

# KIDS TRIATHLON CLINIC/TRI REVIEW

Saturday

August 14, 2010

1:00-4:00pm

This is an introduction and training program for all kids ages 5-14 that are interested in participating in our:

**“We Can Do It Too”**

**Y Kids Triathlon**

(August 28, 2010)

***You will learn:***

- **What is a Triathlon?**
- **How to be safe when participating.**
- **Rules & Regulations.**
- **Transitions.**
- **Nutrition & Hydration.**
- **Cycling practice.**
- **Running practice.**
- **Swimming practice.**

***Registration Fee:***

***\$10.00 per person***  
***YMCA Members***

***\$12.00 per person***  
***YMCA Program Members***

***\$14.00 per person***  
***Non Members***

Carls Family YMCA \* 300 Family Dr. \* Milford,  
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