

APPIA presents
DEVELOPMENT

GIROLINO

Sunday, June 23, 2024 | 7:30 am-1 pm
Confederation Park

The spirit of the Giro di Burnaby is alive with the return of the [Girolino](#) for kids, presented by Appia Development. Burnaby brings a pedal and dash event open to all kids ages 5-11 to Confederation Park on Sunday, June 23 from 7:30 am-1 pm. Helmets are mandatory and bikes must be in good working order. Advance registration is required (starts May 6) and costs \$5.

These 3 age categories will be open for registration:

| | |
|----------------------------|---------------------------------|
| 5-6 year-old mini course | 400 metre bike / 200 metre run |
| 7-8 year-old medium course | 1200 metre bike / 500 metre run |
| 9-11 year-old long course | 1600 metre bike / 500 metre run |

To register your kids, visit [Burnaby.ca/Girolino](https://burnaby.ca/Girolino) and ensure you complete and scan the following forms:

- informed consent form
- photo release form

Email the forms to girolino@burnaby.ca, or drop them off at Eileen Dailly Leisure Pool & Fitness Centre (240 Willingdon Ave) no later than **June 20**.

Girolino ride and run checklist:

Below is a list of tips and course rules to help ensure you and your kids have a fun, safe event.

- All bikes must be in good working order and the right size for safety. Please also ensure the following:
 - handlebars are tight
 - seat is adjusted to the proper height
 - tires are pumped up
 - brakes work quickly and effectively and can be reached comfortably
- Participants must wear a proper fitting bike helmet on the bike course. Please note:
 - Cycling helmets are only designed for one hard crash, even if they don't look damaged.
 - Always replace helmets after a crash or if a helmet has been thrown or dropped repeatedly on a hard surface.
- Please wear running shoes for the run (no sandals or flip flops).
- Please bring a water bottle (with water or diluted sports drink).
- Check the weather forecast and bring weather-appropriate clothing. If event day is cooler than normal, we recommend you bring something warm to put on after the race so you don't get cold while enjoying the Family Fun Zone!

When and where to drop off your bike on event day

- Between 7:30 and 8:30 am, bring your bike to the bike drop-off and registration zone at the north end of the Confederation Park Gravel Field at the Lawn Bowling parking lot on Penzance Drive. Please see the site map on the next page.
- When you arrive onsite, stop at the event check-in table for your age category to get your race, bike and helmet number. We'll give you pins and straps for the numbers. All 3 numbers will match so we can keep track of everything and get your belongings back to you.
- Once registered, head to the transition area where a volunteer will place your bike in a rack assigned to you. The rack will be clearly marked so your bike will be easy to find.
- Before you walk away from your bike, volunteers will help make sure it's in an easy gear so you can get on and go!
- Don't worry about leaving your bike. It's safe and our volunteer team will take good care of it for you before and after the race until you come and get it to take home.

Before your race is called

- Listen for announcements telling you when to get your bike and line up for your race. A volunteer will help get your bike for you. Plan to be ready to go and in the designated area (we'll show you on race morning) 15 minutes in advance of the start of your race, so you can hear your pre-race talk.
- Put on your helmet and secure the chin strap before you proceed to the start line.
- Wait for the official to start the race.

During the race

- RESPECT is number one—cycle on the right and pass on the left.
- Safety before speed—be aware and race with CARE.
- Complete the number of laps for the course length you signed up for and have fun!
- Watch for the volunteers to guide you to the transition area when you've completed your laps. Get off your bike at the Walk Zone and follow the direction of volunteers who'll put your bike into the transition area. Then follow the marked pathway out to the run course.
- Run on the course, keeping the cones to your left on the way out and back.
- Cross the finish line with a huge smile on your face, arms in the air!
- Meet up with your parent(s) at the Meet-up Zone located south of the finish line.
- Head over to our swag table to pick-up your event gift and to receive your participation medal.
- Snap a photo on our Champions Podium!
- Take a breather, have a drink of water then proceed to center field for Family Fun Zone activities where you can also enjoy a hot dog made just for you by Burnaby Firefighters Charitable Society. Food vouchers for participants will be included in your swag bag. Additional food items are available for purchase.

Race rules and reminders

- ALL athletes, parents, spectators and volunteers are expected to demonstrate respect and sportsmanship.
- The bike transition area is for volunteers only. Parents can support anywhere within the cheering zone but are asked to let the volunteer team take care of the bikes in the transition area. Our Girolino volunteers are

onsite to support all participants with their race needs and to assist each participant before and during the event.

- Parent(s) will reunite with their child at the Meet-up Zone at the end of the run course. Please be at the finish to welcome and cheer your child in.
- In Girolino FINISHING is WINNING! Respect, challenge, inclusion, community and fun are our key objectives so please help us make every child’s Girolino experience a memorable one.

Thank you for being a part of the Girolino 2024, presented by Appia Development.

Thank you to our partners:

Appia Development

Burnaby Firefighters Charitable Society

Questions?

For more information on race day logistics, please email girolino@burnaby.ca or visit Burnaby.ca/Girolino.

Site map

