



Kids' Triathlon!

“Heart of the Sound Triathlon”

Vashon Island Kids Triathlon

Sunday, August 9, 2009 At 10:30 am

Jensen Point/Burton Peninsula

To Register, go to www.hotstriathlon.org

Cost: \$10 race entry
Plus \$5 on Race Day for USAT

Contact:
HOTS Triathlon, Inc.
P.O. Box 61 Vashon, WA 98070
(206) 426-2114, or email us at info@hotstriathlon.org

Parents or legal guardians must be present for the kids to participate

Distance Details:

Ages 7-10: 100m swim, 3.6 mi bike, 800 m run
Ages 11-12: 200m swim, 7.2 mi bike, 1 mi run
Ages 13-15: 200m swim, 7.2 mi bike, 2 mi run
Ages 16-17: 400m swim, 10.6 mi bike, 3.6 mi run