

KidsROX Philly Fun Run to benefit THE GEORGE FUND

Dear Parents & Athletes,

On behalf of Philadelphia Triathlon LLC, the organizers of the SheROX Triathlon Series, it is my pleasure to present the Athlete Information Guide for the KidsROX Fun Run to Benefit the George Fund. The KidsROX Fun Run is open to both boys and girls, age 1 to 14. Please keep in mind that the goal of this race is not focused on winning, but to promote the importance of exercise through running while having fun. It's also about kids helping other kids. We are proud to announce that all proceeds from this event will be donated directly to The George Fund.

We greatly appreciate your child's participation and will take good care of your child during the race. Athlete safety is always the most important consideration at our events. Thanks again for taking the time to read all of the instructions and discussing them with your kid(s). If you have any questions, please feel free to contact me at barb@phillytri.com or 610-687-3955 ext 102. We look forward to a great race day and seeing their happy faces at the finish line.

Cheers,

Barb McKeever
KidsROX Race Director

LOCATION:

The KidsROX Fun Run will take place at Lloyd Hall, #1 Boathouse Row, Philadelphia PA 19130 beginning at 10:30 a.m. on Saturday, July 31. The Fun Run will take place on Waterworks Drive and the Schuylkill River Trail located next to Lloyd Hall in Fairmount Park. The run will be held on paths that are closed to traffic, completely contained within the park.

REGISTRATION AND PACKET PICK-UP:

Athlete registration and packet pick-up will be held Saturday, July 31, from 9 a.m. to 10 a.m. (race day) at Lloyd Hall at the SheROX Philadelphia Triathlon Expo.

When you arrive at the registration area there will be a large tented area outside Lloyd Hall, which is the location for registration and packet pick-up for SheROX Philadelphia. There will be signs labeling the area "KidsROX Fun Run Registration" with volunteers to help guide you. A parent or legal guardian AND participant must be present during athlete check-in to sign waivers.

You will need to stop at each of the following tables:

1. Waiver Pick-Up: Here you will receive a waiver that must be signed by each participant (if they are able) AND legal guardian, even if the participant has already registered online.

2. USAT Membership - It is mandatory that ALL PARTICIPANTS have a current USAT Youth Membership. All athletes must either provide proof of their USAT membership or register on-site for a youth membership. Youth memberships are \$5.00 and last for one year from the date of purchase. PLEASE NOTE: IF YOU ALREADY HAVE A USAT YOUTH MEMBERSHIP THAT WAS NOT PURCHASED ON-SITE OR WHEN REGISTERING ONLINE THROUGH ACTIVE.COM, YOU WILL BE REQUIRED TO SHOW YOUR USAT YOUTH MEMBERSHIP CARD. IF YOU DO NOT SHOW THIS ID, YOU WILL BE REQUIRED TO PURCHASE A MEMBERSHIP ON-SITE. NO EXCEPTIONS.

3. On-site Registration - The third table is specifically for on-site registration. If you did not pre-register online for the event, you must visit this table after going to the first two tables.

4. Goodie Bag – Pick up a cool KidsROX Fun Run Race goodie bag.

RUN SCHEDULE:

Distances for the KidsROX Fun Run will vary depending on the ages of participants:

- 1-3 yrs: Yellow Start, 50 yards
- 4-5 yrs: Green Start, 100 yards
- 6-7 yrs: Blue Start, 200 yards
- 8-14 yrs: Red Start, 1 mile

RUN CHECK-IN TIMES AND INSTRUCTIONS:

Yellow Start: 10:30 am

Participants will meet at finish line to be escorted to the 50 yard mark. From there, they will run back to the finish.

Green Start: 10:40 am

Following completion of the 50 yard run, participants will meet at the finish line to be escorted to the 100 yard mark. From there, they will run back to the finish.

Blue Start: 10:50 am

Following completion of the 100 yard run, participants will meet at the finish line to be escorted to the 200 yard mark. From there, they will run back to the finish.

Red Start: 11:00 am

Following completion of the 200 yard run, participants will meet at the finish line. From there, they will run ½ mile to the turn-around, then run ½ mile back to the finish.

AID STATIONS:

There will be one aid station at the start and finish of each race as well as the turn-around for the 1 mile run.

MEDALS :

All participants will receive a commemorative medal.