

Is the Best

SAFE COURSE

Nothing is more important than the safety of every participant. Any time you have 500 kids together there is bound to be a scraped knee or elbow, but we have gone to great lengths to make this as safe of a course as possible. It all starts with a pool swim – supervised by Red Cross Certified Lifeguards – then moves to bike and run courses that are closed to all outside traffic. There will be no cars anywhere near your kids while they are racing, and water stations, race volunteers and safety personnel will be positioned throughout the course.

PRE-RACE PEP RALLY

Whether this is your first triathlon or your twenty-first, it is always good to get to see the course before race day. Also, there will be some final paperwork to complete and your Race Goody Bag – full of great gifts from our sponsors and your t-shirt – will be waiting for you.

In addition, we are taking this opportunity to get everyone fired-up for Race Day by holding a Pep Rally on Saturday evening. You will get to meet the Celebrity Big Kids, and a few of them will take the time to share a little more about their lives. We expect these talks to be both informative and inspirational.

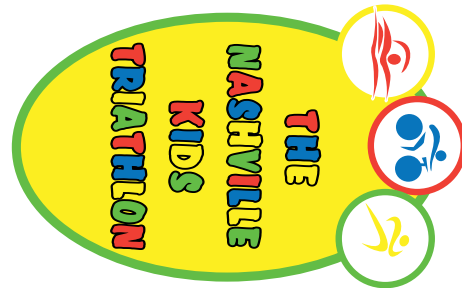
FREE ICE CREAM & COOL MEDALS

What better way to finish the race than with a cool medal around your neck and an ice cream cone in your hand? This is what being a kid is all about – especially a kid who just completed his or her first triathlon.

Of course, we will also have special trophies and prizes for the top 3 finishers in each age group, so make sure to stay after the Celebrity Big Kids Race for the awards ceremony.

NASHVILLEKIDSTRIATHLON.ORG

Sunday
June 5, 2011
CENTENNIAL PARK - NASHVILLE, TN



of Middle Tennessee
YMCA
YOUTH TRIATHLON SERIES

FIRST RACE IN THE 2011

KIDS TRIATHLON, INC.
8740 Hampshire Glen Drive South
Jacksonville, Florida 32256



presented by

BURPEE
SEEDS | PLANTS | SUPPLIES

Sunday
June 5, 2011
CENTENNIAL PARK - NASHVILLE, TN

GREAT FOR FIRST-TIMERS

The Best Kids Triathlon in the World!

LIMITED TO 500 RACERS

Please Visit
NASHVILLEKIDSTRIATHLON.ORG FOR ALL THE DETAILS

REASONS Why It

CELEBRITY BIG KIDS™

What is more cool than having some of the biggest celebrities in Tennessee cheer you on as you race? Then, you will have the chance to watch them race each other on the same course.

While the list of Celebrity Big Kids will not be finalized until late April – watch our website for the latest updates – we are putting together an all-star lineup. From police officers to Olympic champions, you will be inspired by a wide range of professionals who lead healthy, active lives.

Best of all, these Celebrity Big Kids will join us at the Pre-Race Pep Rally on Saturday, and you will have the chance to talk with them, take photos and get autographs.

GROUP FUNDRAISER

Our primary goal in putting together *The Best Kids Triathlon in the World* is to expose kids to the healthy lifestyle that comes from loving to swim, bike and run. At the same time, we want this event to help give back to the community. And, this can start with your team, youth group or school.

It all starts by registering your organization as a Nashville Kids Team. Then, simply have every member of your group indicate on their registration form that they are part of your team. As long as your group brings 10 or more kids to the race, it will receive \$10 for every participant. Bring 20 kids to the race, and you will raise \$200 for your group. It sure beats a bake sale, and there is no limit to the fun you can have – or the money you can raise – until the event sells out.

WHAT IS A KIDS TRIATHLON

Triathlon is one of the fastest-growing sports in the world, and kids triathlons are a vital part of this trend. There is no better way for a child to experience the benefits of a healthy lifestyle focused on hard work, daily exercise and good nutrition.

Organized through the non-profit organization Kids Triathlon, Inc., this event will attract 500 participants ages 5 to 15. Currently, it is the largest USAT sanctioned kids triathlon scheduled in Tennessee during 2011, and it will be 1 of the 10 largest held in the U.S. this year.

Race distances are set by the USATriathlon and are designed to be challenging, yet achievable, even for first-timers. The word triathlon can scare people into thinking it is something they could never do. Plain and simple, if your child can swim 4 laps in a pool and ride their bike for 20 minutes, they can successfully complete a kids triathlon. If they cannot do this now, there is still time to set some goals and to get them ready to race.

Every triathlon consists of 4 components – swimming, biking, running and transitions. At the Nashville Kids Triathlon, kids will only race against other kids in their same age group. We will utilize a time trial start in the Sportsplex pool meaning each racer will enter the pool one at a time. As they complete their swim, they will enter the transition area to begin the bike portion of the race. After finishing their ride, they will reenter transition, drop-off their bike and exit onto the run course. The run is the final portion of the race. Computerized timing chips are used to track each participant throughout the race.

While kids triathlons are still gaining in popularity, there are very few kids who complete just one. Once they have gained the sense of accomplishment that comes from finishing a race, they want to do it again. There is competition, but kids learn the value of sportsmanship and respect for each other. Strangers become friends, and everyone (parents and kids) leaves the course with a sense of pride and a big smile.

Please Visit

NASHVILLEKIDSTRIATHLON.ORG
FOR ALL THE RACE DETAILS

PRE-RACE PEP RALLY

SATURDAY, JUNE 4, 2011

It is your only chance to pick-up your Race Packet and to have your parents complete the last bit of paperwork. Also, you will have time to talk with our Sponsors and to meet the Celebrity Big Kids. There is no better time to get photos and autographs and to win great prizes.

Due to the number of participants, there is no race-day registration or packet pick-up.

As a special addition for 2011, we are proud to have Almon Gunter as a guest at the Pre-Race Pep Rally. He is a highly acclaimed motivational speaker, author and two-time US Olympic Trial Qualifier in track and field. At the height of his career, Almon was ranked the 13th fastest runner in the world and raced in 15 different countries. His passion for life is at the heart of everything he does. As our Keynote Speaker, he will inspire the kids to combine enthusiasm, hard work, heart and hustle to become MVP's in the game of life.

Here is the actual schedule of events for Saturday:

Packet Pick-Up	4:00pm to 7:00pm
Pre-Race Pep Rally	5:30pm to 6:30pm
Race Expo Open	4:00pm to 7:00pm

THE RACE DISTANCES

	JUNIORS (AGES 5-10)	SENIORS (AGES 11-15)
SWIM (IN THE SPORTSPLEX POOL)	100 METERS	200 METERS
BIKE (ON A CLOSED COURSE)	3 MILES	6 MILES
RUN (CROSS COUNTRY)	1/2 MILE	1 MILE

RACE DAY SCHEDULE

SUNDAY, JUNE 5, 2011

Plan to spend Sunday morning at the races, as it will be as much fun to cheer on your friends – and the Celebrity Big Kids – as it will be to complete your own race.

The day will start with a sunrise service at 6:00am and the transition area (where you store your stuff for the race) will open at 6:30am. Everyone must have their gear set-up and organized before the transition area closes at 7:30am. There will be a short, mandatory race briefing at 7:45am, and the first race will begin at 8:00am.

Here is the actual schedule of events for Sunday:

Sunrise Service	6:00am
Transition Area Open	6:30am to 7:30am
Mandatory Racer Meeting	7:45am
8 Year Old & Under Race Starts	8:00am
9 & 10 Year Old Race Starts	8:45am
11 & 12 Year Old Race Starts	9:30am
13 - 15 Year Old Race Starts	10:30am
Celebrity Big Kids Race Starts	11:30am
Awards Ceremony	12:00pm

In Proud Partnership with



IMPORTANT NOTES

- To register your team, organization or group for the Group Fundraising, please call Wes at 904.742.9770.
- Race registration is limited to 500 participants, and a sellout is expected. Please register as soon as possible.
- Registration fees are \$35 per child. This fee includes an annual youth membership in the USAT. There is an additional charge of \$3.15 for online registration.
- For more information about the race, contact Wes at 904.742.9770.

Registration is as EASY as...

- 1** Visit ImAthlete.com and complete your registration on-line. This site is secure and will require a credit card for payment along with your on-line race application. Please note there is a \$3.15 service fee for using ImAthlete.com
- 2** Visit www.NashvilleKidsTriathlon.org to learn more about the race. You can also download an Event Registration Form while visiting the site.
- 3** Call one of the friendly folks at Kids Triathlon, Inc. to get all of your questions answered and to request a registration packet. Our phone number is 904.742.9770.

Buddy Program

An important part of our commitment to hold *The Best Kids Triathlon in the World* is the fact that every kid who can complete the race (or wants to try) should be given the opportunity. In this spirit, we have put together a group of Buddies who are ready, willing and able to pay the registration fee of anyone who cannot afford it. No questions asked. Simply complete our "I Need a Buddy" form, return it with your registration form, and we will contact you to coordinate the rest of the registration process.