



Healthy Kids Triathlon

May 4, 2019 12 pm

Canton Family YMCA

Mini: Youth ages 5 to 8 complete a 50 Yard Swim, a 1 Mile Bike, and a .5 Mile Run

Max: Youth ages 9 to 14 complete a 100 Yard Swim, a 4 Mile Bike, and a 1 Mile Run

This outdoor youth triathlon is geared towards novice athletes and will serve as a great introduction to triathlon for children and young adults. Swim will be held in the YMCA pool, followed by a bike on Canton city streets, and a run around the YMCA. All proceeds go to the STRONG KIDS 2018 Annual Campaign, providing financial assistance for youth to participate in activities at the YMCA.

Fees:

\$25 Until April 26

\$30 After April 26

To register:

Stop by the Y,
call 309-647-1616,
or visit

www.cantonfamilyymca.org

Take the challenge! First time triathletes welcome!

Thanks to last year's main sponsors:

Jo
Potter
Keen



Matt
Derry



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NAME(LAST) _____ (FIRST) _____ PHONE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

EMAIL _____ AGE _____ SEX _____ Y MEMBER? Y/N _____

PARTICIPATING IN: MINI (AGES 5-8) MAX (AGES 9-14) *SHIRTS GUARANTEED BEFORE APRIL 26 ONLY*

PERSON ASSISTING YOUTH: NAME _____ PHONE _____

SHIRT ORDER: YOUTH: S M L ADULT: S M L XL XXL

EMERGENCY CONTACT NAME: _____ PHONE: _____

WAIVER: I hereby waive all claims against the Canton Family YMCA, the City of Canton, sponsors, and any individuals associated with the event for any and all accidents or injuries incurred by me at this event. I attest that I am healthy and physically able to participate and that I am 18 years or older, or have a legal guardian's consent. I grant permission to use photos, video recordings, or records of myself by the Canton Family YMCA.

Signature _____ Guardian Signature _____ Date _____

Event details for the Healthy Kids Triathlon:

Mini Race Info:

The Mini begins at 12 pm. The swim will be two lengths of the YMCA's pool, followed by a bike ride on city streets around the YMCA, finishing with a down and back run on Ash Street. Volunteers will be on route, and traffic will be open on half of city streets. Swim belts will be allowed. Bike helmets are required. Parents are welcome to participate with their children, except during the swim.

Max Race Info:

The Max begins after the Mini is complete. The swim will be four lengths of the YMCA's pool, followed by a bike ride on Ash towards Canton Lake, finishing with a run around the city block outside the YMCA. Volunteers will be on route, and traffic will be open on half of city streets. Bike helmets are required. Parents are welcome to participate with their children, except during the swim portion.

Awards and Post-Race Refreshments:

This is not a chip-timed event. Top three male and female in each age division receive medals. Age Divisions: Mini---5-6, 7-8 Max---9-10, 11-12, 13-14. Awards will be given in the YMCA Main Gym immediately following the race. Post-race refreshments will be provided.

Registration:

Register online at www.cantonfamilyymca.org, call 647-1616, or pick up forms at the Canton Family YMCA and drop off or mail to 1325 E. Ash St., Canton, IL 61520. Early bird registration prices until April 22. Shirts guaranteed until April 26. No race day registrations.

Packet Pick-Up:

Packets will be available beginning at 7 am at the YMCA on Saturday, May 4.

Transition Area:

When they finish the swim, competitors will be able to use the pool and locker rooms to dry off and change into running and biking clothes if desired. The transition area will be outside the YMCA South entrance. It will be open at 9 am the day of the race. All bikes and equipment will need to be picked up immediately following the awards ceremony.

GIVE. JOIN. VOLUNTEER.

Volunteers Needed! Parents, grandparents, and friends are invited to help encourage kids during the event by hosting a street corner or helping at the transition area.

Or, would you consider making a gift to help a child? Donate to our Strong Kids Annual Campaign and give kids a chance to participate in Y Memberships or Programs throughout the year.

I would like to give ___ to sponsor a child for YMCA programs or memberships.

I would like to volunteer on the race route or transition area on May 4 at 11:45 am.

Name _____ Phone _____ Email _____