



Here are all the details you need to know about **St. Lukes New Town Triathlon**:

#### **PACKET PICK UP:**

Choose one of **THREE** Packet pick up options:

- Friday July 10<sup>th</sup> at [Big Shark \(Big Bend Location\)](#) – 12pm-7pm
- Saturday July 11<sup>th</sup> at The New Town Triathlon HQ - 9am-12pm
- Sunday July 12<sup>th</sup> at The New Town Triathlon HQ - 5am-6:30am

#### **SWIM START:**

Swim Cap color assignment is not in play this year. We will stage the LONG course athletes FIRST. SPRINT will start after the last Long Course Athlete is out of the water and the Lifeguards have moved into position.

The start area is very shallow and rocky. Mats will be in place to assist with the footing. Please no diving or jumping into the water. Be in the water and ready to start **quickly** (every 3-5 seconds). Once in the water, swimmers are expected to demonstrate a competent forward motion.

#### **If in distress, do one of three things:**

1. Wave and yell for help.
2. Swim to the edge of the lake.
3. Turn-over on your back.

Making forward progress on your back is not allowed with other swimmers in proximity. There will be volunteers at the exit to assist you out of the water.

#### **BIKE REQUIREMENTS:**

Helmets, a functionally safe bike and a good attitude are required. If there is any question about your helmet or bike's safety, please bring them to Big Shark or to the St. Lukes New Town Triathlon Expo for inspection by a professional Big Shark mechanic.

#### **TRANSITION ZONE:**

Body Marking will be at the transition zone entrance. Please make sure you get marked. Bikes will be racked according to your race bib number.

#### **SAFETY:**

St Charles EMS will be onsite for the duration of the event. Professional Lifeguards will be onsite for the duration of the swim leg. St Charles County Police will be stationed at major intersections along the bike course. Volunteer Course Marshals will be stationed in the transition zone to assist with exiting the water, on the bike course to assist with traffic flow and help guide athletes, and along the run for encouragement and to hand out water at two aid stations. Big Shark SAG vehicles will roam the bike course.

#### **EVENT TIMING:**

This event is professionally chip timed by Big River Race Mgt. You will receive:

1. Numbered Helmet Sticker
2. NON Chip Timed Bib Number
3. Timing Chip Ankle Bracelet for your LEFT Leg. Teams will have matching bibs but **MUST** transfer the ankle chip.

The chip is an ankle strap and must be worn for the entire event. Please use the bib number, helmet number and the chip provided. This is for your safety and to ensure timing accuracy. Wearing the ankle strap on the left leg facing outward will prevent your bike from interfering with the timing strap. **PLEASE return ankle chip after race.**

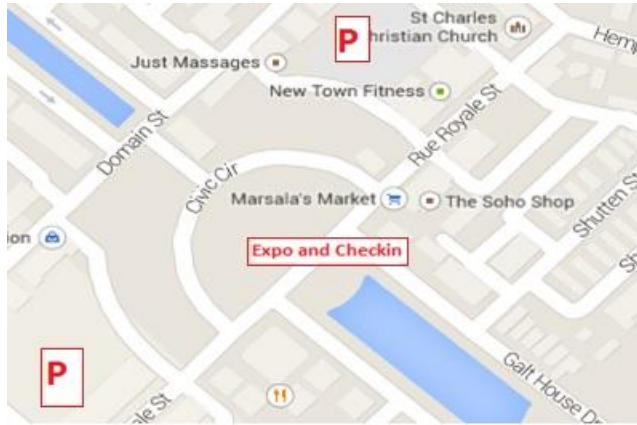
#### **RESTROOMS:**

Port-a-potties with hand sanitizers will be located near the Transition Zone on Civic Green Drive.

#### **PARKING:**

**Please DO NOT park in the St. Charles Christian Church Parking Lot- they WILL have a Sunday Mass while the event is occurring.**

Please park in one of two large lots available to us for both Saturday and Sunday. These lots are conveniently located in the center of New Town on both sides of the Amphitheater. Enter New Town off of New Town Blvd; go right on New Town Lane. Take New Town Lane to Domain Street; you will see the parking lots to the left and to the right. Parking is also available on Civic Circle. Parking is not available along Rue Royale St. North of the EXPO. Please be mindful and do not park on the Run course or block driveways.



### COURSE MAPS:

Course maps are posted on the event webpage at [www.newtowntriathlon.com](http://www.newtowntriathlon.com).

### START INSTRUCTIONS:

- Beginning at 7:28am- Elites, Relay Team and Challenged athletes will all start in water with a mass start a few minutes apart.
- At 7:38am, age groupers for long course will start in a time trial start every 3 seconds.
- At approximately 8:30am the Sprint course will begin with a time trial start for age groupers. Be forewarned, entering the water goes quickly, be ready!
- **Use Common Sense on the Bike**
- *Do Not Cross the center yellow line*
- *Do Not Draft*
- *Ride single file, Do Not Ride 2-3 abreast.*
- *Ride Heads Up. It's your responsibility to be safe on the open roads*
- *Stay to the right unless passing*
- *Mount and Dismount at the designated lines, do not ride your bike in the transition zone*
- **NO HEADPHONES!!**
- *The roads are open to traffic. We WILL have police and marshals on the route- however do NOT assume that you have the right of way if you are entering an intersection. Heads up riding.*

### TIMELINE FOR RACE DAY:

5:00 AM Packet Pick Up Opens  
6:00 AM Body Marking and Transition Zone Opens  
6:30 AM Packet Pick Up CLOSES/Long Course Swim Warm Up starts  
7:15 AM Transition Zone CLOSES & Begin Lining Up for the Swim by Swim Ability  
7:25 AM National Anthem  
7:28 AM Elite Athletes MASS START in the Water  
7:30 AM Relay Teams MASS START  
7:33 AM Challenged Athlete Start (Long Course)  
7:38 AM Age Group Athlete Race Start (Long Course)  
8:30 AM Age Group Athlete Race Start (Sprint Course)  
10:30 AM Athlete & Sponsor Post Race Thank YOU, Recognition and Awards Ceremony

**POST-RACE MEAL:** At the finish line you use your bib # as a meal ticket. Please show your ticket for the post race meal which will be in next to Marsala's market just past the finish line in the Town Hall Building. Only race participants, volunteers and staff will be allowed in to eat. Thank you for your understanding. Marslala's Market, right next to New Town Hall, is open to the public. Sorry, we will not be able to feed friends and family.

### FRIENDLY REMINDER:

Please be respectful of New Town residents and their property. They are gracious enough to host this unique event every year and we'd love to keep returning. Thanks.

We know there are a lot of local events to choose from and we appreciate your participation!

**YOUR BIG SHARK CREW**





## Athlete and Parent Letter

Here are all of the details you will need to know about the 2026 St. Luke's New Town Kids Triathlon. Please read and be familiar with this information so that you and your kids will have a safe and fun event:

### PACKET PICK UP:

There are two opportunities to pick up your child's packet:

- Friday July 10<sup>th</sup> at Big Shark ([Big Bend Location](#)) 12:00pm-7:00pm
- Saturday July 11<sup>th</sup> at the Triathlon HQ at the New Town Amphitheatre 6:00am-8:00am.

### RACE COURSE:

Maps are posted on the event webpage at [www.newtowntriathlon.com](http://www.newtowntriathlon.com). Please ensure your child is familiar with the course and how many laps to ride/run in advance. Volunteers will be placed at major intersections along the bike and run courses.

### SWIM START:

Enter the water in a "walk in" manner. **No jumping or diving is allowed** due to the shallow, rocky waters. Rubber mats at the swim entrance will help with footing. Once in the water, swimmers must maintain a forward motion. If tired or in distress, lifeguards will interpret any of the following as a sign for help: 1. Swimming to the wall or lake edge. 2. Waving and shouting for help. 3. Turning over on their back. Note - swimmers may not make forward motion on their backs since they cannot see the swimmer in front of them.

### BIKE REQUIREMENTS:

Helmets, a functionally safe bike and a good attitude are required. If there is any question about your child's helmet or bike's safety, please bring them to any Big Shark location prior to the race for inspection. Big Shark mechanics will be onsite Saturday. But there will be over 100 kids racing that day and we can't guarantee all bikes will be inspected thoroughly.

### TRANSITION ZONE:

Volunteers and Staff will be stationed at the transition zone entrance to mark your child's bib number on their shoulder. Body marking is important for timing accuracy as well as safety and identification throughout the event. Bike racks will be available if your kids bicycle is large enough to use a triathlon rack. Otherwise, your child is free to rack their bike anywhere they like within the transition zone. The letter will serve as a reminder of their bike's location during the event. Volunteers will be in the transition zone to help with this process.

### MANDATORY PRE-RACE SAFETY ORIENTATION IN THE TRANSITION ZONE:

All athletes and parents must attend the safety orientation conducted by lifeguards and the race director just prior to the race start.

### SAFETY:

Professional Lifeguards will supervise the swim leg. Volunteer Course Marshals will be stationed in the transition zone, on the bike and run courses. They will help with traffic flow, guiding athletes around the course and cheering them on. EMS will be on site during the event in case of an emergency. **NO HEADPHONES** allowed.

### EVENT TIMING:

This event is professionally chip timed by Big River Race Mgt. The chip is an ankle strap that must be worn for the entire event. Position the ankle strap on the left leg facing outward to ensure minimal interference with your child's bike. Please have your child use the bib number, helmet number (if applicable) and the ankle chip provided in addition to having their shoulder marked. This is for your child's safety and to ensure timing accuracy. **PLEASE return the ankle chip after race.**

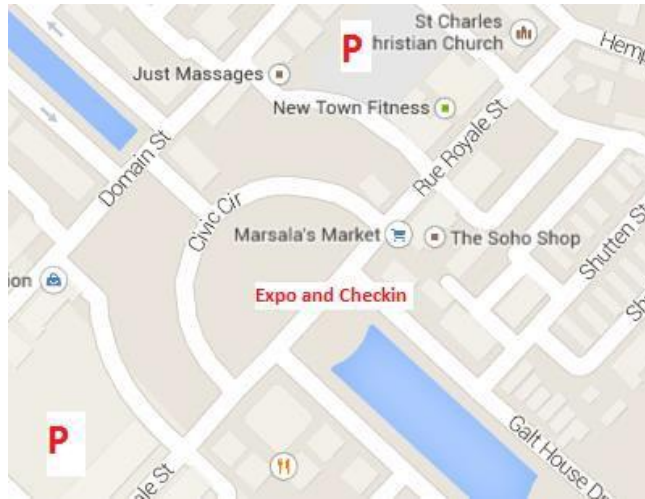
### PARKING:

Please park in one of two large lots conveniently located in the center of New Town on both sides of the Amphitheater. Enter New Town off of New Town Blvd; go right on New Town Lane. Take New Town Lane to Domain Street; you will see the parking lots to the left and to





the right. Please be courteous and leave room for residents. Also, please avoid parking on the Run Course. Thank You.



**RACE DETAILS:**

- The transition zone will open at 7:30am and close at 8:40am.
- All kids will have a mandatory swim cap. These will be given out at Packet Pick Up
- At 8:45am there will be a 10 minute instruction session by the Lifeguard Captain and the Race Director.
- The older kids (11-15) will start at 9:00am. The younger kids (7-10) will start at 9:40am.
- The swim will be a time trial start with kids leaving approximately every 3 seconds. Volunteers will be at the swim start to assist with this process. Its ok if kids leave a tad early/late because their time is captured by the timing mat.
- **Older kids** will do **3 laps** of the 1.25 mile **bike course**. **The younger kids will do 1 lap** on the **bike course**.

**RACE DAY TIMELINE:**

- 6:00 AM Packet Pick up Opens for Kid's Triathlon (@ *The Amphitheatre under the Big Tent in the heart of New Town*)
- 7:30 AM Transition Zone Opens for Kid's Triathlon
- 8:15 AM Packet Pick up Closes for Kid's Triathlon
- 8:40 AM Transition Zone Closes for Kid's Triathlon
- 8:45 AM **Athlete Instructions in Transition Zone:** Kids receive final instructions from Lifeguard and Race Director
- 9:00 AM 11-15 Kid's Triathlon STARTS
- 9:40 AM 7-10 Kid's Triathlon STARTS
- 11:00 AM Kid's Triathlon Awards Ceremony under the Big Tent

**RESTROOMS:**

Port-a-potties with hand sanitizers will be located within walking distance from the Transition Zone.

**FRIENDLY REMINDER:**

Please be respectful of New Town residents and their property. They are gracious enough to host this unique event every year and we'd love to keep returning. Thank you!

**We know there are a lot of local events to choose from and we appreciate you and your child's participation!**

**YOUR BIG SHARK CREW**

