



APPIA presents
DEVELOPMENT
GIROLINO

Saturday, August 27
Confederation Park Track

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 aged 5-12 to the Confederation Park track. Helmets are mandatory and bikes must be in good working order to participate. Registration costs \$5.

There are 3 events open to registration:

5-7 year old mini course	400 meter bike / 200 meter run
8-12 year old medium course	1200 meter bike / 500 meter run
8-12 year old long course	1600 meter bike / 500 meter run

To register your kids, please visit [Burnaby.ca/Girolino](https://burnaby.ca/Girolino) and ensure that you complete and scan the following forms to girolino2022@burnaby.ca or drop-off at Eileen Dailly Pool (240 Willingdon Ave) in advance of event day:

- Participation waiver
- Photo release form

GIROLINO RIDE & RUN CHECKLIST

Below is a list of tips and Girolino course rules that will guarantee you a fun, safe event.

- All bikes must be in good working order and the right size for your safety.
 - Ensure handlebars are tight;
 - Ensure seat is adjusted to the proper height;
 - Make sure your tires are pumped up; and,
 - Make sure your brakes work quickly and effectively and that you can reach the brakes comfortably.
- All participants must wear a proper fitting bike helmet on the bike course.
 - Cycling helmets are only designed for one hard crash, even if they do not 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).
- You will be most comfortable racing in a T-shirt and shorts rather than jeans.
- Please bring a water-bottle (with water or diluted sports drink).
- Bring weather-appropriate clothing for cold, wet, or hot and sunny weather.
- If event day is not hot and sunny, bring something warm to put on after your race so you don't get cold while enjoying the Family Fun Zone!

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

- Between 7:30-8:30 am, bring your bike to the Bike Drop Off and Registration Zone at the south end of the Confederation Park Track (located north of the McGill Library, 4595 Albert Street, Burnaby). Please see attached map.
- When you arrive on site, stop at one of the registration tables that will be clearly identified at the south end of the Confederation Park track and get your race number, your bike number and your helmet number. We will give you pins for the number for your shirt, and stickers for your bike and helmet. All three numbers will match so that we can keep track of everything for you and get your belongings back to you just in case they get misplaced.
- Head to the transition area, where a volunteer will take your bike and place it in a rack in the transition area.
- Before heading onto the race course, we will make sure that your bike is in an easy gear so that you can just get on and go.
- Don't worry about leaving your bike in the bike compound. It is safe and our volunteer team will take good care of it for you before the race and after the race until you come and get it to take it home!

Before Your Race is Called

- Listen for announcements that will tell you when to get your bike from the transition area and line up for your race. Volunteers will bring your bike to you from the transition area. Plan to be ready to go and in the designated area (that we will show you and your parents on race morning) 15 minutes in advance of your race starting 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 #1. 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 have completed your laps. Get off your bike at the "Walk Zone" and follow the direction of volunteers who will 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," south of the finish line. Take a breather, have a drink of water then proceed to center field to partake in "Family Fun Zone" activities and enjoy a hot dog made just for you by the Burnaby Firefighters.
- Stay on site until medals are presented to all participants at the stage, starting at 10 am.

Race Rules and Reminders

- ALL athletes, parents, spectators, and volunteers are expected to demonstrate respect and sportsmanship behaviour.
- 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 Giro Hero volunteers are on site 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.
- The Girolino's focus is on FINISHING as WINNING! Respect, challenge, inclusion, community and fun are our key objectives so please help us make every athlete's Girolino experience a memorable one.

Thank you for being a part of the Girolino 2022, presented by Appia Development and to the Burnaby Firefighters for sponsoring the BBQ. We look forward to bringing back Giro next year. Keep an eye on Burnaby.ca for the latest updates.

Please note that special permission was granted for use of bikes on the Confederation Park track for the Girolino.

Questions?

For more information on race day logistics, please email Rainy Kent at girolino2022@burnaby.ca or visit Burnaby.ca/Girolino.

Site Map



Confederation Park track and field will be closed on **August 27 from 6 am-2 pm** for this special event.

There will be limited underground parking at McGill Library.