



# Kids Triathlon!

You're invited to take part in Tuscaloosa's first Kids Triathlon. This event is a great way to promote healthy, active lifestyles for kids- while supporting a great cause, Secret Meals For Hungry Children<sup>SM</sup>. Secret Meals provides weekend food packs for Alabama's neediest children.

The Tuscaloosa Kids Triathlon will take place on **May 18, 2013** at 8:00a.m. at The **University of Alabama Recreation Center** in Tuscaloosa. Participant check-in begins at 6:30a.m. and an award ceremony will end the event at approximately 10:00a.m. Athletes **5-16 years of age** are eligible to participate. **We encourage children with ALL athletic abilities to participate.** Helmets are required and flotation devices and training wheels are allowed.

#### Registration Fee

March 1- April 15     \$25  
April 16- April 30     \$30  
May 1- May 15         \$35

**No race day registration**

#### Distances by Age Groups (based on age as of 12-31-13)

|       |              |               |               |
|-------|--------------|---------------|---------------|
| 5-7   | Swim: 25yds  | Bike: 1 mile  | Run: .25 mile |
| 8-10  | Swim: 50yds  | Bike: 2 miles | Run: .50 mile |
| 11-13 | Swim: 100yds | Bike: 3 miles | Run: 1 mile   |
| 14-16 | Swim: 150yds | Bike: 4 miles | Run: 1 mile   |

Not sure if a triathlon is right for you? This triathlon is sanctioned by USA Triathlon (USAT) ensuring that all standards for your child's safety are met.

A **USA Triathlon Membership required.** A one-day USAT event license fee of \$10.00 is required, unless you are already a USAT member. If Annual USAT member, please present your USAT card (or USAT receipt for a card pending) at packet pickup.

Each participant will receive a medallion, water bottle and event t-shirt.  
Awards will be presented to the top 3 males and top 3 females in each age group. For more information or to register online, visit [SecretMeals.org](http://SecretMeals.org) or email us at [Tuscaloosakidstriathlon@gmail.com](mailto:Tuscaloosakidstriathlon@gmail.com).



## 2013- Tuscaloosa Kids Triathlon Registration Form

**Please complete and mail to Attn: Kelley J. Jones, P.O. Box 862998, Tuscaloosa AL 35486**

This is a rain or shine event: No entry fees will be refunded for any reason.

Participant First Name \_\_\_\_\_ Street \_\_\_\_\_

Participant Last Name \_\_\_\_\_

Email Address \_\_\_\_\_ City \_\_\_\_\_

Phone Number \_\_\_\_\_ State \_\_\_\_\_

Participant Birthdate \_\_\_\_\_ Zip Code \_\_\_\_\_

Participant Gender \_\_\_\_\_ Participant T-Shirt Size (Choose One)

Male      Female      Youth S    Youth M    Youth L  
Adult S    Adult M    Adult L    Adult XL

USAT# \_\_\_\_\_ (write "pending" if you've applied for membership)

Registration + USAT one-day membership (if applicable) \$10 = Total Enclosed \_\_\_\_\_

*Please make checks payable to Tuscaloosa Kids Triathlon*