

# Healthy Kids Triathlon

**May 6, 2017**  
**11 am**  
**Canton Family**  
**YMCA**

**Kid and Family**  
**Friendly Intro to**  
**Triathlons!**

**To Register,**  
**call 647-1616 or**  
**visit us online at**



## All Youth Welcome!

This event is tailored to the novice triathlete, and will serve as a great introduction to triathlon for children and young adults. The race is divided by age groups for the Mini and the Max. Parents are welcome to participate alongside their children, except during the swim portion. All proceeds go to the STRONG KIDS 2017 Annual Campaign, providing financial assistance for youth to participate in Y programs and purchase Y memberships. Visit [www.cantonfamilyymca.org](http://www.cantonfamilyymca.org) or call 647-1616 to register or for more information.

## Sponsored By

**Swim**  
**Matt Derry**

**Bike**

**Little Ade's Bicycles**  
**of Pekin**

**Run**

**Chiropractic**

**Wellness**

**Connection**

## Mini

**Ages 5 to 8**  
**50 Yard Swim**  
**1 Mile Bike**  
**.5 Mile Run**

### Fees:

**\$20 Until April 27**  
**\$25 After April 27**

## Max

**Ages 9 to 14**  
**100 Yard Swim**  
**4 Mile Bike**  
**1 Mile Run**

### Fees:

**\$25 Until April 27**  
**\$30 After April 27**

Pre-register to receive a shirt! Shirts guaranteed with registration before April 27.

NAME(LAST) \_\_\_\_\_ (FIRST) \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL \_\_\_\_\_ D.O.B. \_\_\_\_\_ SEX \_\_\_\_\_ Y MEMBER? Y/N \_\_\_\_\_

PARTICIPATING IN: **MINI (AGES 5-8)** **MAX (AGES 9-14)** **\*SHIRTS GUARANTEED BEFORE APRIL 27 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 \_\_\_\_\_

# Swim. Bike. Run. Have Fun.

## Join Us for the Healthy Kids Triathlon!

### Mini Race Route:

The swim will be two lengths of the YMCA's pool, followed by a bike ride on Ash towards Canton Lake, finishing with a down and back run on the city streets outside the YMCA. Volunteers will be on route, and traffic will be open on half of city streets. Swim belts will be allowed.

### Max Race Route:

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.

### Awards and Post-Race Refreshments:

All participants receive a finisher ribbon. 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](http://www.cantonfamilyymca.org), call 647-1616, or drop off or mail forms to 1325 E. Ash St., Canton, IL 61520. Early bird registration prices until April 27. No race day registrations.

### Packet Pick-Up:

Packets will be available beginning at 7 am at the YMCA on Saturday, May 6.

### Transition Area:

When you finish the swim, you will be able to use the pool and locker rooms to dry off and change into running and biking clothes. 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.

**Healthy Kids Day Information:** After the race, please stay for free Healthy Kids Day festivities, including inflatables, open swim, open tumbling, summer activity information, STEM activities, healthy snacks, door prizes, and more! Healthy Kids Day is from 1-5 pm.

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## 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 6 at 11 am.

Name \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_