

## KIDS TRIATHLON - UKIAH - JULY 22, 2017

1. T-Shirts - **City of Ukiah**
2. Post Triathlon Smoothie Recipe Card - **NCO**
3. Obtaining sponsors for BBQ - **MCHHSA**
4. 300 Bags - **MC Public Health**
5. Water Bottles (reusable) - **NCO**
6. Healthy Snack (granola bar, fruit, etc.) - **Obtained through sponsors**
7. Hydration Centers (reach out to local gyms) - **UC4H**
8. Sunscreen - **Ukiah Valley Medical Center**
9. Passes to Pool - **City of Ukiah**
10. Information Vendors on Health - **Sponsors & event partners have this option if they want it**
11. Lifeguard/Pool Staff - **City of Ukiah**
12. Misc. Pool Staff - **NCO (reach out to Ukiah Dolphins to volunteer as "motivators")**
13. Bike Staff - **Walk & Bike Mendocino**
14. Run Staff - **NCO (talking to "kids on the run" or "Dave Richards")**
15. Transition Area Staff - **Walk & Bike Mendocino (combining w/ Bike portion)**
16. Wristbands - **City of Ukiah**
17. Law Enforcement Agency helping with bike safety checks/traffic control - **City of Ukiah**
18. Evaluation of Event - **UC4H (Post-it Boards)**

### Goodie Bag Contents:

1. T-Shirt
2. Sunscreen
3. Smoothie Recipe
4. BBQ Ticket Info (visit eval to get ticket)
5. Participant Certificate
6. Water Bottle
7. Healthy Snack (granola bar/fruit)
8. Free Pool Pass

### Registration Form (this form needs to asks specific questions in order to apply for future grants):

1. Gender
2. Ethnicity
3. Age
4. Household Income
5. City in which you live
6. Do you receive EBT/Food Stamps

### Evaluation of the Event:

1. Set up post-it boards labeled "What I liked the most" vs. "What I disliked the most"
2. This will help give a broad generalization of what needs to change for future years
3. Instead of BBQ ticket in the goodie bag, each participant will receive a card stating "visit the Evaluation Booth to receive your free BBQ lunch ticket." This will attract more participants to the Post-It Boards and they must complete the Eval before receiving their ticket
4. After the event, UC4H will generalize the notes and create a spreadsheet
5. The City of Ukiah will also send out a more detailed "Thank you for participating, please take a minute to complete this survey." This survey will include more things such as quality of the event, friendliness of staff, organization, etc.
6. All the information will be accounted for and can be used for the future.

#### The Event Itself:

1. The event will be divided into 4 levels
  - a. Level 1 (suggested age 5 & under) - Pool Play, Park Play, Bounce Play
    - i. 10 min/activity
  - b. Level 2 (suggested age 6-9) - Swim, Bike, Run
    - .10 min/activity
  - c. Level 3 (suggested age 10-12) - Swim, Bike, Run
    - .15 min/activity
  - d. Level 4 (suggested age 13-15) - Swim, Bike, Run
    - .20 min/activity
2. This allows any age to participate in any level based on your skill. Kids can register individually (no team of 3) and won't be constricted by age group. We also are disregarding the 1 hour of play due to the intensity of a 40 minute lap swim for a 7 year old.
3. Check-In & Start Times
  - . Level 1 check in @ 9am ..... Start @ 9:30am
  - a. Level 2 check in @ 9:00am .... Start @ 9:30am
  - b. Level 3 check in @ 10:00am ... Start @ 10:30am
  - c. Level 4 check in at 11:00am .... Start @ 11:30am
  - d. Public Swim opens @ 1:00pm
4. Giving the Level 2-4 spots a little more time is key because those will be the more popular groups PLUS the level 1 will be its own separate thing and won't interfere with upper levels.
5. Level 1 will need special attention to setting up because they will have their own course.
  - . Pool Play: they will have free swim with mom/dad in the kiddy pool
  - a. Park Play: there will need to be some fun obstacle course set up utilizing the area where the tires are behind the pool; something smaller.
  - b. Bounce Play: This is meant to be the cardio! The City of Ukiah has multiple bounce houses to get those kids jumping!
6. Level 2-4 will be set up more like your traditional triathlon

- . Swim: lap lanes will be set up in the big pool and volunteers will time kids to see how many laps they can do. This will be a first in, first out scenario since we can only have so many people in the pool at once.

- a. Bike: this portion will be within the parking lot of Anton Stadium.. It will lead directly from the transitional area and end back at the transitional area

- b. Run: the running course will be set up within Anton Stadium. Should we do bases so kids feel more accomplished with the number of laps they ran?

#### 7. BBQ

- . Every participant that completes the eval will get a FREE BBQ ticket. This BBQ will be made up of healthy foods which will come from sponsorship money. For additional people we can charge a small fee of \$5.00 per plate or whatever we agree on

#### 8. Booths

- . Depending on the level of a sponsorship, some sponsors will have the opportunity to provide a booth where they can provide information, raffles, and so forth.

- a. Each of our entities that are participating in making this event happen also has the opportunity to provide a booth at the event

- b. Hydration Centers will be, ideally, local gyms: Anytime Fitness, World Gym, RHC, etc.

- c. The City of Ukiah will reach out to CHP to see if they will provide a booth to help with Bike/Helmet safety checks.

#### 9. Miscellaneous Event Info:

- . I picture this event fun, full and healthy. There can be music playing through, people will be eating food and talking with vendors, and families can stay after to hang in the park or go to public swim (mind you ALL participants get a FREE pass into the pool!)

- a. Registration will still be \$10 or \$15 the day of. The day of also doesn't guarantee a shirt that fits, let alone a shirt at all.

- b. Specific details regarding what is/isn't allowed will come when registration opens. We plan to have registration open the first day of summer; June 12th.