

# KIDS TRIATHLON

**Ages 5-15 years old (as of Aug. 12th)**  
**Special Needs (grades K-12<sup>th</sup>)**



Cash/Ck/CC # _____
Rcpt# _____

## Entry Form

**Date of Race** – August 12<sup>th</sup>, 2017 **DEADLINE FOR REGISTRATION (to receive a shirt)** – August 9<sup>th</sup>, 2017  
**Time** – 9:00a.m. **Location** - Bixler Lake - East Beach

**Age Day of Race** \_\_\_\_\_

**\*\* Limited to 225 participants \*\***

**Registration fee is \$15. \$10.00 for each additional child from the same family.**

**Due by August 9<sup>th</sup>, 2017 (Registration is non-refundable)**

Please make checks payable to Kendallville Park and Recreation Department.

\* **MAILING ADDRESS:** Kendallville Park and Recreation Department  
 211 Iddings Street  
 Kendallville, IN 46755

\* **Must be postmarked by August 9<sup>th</sup>, 2017**

\_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_  
 PRINT Participant Name

\_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
 Street Address

(\_\_\_\_\_) \_\_\_\_\_  
 Phone Number \_\_\_\_\_ Email Address \_\_\_\_\_

\_\_\_\_\_  
 School

Age Group: 5-6 \_\_\_\_\_ 7-8 \_\_\_\_\_ 9-10 \_\_\_\_\_ 11-12 \_\_\_\_\_ 13-15 \_\_\_\_\_ Special Needs \_\_\_\_\_

T-Shirt Information: Small (6-8) \_\_\_\_\_ Medium (10-12) \_\_\_\_\_ Large (14-16) \_\_\_\_\_

Adult Size: Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_

In consideration of acceptance of this entry, I hereby waive any and all claims for myself and my heirs against sponsors of the 2017 Kendallville Park and Recreation Department Kids Triathlon, and each of their agents, volunteers, officers, and employees, for injury or illness which may directly or indirectly result from my child's participation, and I further agree to save and hold said parties harmless and agree to indemnify each of said persons against all liability for any loss, cost, injury, or damage to persons or property which may arise by virtue of the undersigned engaging in the Kendallville Park and Recreation Department Kids Triathlon. I further state that my child is in proper physical condition to participate in this event. Furthermore, I understand that the event officially ends 90 minutes after the start and if asked to stop the race, my child will comply as there will be no medical and safety coverage at this time.

\_\_\_\_\_  
**PRINT Parent/Guardian Name**

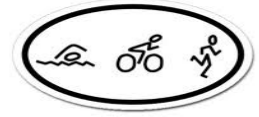
\_\_\_\_\_  
**Signature of Parent/Guardian**

\_\_\_\_\_  
**Date**

**QUESTIONS?** Contact the Kendallville Park and Recreation Department at (260) 347-1064 or email park@kendallville-in.org

# KIDS TRIATHLON

**Ages 5-15 years old (as of Aug. 12<sup>th</sup>, 2017)**  
**Special Needs children should be in K-12<sup>th</sup> grade.**



The Kendallville Park and Recreation Department is sponsoring the 5th Annual Kid's Triathlon to be held August 12<sup>th</sup>, 2017 at Bixler Lake East Beach. Participation in this event promises to provide a fun, healthy and social atmosphere in a safe environment. We hope to attract a diverse group of children, ages 5-15 (special needs children in Kindergarten-12<sup>th</sup> grade) with various interest, ability and experience levels. Our goal is for every child to finish the race as we encourage, support and enhance their belief in maintaining a healthy and active lifestyle.

Please read over the following information in order to familiarize yourself with the rules of this event.

## **General Information:**

### **Distances:**

Ages 5 & 6: 25yd swim, 0.5 mile bike, 0.5 mile run  
Ages 7 & 8: 25yd swim, 1 mile bike, 0.5 mile run  
Ages 9 & 10: 50yd swim, 2 mile bike, 0.5 mile run  
Ages 11 & 12: 100yd swim, 2 mile bike, 1 mile run  
Ages 13, 14 & 15: 100yd swim, 3 mile bike, 1 mile run  
Special Needs: 25yd swim, 0.5 mile bike, 0.25 mile run.

### **Timeline:**

Friday August 11<sup>th</sup>, 2017: Packet Pickup  
4:00P.M.-6:00P.M. Kendallville Park Department 211 Iddings Street Kendallville

Saturday August 12<sup>th</sup>, 2017: Race Day  
7:30A.M.-8:30A.M. Packet Pickup-Bixler Lake East Beach  
7:30A.M.-8:30A.M. Body Marking and Transition Area Set Up-Bixler Lake East Beach  
8:45A.M. Mandatory Pre-Race Meeting (this will be held on the east beach area)  
9:00A.M. Race Starts

There will be a mandatory pre-race meeting at 8:45A.M. The transition area will close at this time so that all participants are available to attend the pre-race meeting. Plan to arrive early enough to allow your child enough time to set up his/her transition area before the start of the pre-race meeting.

### **Parking:**

Parking will be at the Outdoor Recreation Complex, 524 S. Allen Chapel Road Kendallville. You must enter the complex off of Allen Chapel Road (CR1000E) as the road around Bixler Lake will be closed to vehicle traffic. This is to maintain a safe area for the participants.

### **Check-In/Registration:**

This will take place in the Pownall Pavilion near the east beach starting at 7:30A.M. You should come with a parent/guardian to check-in. You will be instructed to pin your race number on the front of your race shirt.

You will also be instructed to go to the Body Marking area. In this area your race number and age will be written on your body (arm and leg) with marker and will be used as an identifier during the race.

**Transition Area:**

Once you have completed Check-In, it is time to leave your equipment in the transition area. Suggested items to bring and leave in the transition area:

Bike (no motors allowed)

Helmet (required)

Towel

Running shoes

Socks

Racing shirt (with race number pinned on the front, this should be done during check in and prior to the start of the race).

Shorts (if desired)

Water Bottle (if desired...water will be available in the transition area at the beginning of the run and also at the finish line).

What to take with you to the start:

Swimsuit (should be wearing this)

Life jacket (if desired)

Goggles (if desired)

Swim cap (if desired)

Parents will be allowed in the transition area before and after the race in order to help their child set up. Once the race begins, parents will not be allowed in the transition area. Volunteers will be available to assist children who need help finding their spot, putting on their dry shoes, etc. Your bicycle, along with your clothing/gear must be placed in the transition area prior to the pre-race meeting.

No one will be allowed in the transition area to pick up his or her belongings until the last competitor is off of the bike and on the run course. Please be prepared for this as we will not make exceptions. This is important for the safety of all competitors, and it will also ensure all competitors are allowed a congestion free transition area.

**Swimming:**

All athletes will swim in the East Beach area and should be comfortable in the water. Life jackets will be allowed and must be provided by the individual.

Swim/Race will be done by age group, beginning with the 13, 14 & 15 year olds. Next will be 11 & 12 year olds, followed by 9 & 10, 7 & 8, 5 & 6 year olds and finishing up with special needs children. Once each group leaves the swim portion and has exited the water, the next wave will begin.

Parents are not allowed in the water with their child.

**Biking:**

Bikes must be self-propelled with two wheels unless training wheels are required, as they will be permitted. Motors are not allowed and will cause the racer to be disqualified.

Bike helmets must be worn and buckled during the bike portion of the event. Parents/guardians must assure that the helmet fit is proper for the athlete.

Closed toe shoes must be worn during the bike and run portions of the race. Shoes must be tied or fastened prior to mounting the bicycle and must remain laced until the racer dismounts their bike at the end of the ride.

Parents are not allowed to ride with the child.

**Run:**

Parents/guardians should assure that the child has footwear that is suitable for running the designated distance.

Parents will be permitted to run beside their child as long as they don't interfere with any of the participants.

The run will conclude with each participant running under a balloon arch near the east beach.

**Race Completion:**

There will be food, snacks and drinks available to participants at the conclusion of the race.

Awards will be given out to the top three participants in each age group. This will take place once the final participant has completed the course. We ask that all athletes stick around to receive their award and/or certificate.

We encourage family and friends to come and encourage the children as they compete in this event. Sportsmanship and kindness to others is paramount during the race.