

## OUR MISSION:

Welcome to our 15th 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 16<sup>th</sup> for a morning of challenging fun. You'll surprise yourself!

## OUR CHARITY:

This year, any proceeds from the event will be used to buy sports equipment to be donated to a homeless shelter or to other kids in need.

## OUR COMMITTEE:

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

## OUR SPONSORS:



Something Special

Saturday

June 16, 2018

8:30 AM

Ballfield Road

Lincoln, MA 01773



# \*\*\*15<sup>TH</sup> 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 and participants will run multiple loops based on their age. (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:

**Race Day: Saturday, June 16, 2018**

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

Entry fee prior to race day:  
\$30 (\$90 max per family)

Entry fee on race day:  
\$40 (\$120 max per family)

### Register:

[www.lincolnrec.com](http://www.lincolnrec.com)

or at Lincoln Parks & Recreation  
or at Packet pick-up - Lincoln Parks & Rec  
Friday, June 15 from 12:30 pm - 7:00 pm

**Event begins at 8:30 am SHARP!**

**Roadways will be closed!**

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

Please visit our website at [www.kidstri.net](http://www.kidstri.net)