



Just TRI it!

a kids triathlon 2010

in partnership with






Saturday, June 12 • 8:30 a.m.

Solomon Calhoun Center • 1300 Duval Street • St. Augustine • Free Parking

Benefiting the Children's Museum of St. Johns

The mission of CMSJ is to provide interactive experiences for children and families that inspire creativity and a lifelong love of learning.

Bike helmets required • No training wheels • No racing bikes • Event distances are estimated • YMCA swim test required prior to race	AGE GROUP			
	Ages 5 — 6	swim 25 m	bike 1 mile	run ¼ mile
	Ages 7 — 8	swim 50 m	bike 1.5 miles	run ½ mile
	Ages 9 — 10	swim 75 m	bike 2 miles	run ¾ mile
	Ages 11 — 12	swim 100 m	bike 2.5 miles	run 1 mile

ELIGIBILITY: Children ages 5-12 (kindergarten through seventh grades); all athletes will race in the appropriate division based on their ages on September 1, 2009, not on race day.

REQUIREMENTS: All athletes must pass a YMCA swim test. A copy of each athlete's test completion must be provided to Race Administrators before the triathlon, preferably mailed with entry forms. Tests can be taken at the Solomon Calhoun Center pool (\$1 entry fee) or the Brooks, Williams Family, or St. Augustine YMCAs. Tests will also be administered during the May 23rd Training Clinic and on Race Day.

ENTRY FEE: \$20 early registration fee (\$10 each additional child), payable to the Children's Museum of St. Johns (CMSJ). After May 12, registration fee increases to \$30. Financial aid is available; please contact CMSJ for more information.

REGISTRATION: Pre-registration is strongly recommended, as space is limited. Reserve your spot online at www.explorecmsj.eventbrite.com then download registration form at www.explorecmsj.org and mail to: Children's Museum of St. Johns, P.O. Box 209, St. Augustine, FL 32085. Early registration deadline is May 12, 2010.

TRAINING CLINIC Sunday, May 23, 2:00 p.m. – 5:00 p.m.	RACE DAY SCHEDULE Saturday, June 12	
All athletes and parents are strongly encouraged to attend this training clinic, held at the Solomon Calhoun Center, to familiarize themselves with the race course. The required YMCA swim test will be offered during the clinic (\$1.00 per test). Information sessions will be held at 2 p.m., 3 p.m. and 4 p.m., followed by a walk-through of the course.	7:00 - 8:15 a.m.	Packet pick-up and athlete check-in
	7:30 a.m.	Athletes needing a swim test must be checked in and ready for test
	8:15 a.m.	Pre-race briefing
	8:30 a.m.	Ages 5 - 6 start
	8:45 a.m.	Ages 7 - 8 start
	9:00 a.m.	Ages 9 - 10 start
	9:15 a.m.	Ages 11 - 12 start
	10:00 a.m.	200-yd Fun Run for ages 4-5 and a 100-yd Tot Trot for ages 3 and under (suggested \$5 donation)

Each triathlon participant receives a medal and tee shirt!

QUESTIONS? Please contact CMSJ at (904) 797-7243 or email info@explorecmsj.org for more information about sponsorships. Race details can be found online at www.explorecmsj.org or www.facebook.com/ExploreCMSJ