COUNTY

KIDS OF STEEL

TRIATHLON

ATHLETE'S GUIDE

June 7th, 2026



County Kids of Steel Athlete Guide 2026

A note from the County Kids of Steel Race Directors

We're excited to have you join us for the **15th Annual County Kids of Steel Triathlon!**

This participant guide includes everything athletes and parents/guardians need to know for race day—what to bring, where to go, when to arrive, and the key rules that help keep everyone safe.

Safety is our top priority for athletes, volunteers, and spectators. To ensure a safe and well-organized event, the schedule, course distances, or other details may be adjusted if necessary. If any changes are required, we will communicate them as quickly and clearly as possible through email, social media and announcements on the day.

The positive energy and strong sense of community are what make this event so special. We are incredibly grateful to the athletes, families, volunteers, and community partners who help bring County Kids of Steel back to our community each year. Thank you for being part of it. And please be sure to thank our dedicated group of volunteers (the ones in the pink shirts, orange vests and colourful pinnies!).

Have fun and finish proud,

Keturah Breckon, Lara Hilmi, Lori Robinson and Paige Wentworth

Your County Kids of Steel Race Crew

Race Day at a Glance

Event Venue: Prince Edward Fitness & Aquatic Centre (PEFAC)
Race Kit Pick up: Saturday June 6 (4:00 PM-7:00 PM) OR June 7 (6:45 AM-8:30 AM)
Transition Opens (Bike and Gear Set Up): June 7th at 6:30 AM
Transition Closes: 8:45 AM - *ALL BIKES MUST BE IN THE TRANSITION AREA BY 8:45AM, REGARDLESS OF RACE START TIME!*
Race Briefing and Welcome: 8:50 AM
Race Start Time: 9:00 AM *(Please check your age group start time and marshall time posted outside PEFAC or in studios during race kit pick up. Age group start times included below).*
Award Ceremony: 12:30 PM

Parking: There is no race day parking at PEFAC. Follow event signage and volunteers can help direct you to the following designated parking lots near by:

County Farm Centre, Printcraft, Stormy's, BMO, Foodland, Shelin Pools and Benjamin Moore.

1) Event Schedule

Saturday, June 6th 2026

Race Kit Pick Up at PEFAC: **4:00 PM -7:00 PM**

Please note there is no bike drop off available on Saturday, June 6

Sunday, June 7, 2026 Race Day

6:30 AM	Transition Opens (Set-up bike and race day gear at allocated bike rack)
6:45 AM	Race Kit Pick Up and body-marking Opens
8:30 AM	Race Kit Pick Up and body-marking closes + Bike Drop & Go Closes
8:45 AM	Transition closed (ALL BIKES MUST BE RACKED AND READY TO GO!)
8:50 AM	Welcome + Race briefing
9:00 AM	Mighty Minis/Age 3-5 (2021-2023) Race Start
9:25 AM	Age 14-15 (2011-2012) Race Start
9:35 AM	Age 12-13 (2013-2014) Race Start
10:10 AM	Age 10-11 (2015-2016) Race Start
10:45 AM	Age 8-9 (2017-2018) Race Start

11:15 AM	Age 6-7 (2019-2020) Race Start
12:30 PM	Awards, Prizes + Closing Remarks

IMPORTANT INFORMATION:

Everyone must have their bike and race day gear set-up in transition by 8:45 am regardless of your race start time. Once we start at 9 AM, you will not be allowed back into transition until your race is underway.

You will need to meet in the group exercise room 30 minutes BEFORE the start of your age group and put into your heat. Please check signage or ask a volunteer for your race start time, marshalling time (when you must meet in the upstairs studio at PEFAC) and heat number.

We will do our best to follow the schedule above. Small delays or timing changes may happen. Thank you for your patience and understanding.

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2) Check-In + Race Kit Pick-Up + Body-marking

IMPORTANT! Participants MUST be present at race kit pick up and you must pick up your race kit before you can set your bike up in transition.

*We highly recommend **picking up your race kit on Saturday June 6th** to avoid lines. This means when you arrive on race day morning, you can head straight into the transition area and begin setting up your bike and race gear at your designated bike rack spot.*

Where: Inside PEFAC
When: Saturday June 6th: **4:00–7:00 PM** and Sunday June 7th: **6:45–8:30 AM**

You'll receive:

- Race bib + safety pins
- Bike tag/sticker (matches your bib #)
- Body Marking
- Swag bag (Your Kids of Steel souvenirs and goodies!)

Body marking happens at check-in (volunteers confirm name + birthday + bib # for safety) and with black marker write the race number on arm and leg.

Timing chip: Timing chips are handed out on the pool deck right before the swim start. Athletes will get a timing chip strap on their ankle that will need to be worn for the rest of the race and will be removed by volunteers at the Finish Line. **Mighty Minis are not timed** and will not get a chip.

3) Parking

There will be no parking onsite at PEFAC. Participant and Spectator vehicles will not have access to the PEFAC parking lot on Sunday, June 7th.

We are very grateful to our local community partners and businesses for allowing us to use their parking lots but want to ensure we only park in the spaces they have provided for us. Please ensure you review the parking map and look for signs and volunteers to direct you to designated parking spots within these lots.

Bike Drop and Go

Bike drop-and-go will take place along **Cold Storage Road (see map below).**

Cars may pull in briefly to unload bikes and bags onto the grass area behind **Print Craft.** Once bikes and bags are unloaded, drivers must immediately move their vehicle and park in the designated parking area. **Please note, the bike drop and go is not mandatory, you can also park in one of the designated parking areas and walk your bike over to PEFAC.**

After parking, participants and families should return to the drop-off area to collect their belongings before continuing to either:

- Athlete check-in/race kit pick up OR
- enter transition to set up race gear (if you've already picked up your race kit the day before)

Please keep the drop-and-go area moving efficiently. Do not leave vehicles unattended, and do not begin check-in or transition setup until your car has been parked in a designated parking area. The drop-and-go area is not a designated parking area.. Volunteers will be available to assist and direct.

You may park in the following local business parking lots: County Farm Centre, Printcraft, Stormy's lot (Across from dealership), BMO, Foodland (along the fence) Shelin Pools and Benjamin Moore.


General Event Parking
Volunteer ONLY Parking
Drop & Go Route
STORMY'S
BMO
SHEIN/
BENJAMIN MOORE
MASONIC LODGE
PRINT CRAFT
DROP & GO
COUNTY FARM STORE
FOODLAND
Foodland - Picton
Dive In Charm
George Wright Blvd
Millennium Trail
Cold Storage Rd
Loyalist Pkwy
NO PARKING
PEFAC
NO PARKING
Mobil Gas Station
NO PARKING
No Frills
PEFAC EVENT SITE
Brandon and Megan's
NOFRILLS Picton
Prince Edward Fine
& Aquatic
County Farm Centre


6:45 AM - 8:30AM
DROP & GO
Printcraft
Drop you bike, leave it in one of the identified "leave your bike here" areas. Go find parking, come back and grab your bike and take it to transition.
Leave your bike here
Transition This Way
Leave your bike here
Cold Storage Rd

4) What to Bring (Athlete Checklist)

Swim

- Arrive wearing your bathing suit (change rooms are available but limited space).
- Goggles (optional)
- Swim cap (optional and are available on race day during marshalling)
- Towel (place it beside your bike in transition)
- Spare sandals/shoes to wear until your swim start
- **Optional PFD/floatation:** bring your own if you require one; flutter boards and pool noodles available on pool deck.

Bike

- Bike (tires pumped, brakes working; **kickstand removed or zip-tied. Please remove other bike accessories such as baskets and BMX pegs**).
- Training wheels are allowed for any age group.
- Helmet (**mandatory**)
- Running shoes + socks (**no Crocs/sandals**)
- Shirt + bib (bib must be worn for bike + run; pin to front or use race belt if you have one)

Bike Safety Guidelines:

*Ensure **brakes are functional** and **tires are fully inflated**.All bikes must be in safe, working condition to participate. **Bikes deemed unsafe will not be allowed to race**.. Participant safety is our top priority. If you're unsure whether your child's bike is in safe, working order, we recommend visiting your local bike shop for a quick tune-up or inspection.*

Run

- Nothing extra required (just your running shoes + race bib that will be pinned to shirt)
- Hat or Visor (optional)

Post-race (optional)

- Dry clothes

Please plan and pack for the weather. If it is raining, a plastic bag over bike/run gear will help keep things dry. If it's hot, athletes can wear a hat or visor during the run.

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5) Transition Area (Setting up your bike and race gear)

This is the fenced area where athletes will set up their bike, run and race day gear! After the swim, athletes run into the transition area to put their shirts/race bibs, shoes, helmets and grab their bikes. Once they finish the bike leg of the course, they will once again return through transition to rack their bike and head out onto the run course. Mighty Mini' will be in their own transition area to the left of PEFAC. Look for signage or ask a volunteer for directions.

Open for bike and gear set-up: 6:30 AM
Closed to Parents: 8:45 AM sharp

Parents are welcome to help with set up while transition is open but **after 8:45 AM,** parents are **not allowed into transition** until the race is complete (strictly enforced for the safety and fairness of all participants). Athletes will also need to leave this area until they have started their race.

How to set up:

1. Rack your bike on the spot that matches your bib number (volunteers will help direct you to your spot).

2. Put your bike sticker/tag on your bike.

3. Lay out your gear beside your bike (common setup: towel on the ground + shoes/socks/shirt with **bib already pinned to the front of your shirt**).

4. Helmets can hang on handlebars or sit beside the bike.

Bike retrieval: Please be patient and respectful and wait until it is announced that the transition area is now re-open for bikes and belongings to be retrieved. Parents or participants who have

completed their event may only re-enter the transition area once it has been announced that it has re-opened. This will be after the final participant has entered the run course and organizers feel it is safe to do so.

Mighty Minis will be able to retrieve their bike and belongings as soon as the last Mighty Mini athlete has crossed the finish line. Please wait until it is announced before entering the transition area.

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6) Swim (PEFAC pool)

Marshalling (IMPORTANT INFORMATION)

- Check your age group start time and marshall time on posted schedule and heat sheets around PEFAC. Athletes will swim in heats within their age groups but will all be marshalled/organized into their age group heats at the designated age group time.
- Athletes must be upstairs in the **Group Exercise Studio 30 minutes before** their age group start time. Do not come up to the exercise studio before this time.
- Only athletes are allowed in the Group Exercise Studio. (Exception: one parent/guardian may wait with **Mighty Minis** upstairs or if parent has been given previous approval by Race Directors).

In the pool

- Two swimmers per lane; swim cap is recommended because it helps with lap counting.

- You can use any stroke; you may tread water/float; you may stand where you can touch; you may hold the lane marker to rest—but **do not propel yourself using the lane rope**.

- When you have **two lengths left**, your lap counter will show you a flutter board. Try to keep track of your lengths too.

- Walk on the pool deck when exiting; you can run once you reach the carpet outside the back door of the pool deck.

Parent viewing

Parents can watch from the designated pool deck viewing area (space is limited—please leave once your athlete finishes in the pool. Parents should enter and exit out the marked side door of the pool).

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7) Bike (Millennium Trail)

After completing the swim, you will come into the transition area to get ready for the bike course.

- Put on your helmet and **do up the chin strap before getting your bike off the rack.**

- Walk/run your bike to the **mount line**. This will be marked on the trail and with signs. Volunteers will let you know when it's safe to get on your bike and will let you know when you must get off your bike and walk/run it back to the bike rack.

On-course rules

- Stay as far right as possible unless passing and only pass when it is safe to do so.

- **No blocking:** ride single file; pass safely.

- Know your race **bib colour + turnaround point** (signs/balloons/volunteers will help, but keep an eye out for your age group marked turnaround point).

- Volunteers and bike patrollers are on course—flag someone if you need help.

Returning to transition

- Get off your bike at the dismount line; walk/run your bike back into transition. The dismount line will be clearly marked and volunteers will let you know when it's time to get off your bike. There will also be a volunteer ahead of the dismount line, encouraging you to begin to slow down to prepare to stop.

- Rack your bike in your **original spot that matches your bib number**. Remove your helmet and head out on the run course. Volunteers will help guide you back to your spot on the bike rack and direct you to where to run. A water station is available near the exit to the run course.

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8) Run (Loyalist Parkway/Main Street)

- Always stay on the marked run course; on the way out, run in the coned lane to the left of the sidewalk; on the way back, run on the sidewalk. Volunteers will help show you where to run.

- Turnaround signs for each age group match your **bib colour**—know your turnaround point. Volunteers will be at every turn around and let you know if you've reached your age group turn around.

- Bib number must be visible on the **front** (and don't forget to smile at the finish!).

- Water: For 1.5 km there's a water station just before the 750 m mark; there's also aid/water available in transition and at the finish line.

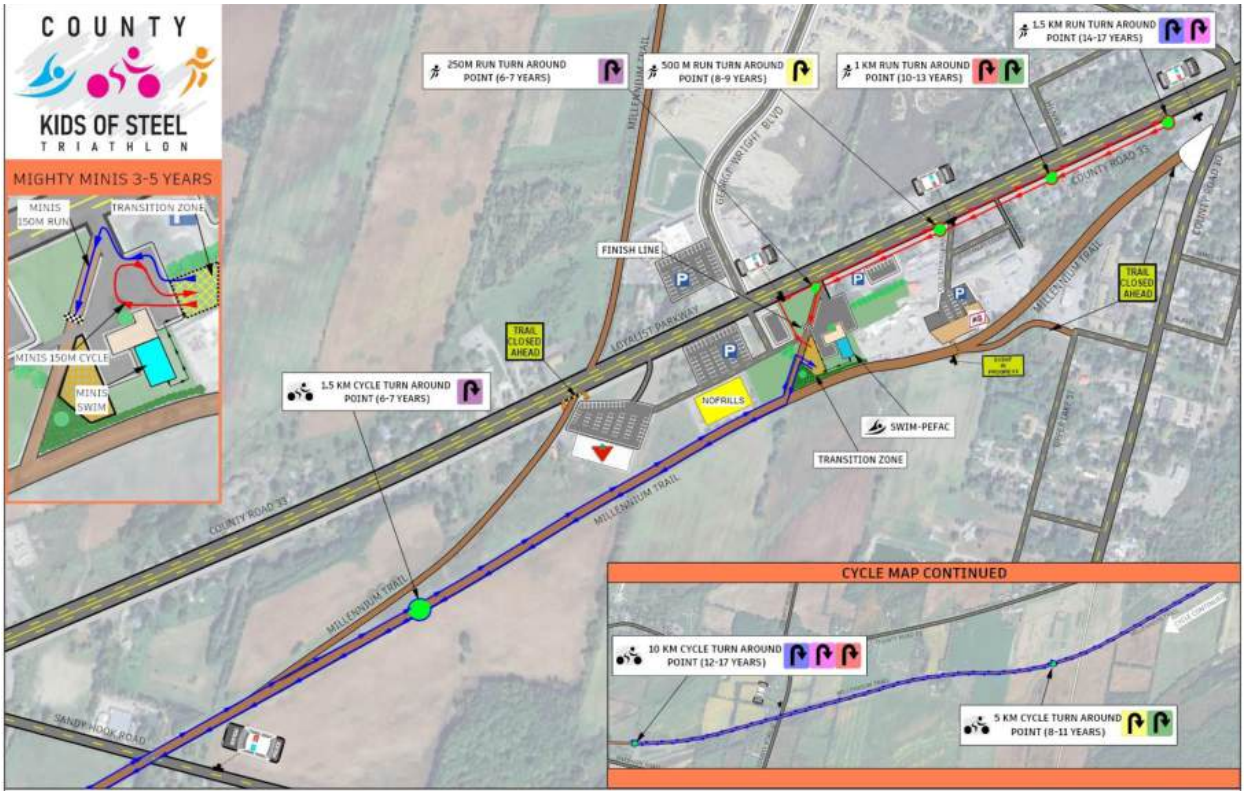
- Parents are **not permitted on the run course**. Please cheer from the sidelines and notify a volunteer if you have a concern.

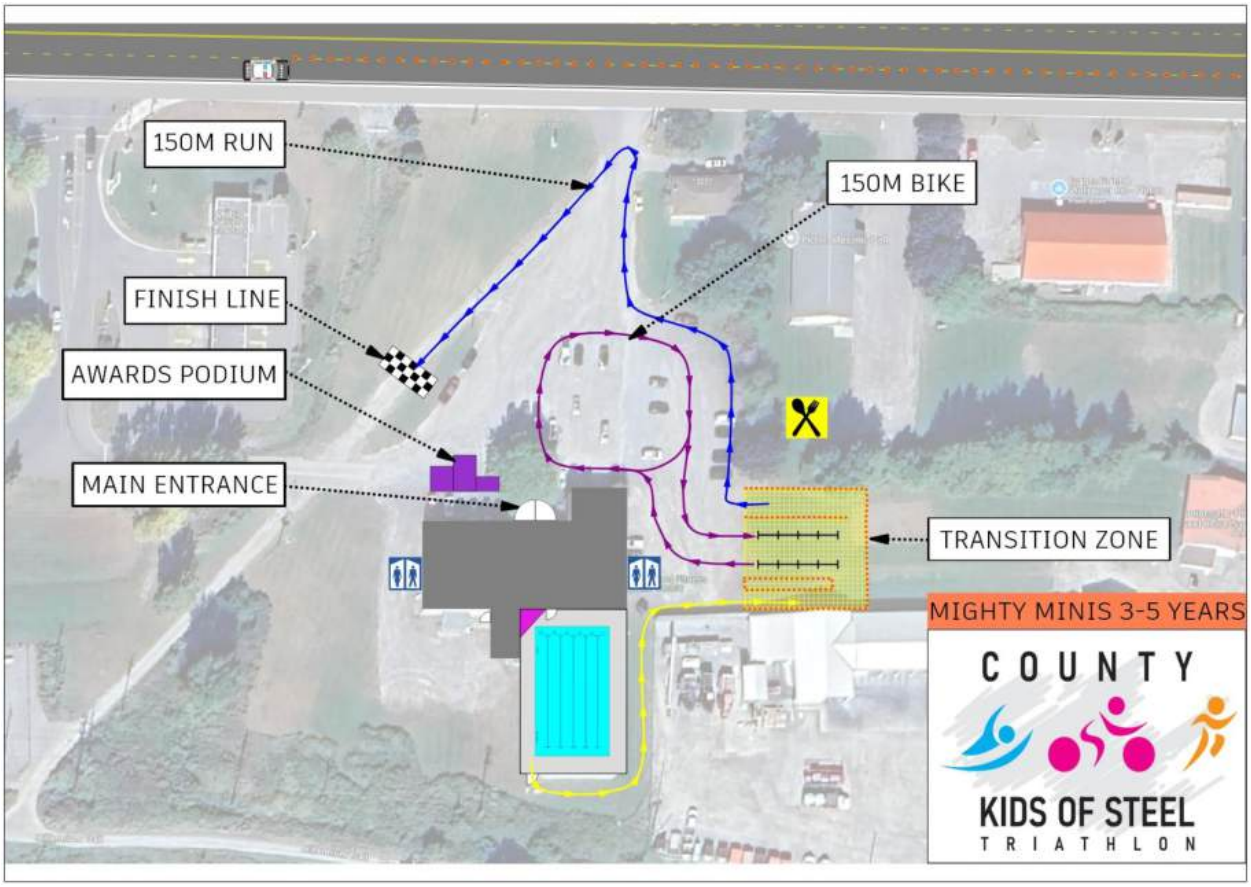
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9) Course Maps and Distances by Age Group/Bib Colours

Turnarounds points for the bike and run course are marked with signs/balloons that match each age group bib colour. Course maps are included below.

AGE	BIB COLOUR	SWIM	BIKE	RUN
3-5 Mighty Minis (Born 2021-2023)	**ORANGE**	20 M (Width Only)	150 M	150 M
6-7 (Born 2019-2020)	**PURPLE**	25 M (1 lap)	1.5 KM	250 M
8-9 (Born 2017-2018)	**YELLOW**	50 M (2 laps)	5 KM	500 M
10-11 (Born 2015-2016)	**GREEN**	100 M (4 laps)	5 KM	1 KM
12-13 (Born 2013-2014)	**RED**	200 M (8 laps)	10 KM	1 KM
14-15 Born 2011-2012)	**BLUE**	300 M (12 laps)	10 KM	1.5 KM


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MIGHTY MINIS 3-5 YEARS
MINIS 150M RUN
TRANSITION ZONE
MINIS 150M CYCLE
MINIS SWIM
250M RUN TURN AROUND POINT (6-7 YEARS)
500 M RUN TURN AROUND POINT (8-9 YEARS)
1 KM RUN TURN AROUND POINT (10-13 YEARS)
1.5 KM RUN TURN AROUND POINT (14-17 YEARS)
FINISH LINE
TRAIL CLOSED AHEAD
1.5 KM CYCLE TURN AROUND POINT (6-7 YEARS)
NOFRILLS
SWIM-PEFAC
TRANSITION ZONE
COUNTY ROAD 33
MILLENNIUM TRAIL
SANDWHOOK ROAD
CYCLE MAP CONTINUED
10 KM CYCLE TURN AROUND POINT (12-17 YEARS)
5 KM CYCLE TURN AROUND POINT (8-11 YEARS)


150M RUN
150M BIKE
FINISH LINE
AWARDS PODIUM
MAIN ENTRANCE
TRANSITION ZONE
MIGHTY MINIS 3-5 YEARS
COUNTY
KIDS OF STEEL
TRIATHLON

10) Finish Line + Post-Race Awards

When you cross the finish line:

1. A volunteer will remove your timing chip once you cross the finish line.

2. You'll receive your participant medal.

3. Head to the food/refreshment area for athletes to receive your post-race snacks and refreshments.

Awards: After the last athlete finishes and results are finalized, awards are presented for top three female and male athletes in each age group (**except Mighty Minis, who are untimed**). QR Codes will be posted around PEFAC that you can scan to find results and your final race time.

Special awards and door prizes (including for parents/caregivers) are also awarded.

11) Where to Watch

As mentioned, throughout this guide, for the safety of all athletes, parents are not allowed on the course at anytime. Spectators can view the race from the pool deck, near the transition area, along the finish line chute and along the run course (although please stand on the lawn/driveway side rather than near the road). We don't recommend viewing the bike course from the Millennium trail as we would like to keep it clear for the safety of cyclists and volunteers. If you're unsure where to watch, ask a volunteer.

11) Race Day Rules, Conduct And Safety

Our race is sanctioned by **Triathlon Ontario,** and we follow the rules they set. These are designed to provide a safe, fun, friendly, and supportive environment for you to take part in our event.

General Conduct:

- Treat other competitors, officials, volunteers and spectators with respect and courtesy
- Always follow official's instructions – failure to follow an official's instructions or verbal/physical abuse of an official, volunteer, fellow racer or race organizer is an automatic disqualification

- Listening to music by earphones, earbuds, or other means is NOT permitted during the race.
- If there is an emergency we will tell all racers to stop where they are. If they are on their bikes they will dismount and stay at a standstill until directed otherwise by volunteers.

Weather Issues:

The safety of all athletes, volunteers, and spectators is our top priority. In the event of severe weather, such as lightning, thunder, high winds, extreme heat or poor air quality, the County Kids of Steel Race Directors will make an official decision and announcement on whether it is deemed safe to continue with the event as planned. If the race is already underway, please listen to volunteers who will instruct you on where to go, in the event of unsafe weather conditions.

Safety and Medical

All parents/guardians **must remain on site** for the entire time their child is participating in the triathlon. This is essential for participant safety. Race day is busy and draws a large crowd of people, **the reception desk in the front entrance of PEFAC is the designated Lost Child Meeting Point** that we will use to help locate a child or when a child cannot find their parent.

To assist with any injuries or medical emergencies, medical support is available throughout the event, led by our Medical Captain and supported by trained volunteers, lifeguards, EMS paramedics, and local emergency services. If you have any issues or concerns, please report to the nearest volunteer or visit the medical tent set-up in front of PEFAC.

Concussion Awareness

Rowan's Law is an Ontario Law to prevent injury and death from concussion. It was created due to the preventable death of Rowan Stringer, a high-school rugby player who died in 2013 due to concussion.

- "Second-hit syndrome" - a second concussion when a first is not fully healed - can be quickly fatal due to swelling in the brain.
- A single concussion can still be harmful for life, especially if not treated.
- Concussion symptoms are vomiting, difficulty concentrating or remembering, fatigue, confusion, mood swings, blurred vision, balance problems, headache, and loss of consciousness.
- Do not race if you suspect a concussion.
- Athletes with a suspected concussion may not continue the race (DNF). Officials, coaches, and race personnel must inform the athlete that they cannot continue.
- Athletes under 26 with a suspected concussion must obtain clearance from a Doctor or Nurse Practitioner before returning to any sport (not just triathlon).
- All suspected concussions must be reported to Triathlon Ontario.

- As part of the Triathlon Ontario agreement, all participants agree to abide by Rowan's Law and the Triathlon Ontario Concussion Code of Conduct.

Further information on concussion awareness and the signs to look out for are available at Ontario Concussion Resources and Triathlon Ontario Concussion Code of Conduct.

Thank you for taking the time to read and come prepared, it helps ensure a safe and smooth race day for everyone. For a quick overview, be sure to check out the Quick Reference Sheet for easy reference included at the end of this guide.

If you have any questions or concerns, please reach out to the race directors at info@countykidsofsteel.ca.

We look forward to a fun, safe race day!

Note: Quick reference guide on pages 15-17

County Kids of Steel Quick Reference Guide 2026

Saturday, June 6
Race kit pick-up at PEFAC: **4:00–7:00 PM**
No bike drop-off on Saturday.

Sunday, June 7 — Race Day

- **6:30 AM** — Transition opens
- **6:45 AM** — Race kit pick-up and body marking opens
- **8:30 AM** — Race kit pick-up/body marking closes
- **8:45 AM** — Transition closes
- **8:50 AM** — Welcome and race briefing
- **9:00 AM** — First race starts
- **12:30 PM** — Awards and closing remarks

All bikes and race gear must be in transition by 8:45 AM, no matter what time your race starts. Check Age Group Start times and heat to the PEFAC group exercise room **30 minutes** prior to your age group start time.

Arrival Plan

There is **no race day parking at PEFAC**. Use the designated parking lots nearby and follow signs and volunteer directions.

Bike Drop & Go: Cars may briefly pull in along **Cold Storage Road** to unload bikes and bags onto the grass behind **Print Craft**. Drivers must then park their car at a designated parking area (not the bike drop & go line) and return to collect bikes and bags before going to check-in or transition.

If you didn't pick up your Race Kit on Saturday, go to Athlete Check-In located inside PEFAC and then head into transition to start setting up your bike and race day gear. If you have already picked up your Race Kit, head directly to transition to set up at your designated bike rack spot.

Once you're set up, please wait for the race briefing at 8:50 and be ready to go when it's your marshall time/age group start time.

What to Bring

Arrive wearing your bathing suit.

- Bike
- Helmet
- Running shoes
- Socks
- Shirt
- Race bib (provided at check-in). Must be pinned to front of shirt.
- Towel
- Goggles, optional
- Swim cap, optional. Some will be available during swim marshall.
- Dry clothes for after, optional
- Spare sandals or shoes to wear up until it's your time to be marshalled for swim

Bikes must be safe and ready to ride. Tires should be pumped, brakes must work, and kickstands should be removed or zip-tied.

How the Race Works

Athletes complete the race in this order:

Swim → Bike → Run → Finish Line

After the swim, athletes go to transition to get ready for the bike. Helmets must be on and fastened before bikes are removed from the rack.

Athletes walk or run their bike to the mount line before riding. After the bike, athletes get off at the dismount line, return their bike to the same rack spot, then head out for the run. Volunteers in the transition area and along the bike and run course will help guide athletes and give safety reminders.

5 Key Rules to Remember

1. **Helmet on first.** Fasten your helmet before touching your bike.
2. **No riding in transition.** Walk or run your bike until volunteers say it is safe to ride.
3. **Stay on course.** Follow signs, cones, bib colours, and volunteer directions.
4. **Parents stay off the course.** Cheer from designated viewing areas only.
5. **Listen to volunteers.** Follow all directions from race officials and volunteers.

Reminders

Your race bib must be visible on the front during the bike and run. Know your **bib colour** and turnaround point.

Parents may help in transition before **8:45 AM**. After 8:45 AM, parents are not allowed in transition until it reopens.

Timing chips are handed out on the pool deck before the swim and removed at the finish line. Mighty Minis are not timed.

Spectators can watch from:

- the pool deck viewing area
- near transition
- the finish line chute
- along the run course

Please stay off the race course and do not stand on the road. Spectators should not watch from the Millennium Trail bike course so it stays clear and safe.

Safety

Parents or guardians must stay on site while their child is racing. The Lost Child Meeting Point is the **PEFAC front entrance reception desk**.

Medical support will be available. If you need help, speak to the nearest volunteer or go to the medical tent in front of PEFAC.

In unsafe weather or emergency situations, listen for announcements and follow volunteer directions.

After You Finish

At the finish line:

1. A volunteer removes your timing chip.
2. You receive your participant medal.
3. Go to the athlete food and refreshment area.

Please wait for the announcement before returning to transition to collect bikes and belongings. Awards will take place after the final athlete finishes and results are confirmed.

COUNTY KIDS OF STEEL TRIATHLON

in partnership with

The Children's Foundation
Helping One Child at a Time

POWERED BY

With Support from our Community Partners

EMM CONSULTING
MCDOUGALL INSURANCE
COUNTY WELLNESS CENTRE
JESSE'S JOHNS
COUNTY CREATIVE
BELLEVILLE SIGNS
PRINCE EDWARD MILK PRODUCERS
BLOOMFIELD/HALLOWELL RECREATION COMMITTEE
VIRGIN MANGO