



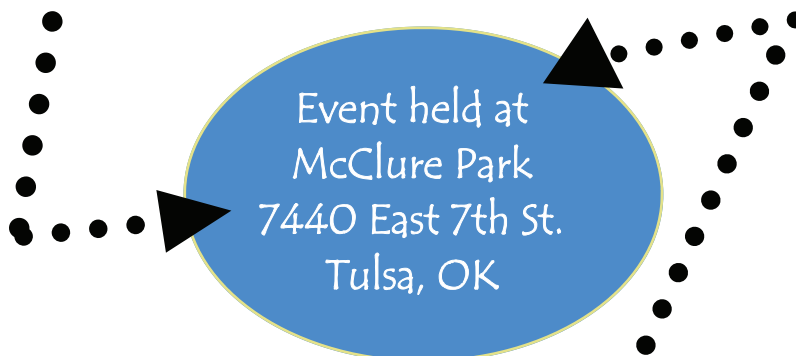
12th ANNUAL

# KIDS TRIATHLON

Saturday

July 25, 2009

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:** Registration forms are available online at [www.tulsaparks.org](http://www.tulsaparks.org). Early Bird registration is \$25/child due by 7/17. After 7/17 registration entry fee will be \$30 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; results posted on our website, [www.TulsaParks.org](http://www.TulsaParks.org), by Tuesday, July 27.

**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](mailto:sprice@cityoftulsa.org).



**SWIM**



**BIKE**



**RUN**

<p>LONG Course - 150 meters SHORT Course - 25 meters</p>	<p>LONG Course - 2 miles SHORT Course - ½ mile</p>	<p>LONG Course - 1 mile SHORT Course - ¼ mile</p>
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**TRIATHLON WORKSHOP**

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

Friday, July 24th, 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 (\$30/entry)

**Please, NO dogs at the triathlon**