

Hey everybody! Thanks for signing up for the Poca Go! 2022 Kids Race!

This message contains a lot of info- so please read it in it's entirety. The race is tomorrow (Saturday, June 18<sup>th</sup>) with check-in starting at 9:30am and the first race beginning at 10:00. I'm attaching a start list with approximate\* start times (all times subject to change depending on how long each race takes and if there are additional sign-ups etc).

### **Check-in and Parking**

Please plan to arrive at least 30 minutes before your designated start time. Proceed to the check-in table to pick up your bib number and race sticker. Check-in will be at the far end of the Courthouse parking lot (look for the Pello tent). To get to this parking lot use GPS address: 7298 Courthouse Rd Chesterfield, VA 23832. Please note: parking in this lot is limited. It is best if you can carpool or, for older racers, please consider parking at the pool parking lot within the main park (off State Park Rd) and ride the 1.5 miles up to the Swift Creek trails.

### **What to Bring**

Be sure to bring: helmet, water/hydration, snack, sunscreen, bugspray

### **Rules**

Every racer must be accompanied by an adult. Helmets are required. For the younger racers (4 and under); an adult may stay on course with the child- as long as they stay back and to the side- as to not interfere with any other racers. Racers should always be given the right of way. Please inform your child of trail etiquette: ride to the right side of the trail. Pass on the left. Announce yourself if you'd like to pass (shout: Passing on your left!). Be a good sport! Each heat/race will have a maximum of 6-7 racers as to minimize trail congestion and passing, etc.

### **Course Descriptions**

All races will begin on the fireroad near the Courthouse parking lot.

2-year-old balance bike: A flat, out-and-back on the fireroad. Begin near the parking lot. Turn-around will be near the Gateway trail entrances. Total distance: approximately 0.25 miles

3-year-old balance bike/4-5-year-old pedal bikes: A mix of fireroad and beginner trail. Begin near the parking lot. Proceed down the fireroad and enter the trail at Gateway 1 (veer left). Ride a full loop of Gateway 1, turning a right at the exit to proceed back onto the fireroad. Finish near Courthouse parking lot. Total distance: approximately 0.75 miles.

6-10-year-old pedal bikes: A mix of fireroad and beginner trail. Begin near the parking lot. Proceed down the fireroad and enter the trail at Gateway 1 (veer left). Ride a full loop of Gateway 1 and then proceed across the fireroad to enter Gateway 2. Ride a full loop of Gateway 2 and at the exit, veer right to proceed back onto the fireroad heading to the finish line/parking lot. Total distance: approximately 1.25 miles.

### **Categories and Heats**

Each race/heat will have a maximum of 6-7 racers. All racers in each heat will begin at the same time. There will be a small gap between each heat. Finish place is determined by order of finish.

## **Schedule of Events**

9:30 Check-in begins

10:00 Race #1: Age 2 balance bike

10:15 Race #2: Age 3 balance bike

10:45 Balance Bike Awards

11:00 Race #3: Age 4 pedal bike

11:20 Race #4: Age 5 pedal bike

11:45 Age 4-5 Awards

12:15 Race #5: Age 6 pedal bike

12:45 Race #6: Age 7 pedal bike

1:15 Age 6-7 Awards

1:30 Race #7: Age 8 pedal bike

1:45 Race #8: Age 9 pedal bike

2:00 Race #9: Age 10 pedal bike

2:30 Age 8-10 Awards

## **Demo Bikes**

Pello Bikes, a locally owned and operated bike company that focuses on making high-quality kids mountain bikes, will be at the race! They will offer demo bikes to anybody that would like to try them.

## **Call for Volunteers**

We could really use a few more helpers! If you are able, please consider signing up to help us- even if just for an hour or two. I mostly need a few bodies along the course to guide racers and to ensure that nobody gets lost or assist if a racer falls, etc. I could also use some help at the starting and finish line to keep things in order. Thank you in advance to anybody willing to help out a bit!

## **Contact**

Still have questions or concerns?? Shoot me an email tonight at: [pocagokids@gmail.com](mailto:pocagokids@gmail.com)

If you have a pressing issue or question on race day: I will NOT be checking email- please send a text to: 804-908-0257.

## **After the Race**

Consider heading into the main park to check out the Poca Go! Awards and After-Party (for the main race). This will be held near the Nature Center and Amphitheater.