 hour before the start of my race.

The first thing we did was put my bike in transition. One of my parents was allowed to help me. There were lots of nice people in transition also helping. I left my shoes, shirt, and helmet beside my bike.

There were lots of bikes in transition so we put one bike facing one direction and another bike facing the other direction—like a zipper.





I went onto pool deck 15 minutes before the start of my race. A person lined everyone up by our numbers—then we did some cheering. It was a little loud but it was a lot of fun.

I was a little nervous before the swim start but once the person in front of me started, it was my turn and I started my swim. Some of the kids had older buddies or parents with them.





After our swim, we race to transition to start the bike. First I put on my shirt, then my shoes, then my helmet. You must always have your helmet on when you have your bike—That's a rule.

We run with our bike until the mount line, where a smiling volunteer tells us we can get on our bike.



Then we ride.

After our bike ride, we get off at the Dismount line. There is another smiling volunteer there helping us.



I then put my bike on the rack, took my helmet off, and started my run.

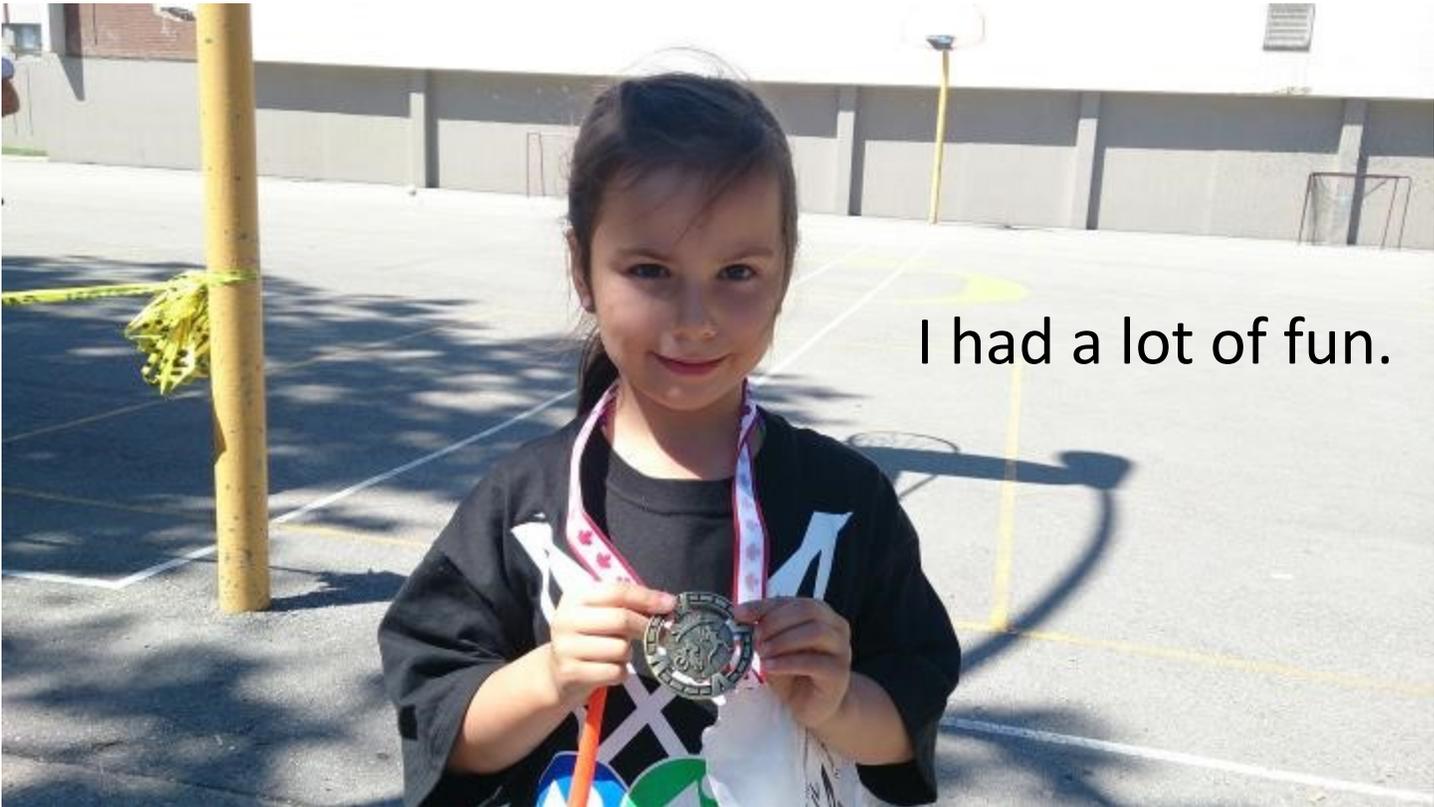




At the end of run, there is a big finish tent and flags. As I get close to the finish line, I can hear music and voice cheering. There will be lots of cheering from my family and friends.

After I finish, they will give me a medal, a prize, and some yummy food to eat. Then I get to cheer and play.





I had a lot of fun.