

## OUR MISSION:

Welcome to our 7th annual event!!  
We have organized the Lincoln Kids Triathlon as a way to encourage kids to develop healthy lifestyle choices, set personal goals, and be active.

This event is intended for kids of ALL ABILITY LEVELS, to encourage them to achieve beyond their expectations.

We hope you will join us on June 26th for a morning of challenging fun.  
You'll surprise yourself!

## OUR CHARITY:

### THE JIMMY FUND

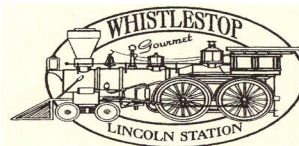
All proceeds from this year's event will be donated to a worthwhile charity whose mission dovetails with ours: to encourage kids to lead healthy, active lives and to challenge themselves. This year's charity is **The Jimmy Fund**, which supports the fight against cancer in children and adults at Boston's Dana-Farber Cancer Institute.

## OUR COMMITTEE:

Steve Botic  
Karen Cowles  
Leslie Hallowell  
Michael King

Stacey Mulroy  
Melanie Hoenig  
Deb Cieri  
Karen Smyers

## OUR SPONSORS:



Saturday  
June 26, 2010  
8:30 AM

Ballfield Road  
Lincoln, MA 01773

[www.kidstri.net](http://www.kidstri.net)

Splash Mash Dash



# \*\*\*Seventh Annual\*\*\*

## WHAT IS A TRIATHLON?

A triathlon consists of a Swim, Bike and a Run. Our Triathlon will consist of different distances for each section of the race, and those distances will vary from age group to age group. **THE RACE ORDER AND DETAILS ARE BELOW:**

**Ages 13 & 14:** They will swim 150 meters, bike 4 miles and run 1 mile.

**AGES 5 & 6:** We call this s Splash and Dash. Meaning, they don't need to worry about the biking portion of the race. They will swim 25 meters, then run 1/4 mile.

**AGES 11 & 12:** They will swim 75 meters, bike 2 miles, and run 3/4 of a mile.

**AGES 9 & 10:** They will swim 50 meters, bike 2 miles, and run 1/2 mile.

**AGES 7 & 8:** They will swim 25 meters, bike 1 mile, and run 1/2 mile.

We will be running each group with a staggered start to ensure proper timing of each triathlete and to keep the course from being too crowded!

We encourage fans to cheer the whole way! We have many triathletes and an Ironman Triathlon winner on our crew, so you're in good hands!

## THE TRIATHLON COURSE

Check out the course maps on our website @ [www.kidstri.net](http://www.kidstri.net)

### THE SPLASH (SWIM):

The Triathlon will begin at the Codman Pool. The swim portion will take place there.

### THE MASH (BIKE):

 (The 5 & 6 year olds skip this portion.)

The participants will then transition onto their bicycles. The 7 & 8 year olds will pedal 1 mile around Ballfield Road. The 9 & 10 and 11 & 12 year olds will bike out onto Lincoln Road, take a left and continue up to the 5-way stop intersection and back. The 13 & 14 year olds will bike the 9 - 12 year old route **twice**. All roads will be closed and lined with local police and parent volunteers.

### THE DASH (RUN):

Once back at the Codman pool transition, the participants will leave their bikes and follow their respective color-coded marked course across the public school campus and across Codman Field. This will also be lined with parent volunteers.

**All participants will receive a Finisher's Medal, T-shirt, race bib and can enjoy post-race snacks and music with family and friends!**

## Splash Mash Dash



## THE DETAILS

**Race Day: Saturday June 26th, 2010**

**Please arrive at the Codman Pool before 7:30**

Entry fee prior to race day: \$25 (\$75 max per family)

Entry fee on race day: \$35 (\$105 max per family)

### Register:

**[www.lincolntown.org/depts/rec.htm](http://www.lincolntown.org/depts/rec.htm)**

**or at Lincoln Rec. Dept.,**

**or at Packet pick-up - Codman Pool:**

Friday June 25. 12:30 - 7pm

**Events begin at 8:30 AM sharp!**

**Roadways will be closed!**

\*\*\*Participants must provide their own swim suit, bicycle and helmet & running shoes.

**Please visit our website at [www.kidstri.net](http://www.kidstri.net) for questions & entry forms.**