



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HAVE FUN AND STAY HEALTHY

Mini Tri and Kids Tri Sunday, August 7

Mini Tri • 8:30 a.m.

Join us for this super fun challenge!

AGES 12 AND UP

- SWIM** 200 yards in our lap pool
- BIKE** 10 miles on our group cycling bikes
- RUN** 2 miles on closed course around Y and Ira Jones Middle School

Registration Deadline: Thursday, August 4

Participants registered by Monday, July 25 will be guaranteed a t-shirt. Space is limited. First wave begins at 8:30 a.m. Registration gets underway at 7 a.m.

Kids Tri • Starts after Mini Tri

Your young athletes will:

AGES 6-7

- SWIM** 25 yards in the lap pool
- BIKE** 1 mile on a closed course
- RUN/WALK** 1/2 mile on a closed course

AGES 8-11

- SWIM** 75 yards in the lap pool
- BIKE** 2 miles on a closed course
- RUN** 1 mile on a closed course

All participants must be supervised by someone over the age of 18 that is not participating in the Mini Tri. Participants are required to bring their own bicycle and helmet. The bike and run are held on a closed course around Ira Jones Middle School. Road bikes larger than 23" are not allowed on the course. Participants with bikes not allowed on the course may use the cycling bikes. The event will begin shortly after the Mini Tri is underway (approximately 8:30 a.m.).

Pre-registration required.

- Full Member:** \$25
- Program/AWAY Member:** \$30
- Non-Member:** \$35
- Teams of 5 or more** \$25/person



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