

Greetings Spectators and Young Athletes! (07.15.06, Update #3)

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. **PARK ENTRANCE FOR ATHLETES:** Wristbands for athletes who will be going to Bonfante Gardens will be given to the athletes after the race. Wristbands will be available at the finish line area. To get into the park, athletes must go back to the main Bonfante Gardens entrance and present their wristbands to park staff.
2. **SPECTATOR WRIST BANDS:** Spectator wristbands will be available at registration check in at the main gates from 6:30-8AM. To get into the park, spectators must go back to the main Bonfante Gardens entrance and present their wristbands to park staff.
3. **LETTER FROM MEDICAL COORDINATOR:**

Hello Triathletes,

July 16th you will be embarking into the world of triathlons. For some this might be another race but for others this could be your first triathlon. Staff members and volunteers will be making every effort for you to have an enjoyable experience.

The weather forecast for race day is expected to be up to 91 degrees and the humidity in the low 60's. Clouds and sun mixed in the morning, then generally sunny for the afternoon. High 91F. Winds WNW at 10 to 15 mph. The time to start hydrating is now!! You should be drinking water everyday before the race. Drinking soda will only dehydrate you and could cause your muscles to cramp.

Athletes should intake fluid before, during and after the race to prevent dehydration and heat related injuries.

At anytime if you feel dizzy, weak, faint or shortness of breath you need to stop immediately and notify an event volunteer. An ambulance will be on standby during the event and there will be medical staff on the course to evaluate and treat any injuries. For anyone under 18 years of age, paramedics will determine transport if parent/legal guardian is not present.

We are looking forward to race day and hope to have a safe and enjoyable race for athletes and spectators.

Be safe and have fun,

Matt Osborne
Medical Coordinator

4. **LAKE SWIM:** Greg Van Wassenhove, who is a California Agriculture & Environmental Commissioner and the Commissioner of Santa Clara County Agriculture as well as Rich Fuchs of the Consumer Protection Division of Environmental Health for Santa Clara County, have assured us that the lake is ready to go however, each child will be swimming at their own risk. Commissioner Van Wassenhove stated, "I'd let my kids and grandkids swim in the Bonfante Gardens lake, I'd just tell them, don't drink the water! In addition, for the length of time the kids will be in the water for the triathlon, I have very little concern. After investigating bacteria in Santa Clara County Lakes, there is always a level of naturally occurring bacteria, but nothing can be done about it. Any swimmer would have to drink a lot of water to get sick."

Commissioner Van Wassenhove also stated there are basically two types of bacteria to be concerned about in lakes. The first is Crypto Sporidia (caused by cattle feces of which the Bonfante Gardens lake has no exposure). The second bacteria is Escherichia coli (E. coli is caused by human feces of which the Bonfante Gardens lake has never had any exposure).

Therefore, Greg Van Wassenhove and Rich Fuchs feels the water is safe to swim in, however, they conclude that just like every lake, river, and ocean, a child swims at their own risk and they should not use the lake as their drinking source.

5. **COURSE MAPS & ATHLETE RESPONSIBILITY:** Course maps have been online since Monday. It is your athletes responsibility to know the maps and to NOT go off course. We will have ample volunteers and signs on the course helping to direct, however, if you and your child do your homework, they shouldn't even need our assistance. ☺ I guarantee there will be a handful of children that go off course. Parents, this is NOT the end of the world.
6. **DISCOUNT FOR FINIS SWIM PRODUCTS:** In your goodie bags, you will find a post card to receive 20% discounts off of swim products from Finis! Just shop away and once you get to the checkout, your shopping cart will be updated to reflect your discount. You will need the following discount code to sign in: bodmind20
7. **QUICK LACES:** Quick laces were going like hotcakes at pre-registration. Quick laces eliminate the athlete from having to tie and untie and tie and untie and retie and untie their shoes. The laces are elastic...you adjust them ONCE and then they are done for the rest of their lives. They are comfortable and fast to slip on. We'll have them at the registration desk race morning.
8. **AUCTION:** Our auctions are getting competitive! Please visit our auction site: <http://www.bodyandmindsolutions.com/hkt/auction2006.html> to make bids.
9. **REGISTRATION QUESTIONS:** If you have registration questions, please contact: Mandi Middleton, mandi@bodyandmindsolutions.com
10. **PARKING AND REGISTRATION:** Parking will be in the main lot. Registration will be at the front gates. You've GOT to get there early to register. Out of all of our entrants, only 47 showed up for pre-registration. Good for them! Yikes for you! Those that have purchased spectator passes will be allowed to enter the park and help their child in T1. Those that have not purchased spectator passes will be asked to drive down to the Volunteer/Employee parking area where they can watch the run and bike portions. **Get to the race 1.5 hours before your child's wave! The race is not responsible if your child misses his or her wave. Rushing equals stress so let's prepare to alleviate that stress.**
11. **VOLUNTEER CHECK-IN:** Volunteers will check in at the main gate with my mom, Shari! Please say, "Hi." and thank her for waking up at 5AM. She will tell you where to go. You will then jump back in your car and continue down the "park exit" and park in the dirt parking lot close to the covered picnic area.

Thanks much for your attention! If you have any questions, don't hesitate to contact us...we're here for you at all times.

Race fast and be safe!

Cristin Reichmuth, Race Director
cristin@bodyandmindsolutions.com
408.406.4112