



'Kids Come & Try'



tadpoles

# Triathlon

After the success of the first kids triathlon in 2007/2008, the Frenchville Frogs along with the Affinity Swim are holding more races 2009.

The Kids Triathlon Club sponsored by the Affinity Swim is a part of the Frenchville Frogs Triathlon Club and is open to all kids aged 5-11yrs and over, who like to have fun, get fit and be healthy at the same time. The aim of the program is to encourage all kids to have fun and participate in triathlon and sport in general. The events are held in a fun and safe club environment at the Rydges Resort on the Capricorn Coast.

## Series Dates for 2009

- Race 1 >>> 18th October
- Race 2 >>> 8th November

### Race Categories are >>>

- 4 to 7 years
- 8 to 10 years
- 11 and over

- Location >>> Rydges Capricorn Resort at Yeppoon
- Time >>> 8.20 am Registration - 9.00 am Start, Certificates and Random Prizes at 9.45 am
- Cost >>> \$7.00



### Things to know about the Frenchville Frogs Triathlon Club >>>

- are there to help you have fun and learn about Triathlon
- will help you participate in a triathlon in a safe environment
- will help you to make great new friends


### So what is a triathlon? SWIM >>> BIKE >>> RUN

Triathlon is a sport that you can do very easily. You do not have to be super fit like an Olympic Athlete; you can just be yourself and do it at your own pace. Most kids swim in a pool or at the beach, ride their bikes with family or friends or run around for sport or play.



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Triathlon allows you to do all of these activities at the one time. You get to **swim**, **bike** and **run** all in one go, in a safe environment with all your friends.

**Swim Leg:** The triathlon for Kids will be conducted in the swimming pool at the Capricorn Rydges Resort and will be fully supervised.

**Please Note:** Kids who are not confident in swimming can do the run and bike only.

### Why is Triathlon good for you?

- allows you to develop lots of skills that you can use in other activities
- can help improve your swimming
- can help you learn to be a better bike rider
- can help you get fit running so you can play other sports you like such as soccer, netball, tennis etc.
- very good way to practice being healthy and active
- heaps of fun and is a great way to meet new friends
- you can do a triathlon as much or as little as you like either through events or at the club level

### Race Ready - Event Check List ►► what you need to take on the day

#### Before you start ►►

- apply sunscreen (slip, slop, slap)

#### For the swim ►►

- small towel for drying off
- goggles - optional
- swim cap - optional
- swimming costume worn underneath your clothes
- ear plugs if you need them

#### For the bike leg ►►

- bike in safe, ready to ride condition
- helmet
- something to identify your bike with
- water bottle
- t-shirt
- shoes and socks

#### For the run ►►

- Hat and sunglasses (optional)

### Please advise any medical conditions that we should know about at registration

*It is a requirement that you specify your child's medical condition on the entry form and advise the staff on registration*

#### CONTACT

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