



# Annual Kids Firecracker Triathlon

distances vary by age



## Age Groups

6-7	as of	12/31/23
8-9	as of	12/31/23
10-11	as of	12/31/23
12-13	as of	12/31/23
14-15	as of	12/31/23

Registration Fee - \$30 plus  
\$10 - One Day USAT membership

Must sign up in advance at  
[www.trisignup.com](http://www.trisignup.com)

Registration ends July 3, 2023



[www.trisignup.com/FirecrackerKidsTri](http://www.trisignup.com/FirecrackerKidsTri)

The legacy of the late Gerry Boyle will continue to have a place in the city of Cambridge. He organized the Ironman Eagleman 70.3, and later was instrumental in bringing Ironman Maryland to Cambridge in 2014. Competitors from more than 50 countries compete at the Cambridge event — one of only 12 full Ironman triathlons in the United States.



## Cambridge Multi-Sport (CMS)

CMS is located in Cambridge, MD on Maryland's Eastern Shore. Members span a wide range of interests centered on swimming, biking and running, including triathlons. All abilities are encouraged to join in the fun! CMS is represented by a diverse group of individuals from beginners to seasoned triathletes and everything in between.

[Join Us!](#)



Must sign up in advance  
by July 3<sup>rd</sup> at  
[www.trisignup.com](http://www.trisignup.com)

Where: Robbins Family YMCA  
201 Talbot Avenue  
Cambridge, MD

When: Tuesday, July 4<sup>th</sup>, 2023  
6:30am Transition Opens  
8:00am Pool Swim Start

Racers to Run/Finish by 11:00am

# GO TIME!

[www.trisignup.com/FirecrackerKidsTri](http://www.trisignup.com/FirecrackerKidsTri)



## Pool Swim Distances

25 yards = 1 pool length

50 yards = 2 pool lengths

100 yards = 4 pool lengths

150 yards = 6 pool lengths

200 yards = 8 pool lengths

## What You Need:

### Clothing

- Bathing suit
- T-shirt(s)
- Shorts for bike/run
- Socks
- Hat

### Equipment

- Goggles
- Run Shoes
- Bike Shoes
- Water bottles

### Plus:

- Sunscreen
- Towel
- Flip Flops
- Change of clothes



Timing by  
TriCycle & Run

**6:30 am – Transition Opens (Rack your bike, helmet and shoes here)**

**7:45 am – Transition Closes (Exit transition with your swim gear)**

**7:50 am – Race Director Announcements and National Anthem**

**8:00 am – Staggered pool start of all age groups**

**10:00 am – Last finisher expected**

**10:30 am – Awards Ceremony**

**11:00 am – Sweep the course and cheer on final runners**



Age Group (as of 12/31)	Swim Distance	Bike Distance	Run Distance
6 - 7 year old	25 yard	.75 mile	.6 mile
8 - 9 year old	50 yard	.75 mile	.6 mile
10 - 11 year old	100 yard	2.0 mile	1.0 mile
12 - 13 year old	150 yard	2.0 mile	1.0 mile
14 - 15 year old	200 yard	2.0 mile	1.0 mile



# That triathlon isn't going to train for itself!

A good goal should scare you a little and excite you a lot.

Everything you need is already inside.

Winning doesn't always mean getting first place; it means getting the best out of yourself.

Don't limit your challenges, challenge your limits.

Athletes eat and train, they don't diet and exercise.

The miracle isn't that you finished. The miracle is that you had the courage to start.

Your body drives you to the line, but your mind makes you cross it.

When the going gets tough, the tough tri harder.

It's your race and yours alone. Others may run it with you, but no one can run it for you.

Nothing is over until you stop trying.

Be strong, you never know who you are inspiring.

There is no one giant step that does it. It's a lot of little steps.

Quitters don't tri. Triathletes don't quit.



**YES!  
YOU  
CAN!**