



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 5<sup>th</sup> Annual Kerr YMCA KidsTri

## Information Sheet

### TRAIN AND RACE

#### Kids Triathlon Training

- Training cap is 12 participants per age group

**Begins:** Tuesday, June 21<sup>st</sup>

**Ends:** Tuesday, July 13<sup>th</sup>

Training program includes 13 training sessions between June 21<sup>st</sup> and July 13<sup>th</sup>.

See schedule for specific days and times.

#### Training registration dates:

Monday, May 23<sup>rd</sup> – Saturday, June 18<sup>th</sup>

**Training/Race Cost:** \$60 Members  
\$75 Non-Members  
(Triathlon race fee included)

### RACE ONLY

**When:** July 17<sup>th</sup>, 2011

**Where:** Kerr Family YMCA

**\*\*Race start time 7am \*\***

#### REGISTRATION:

**Begins:** May 23<sup>rd</sup>, 2011

**Closes:** July 9<sup>th</sup>, 2011

**Race Only:** \$35 Members  
\$45 Non-Members

#### **Awards presented to Top 3**

- Overall finishers (male and female)
- Age Groups (male and female)

Age	Swim	Bike	Run
6-7	50 yds	2 miles	.5 mile
8-9	100 yds	3 miles	1 mile
10-11	100 yds	3 miles	1 mile
12-14	150 yds	5 mile	1.5 mile

**\*\*Race will be timed by timing chips\*\***

For more information contact Brooke Lynch at [brooke.lynch@ycmatriangle.org](mailto:brooke.lynch@ycmatriangle.org) or Janice Hirsch at [janice@cyberhirsch.com](mailto:janice@cyberhirsch.com).

**Does your child love the sport?** Make it a series and sign up for the Finley Frenzy Youth Triathlon on August 21<sup>st</sup>. Visit [www.ymcatriangle.org/A.E.\\_Finley\\_YMCA](http://www.ymcatriangle.org/A.E._Finley_YMCA) for more information.