

Greetings Spectators and Young Athletes!

Are you ready to Hammerdown?! Below are some topics that we'd like to hammer out. To make the event both enjoyable and safe we ask that you PLEASE-O-PLEASE read this update from top to bottom!

1. BECAUSE SAFETY IS NUMBER 1:
 - Inspect your child's bike for general condition with emphasis on tires. Also, be sure that the ends of the handlebars have plastic plugs. Bike helmets must be approved by CPSC, SNELL or ANSI (label inside). Look for sharp edges on the pedals. We recommend taking the bike to your local shop for a tune up. Our sponsors, Sunshine Bikes (www.sunshinebicycles.com), will also be available on site for last-minute assistance. Please do not count on them to give your child's bike a tune-up on the day of the race because they've been ordered to "Just Say No," Nancy Reagan style!
 - Be certain that your child's footwear is suitable for running and riding. No flip-flops.
 - Don't forget swim goggles if your child uses them. We will have a table at lakeside for eye glasses. If a swim-aid is going to be used you must bring it.
 - We will have food products at the finish line area that may contain nut products. If your child has any food allergies please monitor what he/she eats.
 - We understand your enthusiasm for your child's participation but we ask that you be courteous to other parents and to participants. Do not go on the race course or in the transition area, and please follow the directions of the volunteers.
 - Only for the 6 & Under age-group, one parent will be allowed into the Transition Area during the race to assist your child. A wrist band will be issued at packet pick up to the designated parent. No wrist band, no admission. No other age-group parents will be allowed in the transition area during the race.
 - Be sure to use sunblock.
 - We'll have water during the race but you should bring some to hydrate your child before starting and in the transition area.
 - Take your young athlete out for some final training to be certain that they are comfortable with the event's distances.
2. UPDATES: Please go to <http://www.bodyandmindsolutions.com/hkt/hkt.html> and read all the information on the race home page and the general information.
3. PARTICIPANTS LIST & START TIMES: Use the Participants List and General Info page to get your child's bib number and then go to the Age-Group Start Times to find your child's wave start time. These will be uploaded to the website by July 10. This does NOT guarantee there will not be additional changes within the week and/or on race day. Patience and understanding is key when trying to deliver a quality and safe event. Please continue to check the race website until race morning.
4. MAPS & WAVE STARTS: Course maps and wave starts will be finalized and uploaded to the race website by July 10. Again, this does NOT guarantee there will not be additional changes within the week and/or on race day. Patience and understanding is key when trying to deliver a quality and safe event. Please continue to check the race website until race morning.
5. TRANSITION AREAS: Due to the location of the lake and our mandated finish line, this race is a point-to-point race. That means there will be a transition area where the swim to bike (Transition Area 1, or T1) will take place and another transition area where the bike to run (Transition Area 2, or T2) will take place. For those who need to help their athletes in T1 or anywhere in, near, and/or around the swim, a spectator pass MUST be purchased. A season pass to Bonfante Gardens is also accepted.
6. SPECTATORS: Due to the fact that our race is being held at the beautiful Bonfante Gardens, spectators who wish to see their athletes race in the lake during the swim or need to help their athletes near T1, a spectator pass MUST be purchased. A season pass to Bonfante Gardens is also accepted. Spectator passes will be available for pick up at early registration and on race morning. To purchase a spectator pass ahead of time, go to www.active.com or copy and paste this link into your browser: http://www.active.com/event_detail.cfm?event_id=1315654
7. AGE-GROUP PLACEMENT: We have received questions on the age-group placement of your young athlete. We use age on race day to place athletes.

8. **AUCTION:** We are very excited to announce that our auction (in which all proceeds go to benefit the non-profit, Body and Mind Foundation, that raises money to help youth athletes in addition to ALS victims). Please visit our auction site: <http://www.bodyandmindsolutions.com/hkt/auction2006.html> to make bids. We've got Profile Designe Aerobars, sport-style backpacks, gift certificates to restaurants such as Chili's, Johnny Carino's, and much more!
9. **LAP COUNTING:** Swim, bike and run lap counting is your child's responsibility. We will be using counting aids to keep track of laps. We will check for the correct number of counting aids to verify finish placements. The counting aids are important so make sure your child knows this!
10. **REGISTRATION/EARLY CHECK-IN:** To make race packet pickup easier we ask that you bring your child to check in on Thursday, July 13th from 6-8PM! If you must check in on race day, arrive no-less than 1.5 hours before his/her age-group wave start time. One hour and thirty minutes will give you time to pick up your packet, t-shirt and goodie bag, set up your transition areas (two transition areas takes twice as much time!), and get ready for your swim wave. If you miss your starting wave we cannot guarantee you will be able to participate.
11. **ORIENTATION MEETING:** There will be an Orientation Meeting for parents and athletes on Thursday, July 13th at Bonfante Gardens from 7:30-8PM. We urge you to come and check out the course and ask any questions you may have.
12. **HAMMERHEAD CAMP:** For athletes and parents interested in participating in a VERY fun and informative triathlon camp, you may want to consider going to camp the week before the race! The athletes will even get to visit the race site and have a private tour!
<http://www.bodyandmindsolutions.com/athletic/hammerheadcamp.html>
13. **PARKING:** Parking for athletes will be in the main lot. Parking is free before 9:30AM. After that, Bonfante Gardens will be collecting a small parking fee.
14. **RACE TRANSFERS:** Because of liability, your entry into the Hammerhead Kids Triathlon cannot be used by or transferred to someone else. We will be asking for some form of identification at the time of packet pickup.
15. **HAMMERHEAD WISHES:** We'd like to send out arm fulls of good wishes to two people who helped made last year's race possible and inspired us to continue. First, our 2005 Swim Director, Fred Mendez, will be unable to be with us this year due to his father's illness. We also wish our Transition Assistant, Max Selleck, a speedy recovery from his bike accident. Max had received a coveted slot to race at the Hawaii Ironman in October, 2006, but was hit by a car during a training ride. Max has a busted hip! If you'd like to send them good wishes, please do so by sending us a note at info@bodyandmindsolutions.com. We'll make sure they get them
16. **SPONSOR RECOGNITION:** We'd like to thank the following companies and persons who have been ESSENTIAL to making this event happen. We're going to thank them again, but here goes the non-formal beginner thank you!

- Mandi Middleton (Registration & Marketing Director)
- Kris Knutson & Dan Spinozzi (Transition Director)
- Charlotte Knutson (Assistant Registration Director)
- Chris Bosso & Family (Swim & Logistics Director)
- Dean Raymond (Timing Director)
- "Medical" Matt Osborne (Medical/Safety Director)
- Steve Cheu (Bike Director)
- John Kent & Family (Run Director)
- Nick & Paige Goddard (Announcers)
- Sports Basement (www.sportsbasement.com)
- Profile Design (www.profiledesign.com)
- Sunshine Bicycles (www.sunshinebicycles.com)
- Bonfante Gardens, namely, Trevor Wilson & Russ Valiquette (www.bonfantegardens.com)
- Jamba Juice, Gilroy (www.jambajuice.com)
- Starbucks, Gilroy (www.starbucks.com)
- Chilis, Gilroy (www.chilis.com)
- Johnny Carino's, Gilroy (www.johnnycarinos.com)
- Mimi's Café, Gilroy (www.mimiscafe.com)

- Road I.D. (www.roadid.com)
- Kiefer Swim Supplies (www.kiefer.com)
- Spokesman Bicycles, Wade Hall, (www.spokesmanbicycles.com)
- By The Beach Productions, Mike Bennett, (www.bythebeachproductions.com)
- J&A Productions, Andy Robles, (www.japroductions.com)

Thanks much for your attention on this sunny Fourth of July weekend! Be safe because you can. We look forward to seeing you, rain or shine, on July 16th. If you have any questions, don't hesitate to contact us...we're here for you at all times.

Cristin Reichmuth, Race Director
cristin@bodyandmindsolutions.com
408.406.4112