EVENT INSTRUCTIONS
11TH JULY, 2020
INTRODUCTION

IRONKIDS will return to Bolton on Saturday 11th July 2020 as part of the IRONMAN UK weekend. The event, which is the largest in the global IRONKIDS series, will see 3,500 young athletes run through the streets of Bolton Town Centre and lap around Bolton Town Hall, before finishing under the iconic IRONMAN finish gantry. The event is participation focused and purely recreational, and so there are no prizes for the winning athletes - every child who completes the race will receive a t-shirt and a finisher’s medal.

These Event Instructions include all the information you need for Registration and for Race Day. Please take the time to read through to help you understand the event requirements and pre-plan for the event.

CONTENTS

BEFORE RACE DAY ......................................................................................................................... 3
ENTRIES ............................................................................................................................................. 3
REGISTRATION ................................................................................................................................. 3
IRONKIDS REGISTRATION ADDRESS ......................................................................................... 3
IRONKIDS REGISTRATION OPENING TIMES .................................................................................. 3
YOU WILL NEED ............................................................................................................................... 3
EVENT WAIVER ................................................................................................................................. 3
RACE PACK CONTENTS ................................................................................................................... 4
IRONKIDS T-SHIRT POLICY ........................................................................................................... 4
RACE DAY .......................................................................................................................................... 5
HOW TO GET THERE ....................................................................................................................... 5
RACE ADDRESS ............................................................................................................................... 5
RACE DAY HELP DESK .................................................................................................................... 5
HELP DESK ADDRESS .................................................................................................................... 5
HELP DESK OPENING TIMES ........................................................................................................... 5
EVENT DAY CHECKLIST .................................................................................................................. 6
START TIMES ..................................................................................................................................... 6
PARENT ASSISTANCE ....................................................................................................................... 7
EXIT PENS AND CHILD COLLECTION .......................................................................................... 7
MEDICAL & FIRST AID ..................................................................................................................... 7
STAFF AND VOLUNTEERS ................................................................................................................ 7
MORE INFORMATION ........................................................................................................................ 8
MAPS .................................................................................................................................................. 9
BEFORE RACE DAY

ENTRIES
- Entries open at 13:00 on Friday 15th November.
- Race entries are non-transferrable and non-refundable. There are no exceptions to this rule.

REGISTRATION
Before Race Day, you will need to go to IRONKIDS Registration to register your child and to collect their Race Pack. You should have received the child’s unique BIB number and start time via email. This email can be used as your confirmation email. If you have not received this email by the Wednesday of race week, contact uk@ironman.com

IRONKIDS REGISTRATION ADDRESS
IRONMAN Athlete Registration, Festival Hall, Bolton Town Hall, Victoria Square, Bolton BL1 1RU
Walk through the IRONMAN expo > inside the Town Hall > up the stairs (lift access available – please ask a member of staff or volunteer) > IRONKIDS Registration is to the right (in a separate room to IRONMAN Registration).

IRONKIDS REGISTRATION OPENING TIMES
- Thursday 9 July 15:00 – 19:00
- Friday 10 July 09:00 – 18:00
- IRONKIDS Registration will not be open on Saturday 11 July (see Help Desk section below)

Please note, peak registration times are: Thursday 15:00 – 16:00 and 17:00 – 19:00; Friday 12:00 – 17:00. During these times long queues are likely. In order to make the registration process as quick and convenient for you as possible, it is highly advisable that you avoid these peak registration times if you can.

YOU WILL NEED
To register for the race and to collect the Race Pack, you will need:
1. To know the child/children’s BIB numbers.
2. To show your confirmation email (on phone or print-out) on request.

Please also note that:
- The child does not need to go to Registration – Race Packs can be collected by any adult with the email confirmation
- You can register and collect Race Packs for multiple children

EVENT WAIVER
Every child must have a waiver signed by their parent/guardian in order to race. Under NO circumstance do we hand out the Registration Pack without a signed waiver.

We will not be accepting printed/hard paper copies of the signed waiver. You will sign the waiver electronically at IRONKIDS Registration. You can read the waiver in advance online at www.ironman.com/uk/ironkids and there will be printed copies available for you to read at IRONKIDS Registration.
**RACE PACK CONTENTS**

- 1 IRONKIDS T-shirt – this MUST be worn on Race Day for identification purposes (see T-shirt Policy section)
- 1 IRONKIDS Race BIB Number – please write the child’s emergency contact details on the back before Race Day. This MUST be worn on Race Day, safety pinned to the front of the athlete’s t-shirt
- 2 x IRONKIDS wristbands with the corresponding race number on. These are extremely important for safety and security reasons. The wristbands allow us to reunite the correct child with the correct guardian.
  - 1 wristband is for the child. The child will need to have this attached securely to their wrist to get entry to the Start Pens
  - 1 wristband is for the parent/ guardian (MUST be age 18+) who will be collecting the child from the Exit Pens at the end of their race. The parent/ guardian will need to have this attached securely to their wrist to collect their child from the exit pens
  - Parents AND children running in the 500m distance must also both be wearing wristbands. This is so that we can reunite the correct child with the correct parent should you get split up during your race

**IRONKIDS T-SHIRT POLICY**

You indicated the child’s t-shirt size when you signed up to the race. This is the t-shirt size you will receive when you register. This policy is to ensure that every child gets the t-shirt size that they requested. NO EXCEPTIONS.

If after you have collected the t-shirt from Registration you realise that the size is wrong for your child, you will need to return to Registration at 18:00 on Friday 10 July for an exchange. You need to bring the original t-shirt with you so that you can swap it. T-shirt sizes will then be reallocated on a first-come, first-serve basis.

No size changes will be made at any other time.
RACE DAY

HOW TO GET THERE

IRONMAN UK Registration is also located in Bolton Town Centre and both will be open for IRONMAN Athletes during IRONKIDS. Please note that as a result, Bolton Town Centre is expected to be very busy on Saturday. Please ensure to give yourself plenty of time to arrive, park, and reach the start line ready for your child’s start time.

RACE ADDRESS

Le Mans Crescent, Bolton, BL1 1SA

Behind Bolton Town Hall (refer to the map at the back of these Event Instructions). This is the address for the Start Line and the Exit Pens. The Finish Line is in front of the Town Hall on Victoria Square.

CAR PARKING

For town center parking there are plenty of public car parks. Free parking is available over the IRONMAN/IRONKIDS weekend in Topp Way (BL1 2DI), Deane Road (BL3 5DX), Octagon (BL1 1TN) multi-story car parks. Disabled parking is available at Cheadle Square (BL1 1EZ).

PUBLIC TRANSPORT

- There are regular bus services around Bolton, for up to date information please visit the Great Manchester Public Transport website: www.tfgm.com
- Bolton train station is situated 0.8 miles from the event site and is within easy walking distance. Alternatively, there is a taxi rank located just outside the station entrance

RACE DAY HELP DESK

Registration and Race Pack collection will not be open on Race Day. If you have any questions or issues on Race Day, please visit the Race Day Help Desk. Lost Race Pack items including wristbands and safety pins can also be sorted here. Please note that there will be no replacement items available at the Start Line – you will need to go to the Help Desk.

HELP DESK ADDRESS

Le Mans Crescent, Bolton BL1 1HE

Near the IRONKIDS Start Line, at the bottom of the steps to the Bolton Museum (refer to the map at the back of these Event Instructions)

HELP DESK OPENING TIMES

Saturday 11 July 08:00 – 13:30
EVENT DAY CHECKLIST

You will need to take with you on race day:

- Race BIB number (safety pinned to the **front** of the child’s t-shirt)
- IRONKIDS T-shirt
- 2 x Wristband (1 for child and 1 for guardian collecting them from the Exit Pens)
- Safety pins
- Running shoes, suitable for running on paved surfaces in Bolton Town Centre

It is highly recommended that you take:

- Wet weather clothing
- Hat
- Sun screen
- Post event warm clothing
- Extra water

START TIMES

*Start times will be confirmed closer to race day.* Older children’s start times are scheduled first – youngest children starting last.

*Check your confirmation email to see your child’s specific start time.* You should have received the athlete’s individual start time by email (it is also noted on their race BIB).

Please remember that **this is the time the athlete will start their race**. Bolton Town Centre will be extremely busy on IRONKIDS Race Day. You should make sure to leave with plenty of time travel, park and be ready at the start pens 10 minutes early. **It will not be possible to race in any later wave than the one your child has been allocated.**
PARENT ASSISTANCE

Nursery 1, Nursery 2, Reception and Year 1 (the 500m distance) children MUST be accompanied by a parent or guardian to run in the event. One parent or guardian per child (you cannot accompany multiple children in a single race under any circumstances). The parent/ guardian MUST be age 18+

Please note, Nursery 1, Nursery 2, Reception and Year 1 (the 500m distance) are the ONLY age groups permitted to run with a parent/ guardian. For older year groups, parents will not be allowed to run with their child including running outside of the course along the barrier line.

Our staff and volunteers are not able to supervise any children whilst their guardians participate in the 500m race. You will need to make alternative arrangements.

EXIT PENS AND CHILD COLLECTION

When they have crossed the finish line, the athlete will receive their medal and a bottle of water. Athletes will be separated into girl/ boy and directed into the appropriate girl/ boy Exit Pen. The athlete will then wait within the secure Exit Pens, behind the finish area, until a parent/ guardian comes to collect them.

- The parent/ guardian must be present at the Exit Pens with a matching wristband to collect the child. Please be wearing the matching wristband and have this ready for inspection when you arrive at the Exit Pens
- The parent/ guardian MUST be aged 18 or over
- Please make sure to queue at the correct boy/ girl Exit Pen gate for the child you are collecting
- Please be patient and don’t push or shout as you are waiting to be reunited with your child, because this makes it more difficult for our Exit Pen staff to hear and locate the race numbers that they are looking for
- Please be respectful of IRONKIDS staff, volunteers and the other parents/ guardians around you

The Exit Pens and wristband system enable us to safely and securely reunite the correct child with the correct parent/ guardian. The process does take some time but is essential for the children’s welfare. We thank you for your patience and understanding in the interest of all children participating in the event.

MEDICAL & FIRST AID

Please ensure to write the medical details and emergency contact info for the child on the back of their race number. This is the first place the medical team will check should they require medical attention. The First Aid Point, should you need it, is located at the Finish Line.

STAFF AND VOLUNTEERS

Our IRONKIDS staff and volunteers are there to ensure your child has a safe and enjoyable race experience. Please respect our staff and volunteers, be patient and understanding that any request they are making of you is in the interest of all the
IRONKIDS involved. Please especially take this into consideration when waiting to use a Crossing Point or when collecting
your child at the Exit Pens.

MORE INFORMATION
For further information please visit www.ironman.com/uk/ironkids email uk@ironman.com or call +44 (0) 1235 433560

THANK YOU FOR TAKING THE TIME TO READ THIS INFORMATION AND THANK YOU TO BOLTON COUNCIL FOR THEIR
SUPPORT OF THE EVENT. WE LOOK FORWARD TO SEEING YOU ON RACE DAY!