

Greetings Spectators and Young Athletes!

(07.10.06)

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. VOLUNTEERS: We need 'em! Please visit the volunteer page if you are able to help out.
<http://www.bodyandmindsolutions.com/hkt/volunteers.html>
2. USAT MEMBERSHIP & FEES UPDATE: USAT has announced that day fees are no longer allowed. Therefore, everyone who has paid the \$3 day fee, must pay an additional \$2 at pre-registration or race day registration. This fee goes to USA Triathlon and they will send you an annual membership, which will be good for all races for 1 year.
3. RELAY: It appears there are no relays, therefore, relays have been CANCELLED. If this is untrue, please contact us immediately.
4. MAIL-IN ENTRIES: Those that have mailed in their entries must visit the race website and make sure they've mailed in their waivers to Mandi Middleton, HKT Race Registration, 1430 Finch Lane, Gilroy, CA 95020. A failure to do so by check in may hinder your athletes ability to compete! Waivers are available at: <http://www.bodyandmindsolutions.com/hkt/hkt.html>
5. RACE 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.
6. BBQ TURNED BREAKFAST: For all athletes and those who've paid for the BBQ, there's been a small change. Since our race will be done very early and we thought spaghetti and salad at 10 AM would be gross, we've changed the format to a breakfast. SO! No soup for you! (The Seinfeld fans know what we're talking about). Muffins, fruit, & juice.
7. SWIM: The swim, for all age groups, is an in-water start. This means the athletes will be able to warm up prior to their wave start and then be required to line up at the starting line. Swim turn-arounds for the older age groups will be made around the gigantic swans. For more info on assistance and rules for the swim, please READ: <http://www.bodyandmindsolutions.com/hkt/general.html>
8. AGE & WAVE TIMES: Use the General Info page to get your child's bib number and Start Times to find your child's wave start time. 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.
<http://www.bodyandmindsolutions.com/hkt/general.html>
9. MAPS: Course maps and wave starts have been updated. 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.
<http://www.bodyandmindsolutions.com/hkt/hkt.html>
10. 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!
11. ANOTHER WAIVER!: Yes! We have another waiver for ALL of you to sign. This one is for Bonfante Gardens. Please print it, sign it, and bring it with you to registration on Thursday or race morning. It's also available at the website.

Reminders from last letter!

12. 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.

13. 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 by July 14, 2006 or copy and paste this link into your browser: http://www.active.com/event_detail.cfm?event_id=1315654
14. 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.
15. 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!
16. 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.
17. 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.
18. 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>
19. 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.
20. 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.
21. 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
22. 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)
- 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.

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