

TULSA  PARKS

# KIDS TRIATHLON

**Saturday, July 31st at 8:00 a.m.**

Event held at McClure Park, 7440 East 7th St., Tulsa, OK

**WHAT IS IT?** The 13th Annual Kids Triathlon is a continuous swim, bike, & run challenge event held at McClure Park. Each child will do all three events and may enter either the Long Course or Short Course Race. The Long Course Race will begin at 8:00 a.m.; Short Course Race will begin immediately following the Long Course Race. Long Course Race participants will swim 150 meters, bike 2 miles and run 1 mile. Short Course Race participants will swim 25 meters, bike 1/2 mile and run 1/4 mile.

**ELIGIBILITY:** This event is open to boys & girls, ages 6-15 on the day of the race.

**ENTRY FEE:** Registration forms are available online at [www.tulsaparks.org](http://www.tulsaparks.org). Early Bird registration is \$25 due by 7/23. After 7/23 registration entry fee will be \$30 and will be accepted at the Friday night workshop at 6:30 p.m., and on the morning of the event beginning at 6:45 a.m. No entries will be accepted after 7:40 a.m. All entry fees are non-refundable. All participants will receive a t-shirt.

**AWARDS:** The emphasis of this triathlon is participation. All participants who finish the race will be awarded a medal. After both races are completed, there will be a drawing for prizes.

**RACE TIMES:** Unofficial race times will be posted after the drawing. Official race times will be mailed to each participant. Race times will be posted by Tuesday, August 3rd on our website, [www.tulsaparks.org](http://www.tulsaparks.org).

**IDENTIFICATION:** All participants will be given an identification number to be worn in the bike and run events. The number should be pinned to the front of the shirt. A permanent marker will be used for the swim portion and will be marked on the participant when he/she is assigned a spot at the bike transition area.

**SWIM EVENT:** Kick boards will be available for the swim portion. If needed, participants may wear a U.S. Coast Guard approved life jacket; but, you must provide your own life jacket.

**BIKE EVENT:** **HELMETS ARE REQUIRED!** Helmets must be approved by ANSI and must be strapped on before cyclists leave the transition area. All safe bikes are acceptable. During the race, parents are **not** allowed to assist the participants in the transition area.

**TRIATHLON WORKSHOP:** Participants, especially first-timers, are encouraged to attend the workshop. It will be held Friday evening, July 30, 6:30 p.m. at McClure Center, 7440 E. 7th Street. You will meet the Course Directors, review rules, regulations & safety procedures, pick up packet and t-shirt, receive race maps and have an opportunity to view the course. Participants that have not pre-registered may do so.

**Please, NO dogs at the triathlon!**