

Directions to Choate Rosemary Hall

FROM THE NORTH: I-91

Take exit 15. Turn right onto Rt. 68. Turn left at third stoplight onto North Farms Road, which becomes North Elm Street. Christian Street (5th stop sign) turn left for Athletic Center.

From the north and south: WILBUR CROSS PARKWAY (RT. 15)

Take exit 64. Turn right onto Quinnipiac St. Bear left at Wallace Park, cross over R.R. tracks. Go straight through light (Quinnipiac becomes Center St. at this intersection). Turn left at second light (at top of hill) onto North Main St. Turn right at first stop sign onto Christian Street.

FROM THE SOUTH: I-91

Take exit 14. Turn left onto Woodhouse Avenue, go through second light at Center St. (At this point, Woodhouse Avenue becomes East Main St.) At second stop sign turn left onto Christian Street.

From the west (Danbury or Waterbury, CT): I-84

Take I-691 exit 10 to I-91 south. See directions: **From the North: I-91** off Exit 15 to the Athletic Center.

North Haven Bike

Free Bike Safety Check

Get your bike and helmet checked for safety. Come down during business hours from 6/26-7/17 at North Haven Bike located at: 510 Washington Ave (Rt. 5) North Haven phone: 203-239-7789

Are You Ready For The Kid's Triathlon?

Training Plan for Kids Off Road Triathlon

Activity/ Number of minutes, S= swim, B= bike, R= run!

Week	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.	Sun.
1	S15	Rest	B15, R10	Rest	B15	Rest	S5, R5
2	S10, B5	Rest	R15	Rest	B20	Rest	S5, R5
3	S10, B10	Rest	B10, R5	Rest	B15	Rest	Rest
4	S5, B5	Rest	S5, B5, R5	Rest	R5	Rest	<u>RACE</u>

Always take your parent or guardian with you when you are practicing any of these activities.

Swimming-the first event

Practice swimming the distance for the Triathlon. Remember you will be swimming with other kids your age. You will be swimming in the pool. 7-10 yrs will swim 2 laps, 11-14 yrs will swim 4 laps. Lifeguards will be on hand to help you.

Transition comes next

Practice your swim-bike changeover - putting on your t-shirt and running shoes. Your Triathlon T-Shirt will be in your triathlon race bag when you check in on Sunday morning.

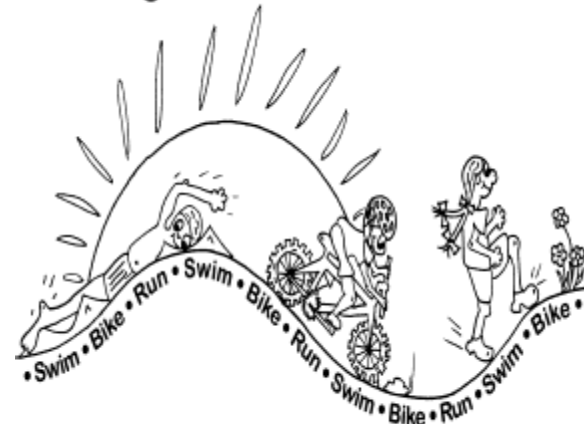
Biking - the second event

If Mom and Dad let you, try riding on the grass, make plans to go as a family to the Quinnipiac linear trail in Wallingford and practice riding on the gravel path. This will be a fat tire triathlon so there will be loose gravel, small rocks, grass, and some bumpy sections. You can also try putting out six soda cans spaced far apart. Then try riding your bike around the cans to work on handling your bike... Always wear your helmet-with chin strap firmly fastened-when riding.

Run-the last event

Practice running - try running around the block at home, around the track at Lyman Hall High School, or the Linear Trail. Make sure to take a parent with you for safety. Practice good form - keep your arms relaxed, look ahead, and lift your knees. Make sure you wear good running sneakers that fit your feet well.

Wallingford Parks & Recreation



Kid's Off-Road Triathlon

Saturday July 22nd 9:00 AM

Registration Form

NO RACE DAY REGISTRATION

Entry deadline Thursday 7/20

This event will be limited to 100 participants so sign up early!!!

Entry Fee: \$35, make checks payable to Treasurer, Town of Wallingford.

Mail or drop off entry form and check to: Wallingford Parks and Recreation
6 Fairfield Blvd.

Wallingford, Ct 06492

For more information, call
Wallingford Parks and Recreation
203-294-2120

Last Name _____

First Name _____

Sex: F__ M__

Birthdate: _____ Age on Race Day: _____

Mailing Address _____

Town: _____ State: _____

Zip: _____ Phone: _____

Email: _____

Parents Name _____

Parents Date Birth _____

Assumption of Risk and Release

I am physically fit and sufficiently trained for participation in this event and have not been advised otherwise by a qualified medical person.

In consideration of accepting this entry I/we the undersigned, intending to be legally bound, hereby, for myself and my heirs, executors, and administrators waive and release any and all claims for damages I may have against the Town of Wallingford, race organizers, volunteers and any other sponsors for all claims arising or growing out of my participation in said athletic event. I attest and certify that I have full knowledge of the risks involved in competing in this event and that Individual

Athlete: _____

Age: _____ D.OB. _____

Signature of participant

Parent/Signature for participant under the age of 18

Kids Off Road Triathlon

Saturday July 22, 2017

-- 9:00 A.M.

Location: Choate Rosemary Hall,
Wallingford CT

Kids will swim in Choate's indoor 25 meter pool, bike and run on trails and fields. **All participants will be required to ride fat-tire bikes (tires should be at least 1.25 inches wide) and wear a bicycle helmet. No exceptions - equipment will be checked race morning! Please be advised this bike course will cover terrain that will include grass and pavement.** The course will be monitored and closed to vehicle traffic.

Distances for Race:

Kids ages 7-10 will swim 50 meters, bike 1.2 miles, and run 1/2 mile.

Kids ages 11-14 will swim 100 meters, bike 2.2 miles, and run 3/4 mile.

Age groups: 7-8, 9-10, 11-12, 13-14

Required Equipment: Swim suit, fat-tire bike, bike helmet, running sneakers, and race number.

Suggested Items: Goggles and towel

Race Day: Please arrive early for race number pickup and bike check. Race number's must be picked up between 8:00 and 8:30 AM!

Awards: Each participant will receive a T-shirt and a finisher's medal for their efforts. Event will not be timed.

Come join us for lots of fun and refreshments after the race!

RAFFLE PRIZES TO BE GIVEN AWAY AFTER RACE!!!

Triathlon Rules

1. Always practice good sportsmanship.
2. In the interests of safety and security the transition area is restricted to participants during Triathlon. No parents please.
3. You may not remove your bike from the transition area until the last participant is finished and you have been told it is ok by the announcer.
4. It is required for you to wear your triathlon T-shirt on the bike and run legs.
5. You must wear your race number pinned on the front of your T-Shirt so we can identify you.
6. Triathlon helpers will be on all sections of the course to help and direct you. **YOU MUST OBEY THEIR INSTRUCTIONS.**
7. The Triathlon director's decision on all matters is final.
8. Bike - your helmet must be safety approved and must be worn at all times during the cycle leg.
9. Run - you must wear footwear, it must be fully covered, no sandals.