



Kids 4 Kids

TRIATHLON and TRI Clinic

Train Smart TRI Clinic with **Alive with Mission Me!**

Who: All kids ages 7-14. Participants must have their own swimming, biking, and running gear, including a bicycle.

What: A clinic teaching the basics of triathlon. We will practice the swim, bike, run, and transitions on the Kids 4 Kids Triathlon course. *Alive with Mission Me!* coaches and local triathlon coach Nancy McElwain will lead the clinic. *Alive with Mission Me!*, a non-profit formed in 2004, is a comprehensive in-school and after school multisport program with the defined objectives of helping combat childhood obesity and putting fun back into physical activity.

Where: E.P. "Tom" Sawyer State Park, 3000 Freys Hill Road, Louisville, KY 40241

When: July 25 and 26 from 8:00 a.m. until 12:00 p.m. (noon)

Cost: \$60

For More Information: Call (502) 895-4441 or visit www.trainSMARTMULTISPORT.COM

To Register: Download a printable entry form at www.trainSMARTMULTISPORT.COM or go to www.active.com

This is a United States Triathlon Association (USAT) sanctioned event. \$5 USAT annual youth membership is required.

Kids 4 Kids TRIATHLON

Who: All kids ages 7-14. There will be two divisions, 7-10 and 11-14.

What: **7-10 year olds** will swim 100 yds/bike 5k (3.1 mi)/run 1k (.62 mi)
11-14 year olds swim 200 yds/bike 10k (6.2 mi)/run 2k (1.2 mi)

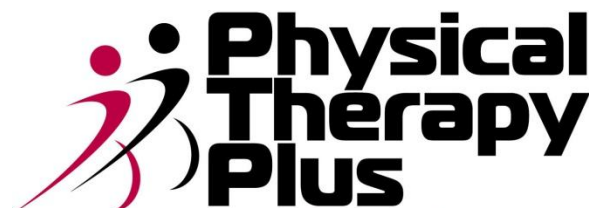
Where: E.P. "Tom" Sawyer State Park, 3000 Freys Hill Road, Louisville, KY 40241

When: August 2, 2009. 7-10 year olds start at 8:00 am. 7-14 year olds start 20 minutes after completion of the first race. Registration and packet pick-up begin at 7:00 am.

Cost: \$25 if received before July 26; \$35 after July 26 and on race day

For more information: Call (502) 834-9942 or visit www.headfirstperformance.com

To Register: Go to www.active.com



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