

OUR MISSION:

Welcome to our 19th 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 24th for a morning of challenging fun!

OUR COMMITTEE:

Steve Botic
Michael King
Ginger Reiner
Karen Smyers
Lincoln Parks & Rec Staff

OUR SPONSORS:



Saturday

June 24, 2023

8:30 AM

Ballfield Road

Lincoln, MA

Splash Mash Dash



★★★★ 19th 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 for each age group.

THE RACE ORDER AND DETAILS ARE BELOW:

- **AGES 13 & 14** will swim 150 meters, bike 4 miles and run 1 mile.
- **AGES 5 & 6** will be doing just a Splash and Dash. They will not need to worry about the bike portion of the race. They will swim 25 meters and run 1/4 of a mile.
- **AGES 11 & 12** will swim 75 meters, bike 2 miles and run 3/4 of a mile.
- **AGES 9 & 10** will swim 50 meters, bike 2 miles and run 1/2 of a mile.
- **AGES 7 & 8** will swim 25 meters, bike 1 mile and run 1/2 of a mile.

We will be running each group with a staggered start to ensure proper timing of each triathlete and to keep the course from becoming too crowded. We encourage fans to cheer the whole way!

We have many triathletes and an Ironman Triathlon winner on our crew, so you are in good hands!

THE TRIATHLON COURSE

THE SPLASH (SWIM): The Triathlon will begin at the Codman Pool. The swim portion will begin there.

THE MASH (BIKE): (The 5 & 6-year-olds skip this portion.) Athletes will transition to their bicycles. The 7 & 8 group will pedal 1 mile around Ballfield Road. The 9 & 10 and 11 & 12 groups will bike out onto Lincoln Road, take a left and continue up to the 5-way stop intersection and back. The 13 & 14 group will bike the 9-12 group 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, athletes will leave their bikes and follow their respective color-coded marked course behind the school campus and around Codman Field. The run course will be clearly marked. Note: the 5 & 6 group will hop out of the pool and run around Codman field.

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



DETAILS:

Date: Saturday, June 24, 2023

Time: Arrive at the Codman Pool before 7:30 am. Race begins at 8:30 am SHARP! Roadways will be closed!

Entry fees:

\$30 (\$90 max per family) through June 23, 2023

\$40 (\$120 max per family) June 24, 2023

Register: www.lincolnrec.com by midnight June 22, 2023, or at Lincoln Parks & Recreation or at packet pick-up at Lincoln Parks & Rec on Friday, June 23 from 12:30 pm - 6:00 pm

Participants must provide their own swimsuit, bicycle, helmet and running shoes.

Please visit our website at www.kidstri.net