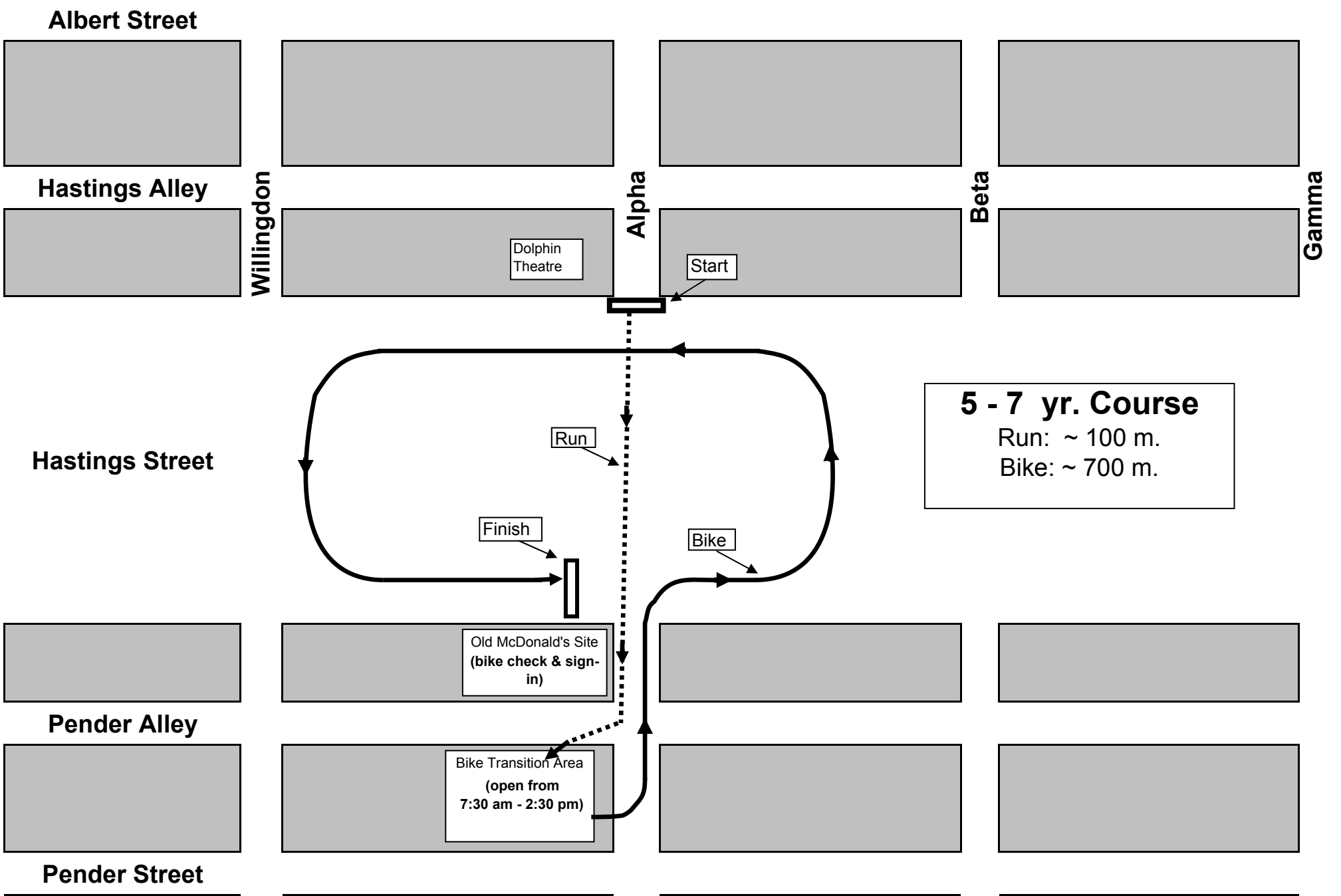


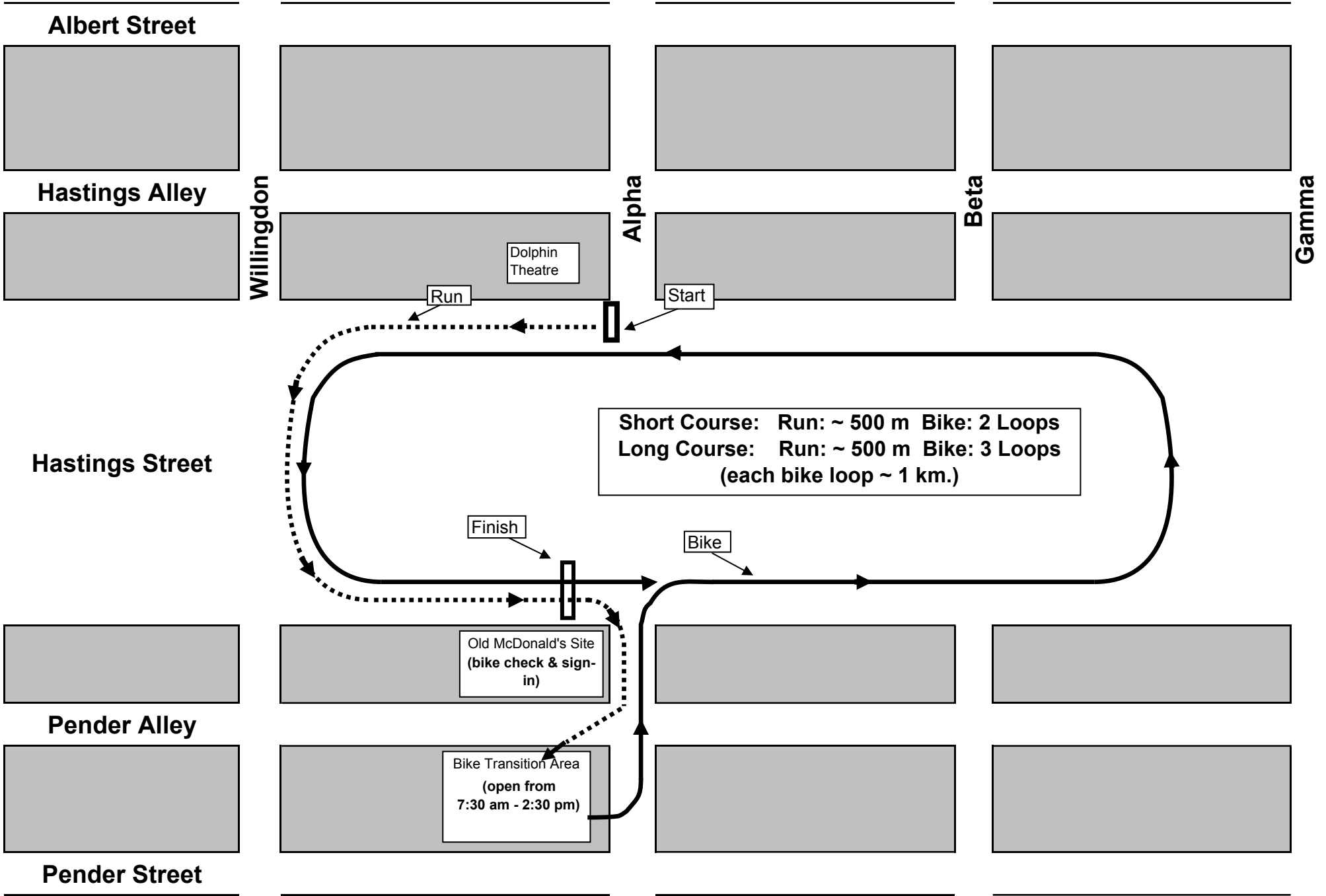
IL GIROLINO 2009

5 - 7 Year Course



IL GIROLINO 2009

Short & Long Courses



IL GIROLINO di BURNABY "DASH AND SPLASH" CHECKLIST

Below is list of tips and Il Girolino di Burnaby race course rules. Good luck!!

- Bring a water-bottle (with water or diluted sports drink, it might be a hot day!)
- All participants must wear a proper fitting bike helmet on the bike course and running shoes for the run (no sandals, please).
- You will be most comfortable racing in a t-shirt and shorts or track suit - no jeans allowed.
- Make sure to wear sunscreen if it is sunny and bring a hat
- If it is raining on event day, bring a change of dry, WARM clothes for after your race. You don't want to get cold!

Rules and Reminders

- All bikes must have a "Sharpey's" sticker of approval clearly visible on the top tube of the bike before your bike will be allowed to head onto the course (please see "bike check" tab at top of website for more information)
- RESPECT is #1. Cheer on EVERYone, regardless of their placing.
- At Il Girolino "every finisher is a winner"
- Safety before speed. Be aware and race with CARE.
- If someone needs help, stop and assist them or call a volunteer to help.
- After you cross the finish line, take your bike back to the transition area so we can keep the finish area clear for other finishing participants.
- Support and cheer all participants you see crossing the line.



On Event Day – When and Where Do I Drop Off My Bike?

- The bike transition area will be open for you to drop off your bike from 7:30 – 11:30 am (corner of Alpha and Hastings Street – south side). In this transition area you will see rows of numbered bike racks.
- You will first bring your bike and check in at the "check in" table. Here, you will be given your race numbers (one to pin on the front of you and one to put on your bike – we will provide you with pins and tie wraps)
- On your way to the transition area you will go past our "bike check" area where our Sharpey's Cycle Team will check to make sure your bike is race ready and put their "Sharpey's Sticker of Approval" on your bike where it is clearly visible. (If you need help to get your bike ready for Il Girolino, please see our "bike check" tab at the top of the website for maintenance tips and information on how Sharpey's Cycles can help you).
- Once into the transition area, you will place your bike in the numbered rack that matches your race number. This will make your bike easy to find when you come into the transition area after your run.
- Before you walk away from your bike, make sure your bike is in an easy gear so that is easy to jump on to and go.
- Don't worry about leaving your bike in the bike compound. It is safe and our security team will take good care of it for you!!

Before Your Race is Called

- Line up for your race at the start line 15 min. before your heat time for a pre-race talk. There will be reminders about the race and the course.
- After the race.....put on warm clothes, drink water, and eat some healthy food... .. **CHEER EVERYONE TO THE LINE!**

