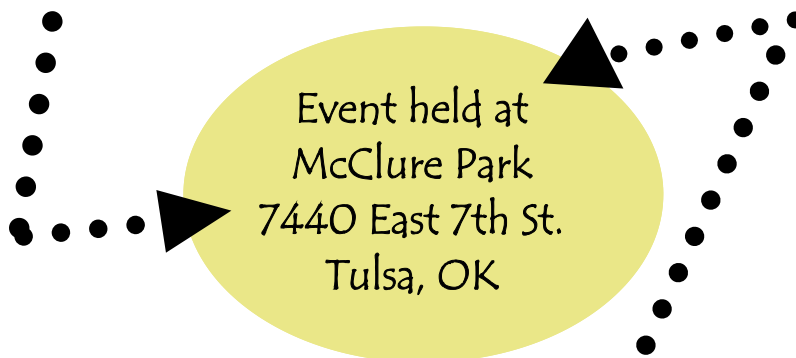




9th ANNUAL

KIDS TRIATHLON

Saturday
July 29, 2006
8:00 a.m.



WHAT IS IT? The Kids Triathlon is a continuous swim, bike, & run challenge event held at McClure Park. Each child will do all three events. Kick boards will be available for the swim portion. Children may wear a U.S. Coast Guard approved life jacket if needed. Jackets must be provided by the participant. The Long Course Race will begin at 8:00 a.m.; Short Course Race will begin immediately following the Long Course Race. After both races have concluded, medals will be awarded and there will be a drawing for prizes.

ELIGIBILITY: This event is open to boys & girls, ages 6-15.

ENTRY FEE: Early Bird registration is \$20/child due by 7/21. After 7/21 registration entry fee will be \$25 and will be accepted at the Friday night workshop at 6:30 p.m., and on the morning of the event beginning at 6:45 a.m. No entries will be accepted after 7:40 a.m. All entry fees are non-refundable. All participants will receive a t-shirt.

AWARDS: The emphasis of this Triathlon is participation. Medals will be awarded to all participants. Unofficial race times will be posted after the drawing. Official race times will be mailed to each participant and posted on our website at www.TulsaParks.org.

BICYCLES & HELMETS: HELMETS ARE REQUIRED!

All safe bikes are acceptable. Helmets must be approved by ANSI and must be strapped on before cyclists leave the transition area.

PACKET PICK-UP: Packets can be picked up at the Triathlon Workshop or the morning of the event.

IDENTIFICATION: All participants will be given an identification number to be worn in the bike and run events. Permanent markers will be used for the swim portion.

QUESTIONS? Call Sue Price, (918) 596-2527 or e-mail at sprice@cityoftulsa.org.



SWIM



BIKE



RUN

LONG Course - 150 meters
SHORT Course - 25 meters

LONG Course - 2 miles (NEW COURSE)
SHORT Course - ½ mile

LONG Course - 1 mile
SHORT Course - ¼ mile

Please, NO dogs at the triathlon

TRIATHLON WORKSHOP

All participants, especially first time participants, are encouraged to attend the Triathlon Workshop.

**Friday, July 28th, 6:30 pm at McClure Center
7440 East 7th Street**

- Meet the course Directors
- Review rules, regulations & safety procedures
- Receive course maps & walk-through course
- Pick up packet & triathlon t-shirt
- Participant registration (\$25/entry)

ROOM RESERVATIONS

Comfort Inn Airport, 6730 E. Archer—off I-244 near Sheridan Rd & E. Admiral Pl. PHONE 918/835-4444. Make your room reservations directly and ask for the special Kids Triathlon Group Rate: \$62.00/night for two double beds. Make your reservations by July 9.

Spend the weekend in Tulsa!

Kids Triathlon
Saturday, July 29, 2006

McClure Park—7440 East 7th St South
Triathlon Coordinator-
Sue Price, 596-2527

START TIME

Long Course Race—8:00 a.m.
Short Course Race—will start
immediately following the Long
Course Race

