

Registration Form

Name _____
City/State _____
*Email _____
Phone (____) _____
Sex ____ D.O.B. _____ Age on 8-27-11 _____

Circle T-shirt size (for additional T-shirts, state size and enclose an additional \$10 per shirt)

Youth X-Small Small Medium Large
Adult Small Medium Large Xlarge XXLarge
(\$1 extra per X)

Entry Fee--Regular Registration thru Aug. 13th \$20
Late Registration thru Aug. 18th @ Noon \$30
Absolutely no entries accepted after this deadline!

Total enclosed \$ _____
Please make checks payable to Kistler Center

I, the undersigned, in consideration of my entry into the 2011 TRI for Kids to be held Saturday, Aug. 27th, 2011, acting for myself, heirs, personal representatives and assigns, do hereby waive and release any and all claims of damages I may have against Marvin Altman Fitness Center, Sparks Health System, The Gregory Kistler Center and all participating sponsors and supporters for all claims, suits of law or equity for any injury, fatal or otherwise, which may result directly or indirectly to myself, or any loss or losses of personal property which might occur traveling to, from or during my participation in said contest.

Signature of contestant date

Signature of parent / guardian date

-----2011 TRI for Kids-----

Saturday, August 27th, 2011

Event Description

TRI for the Kids Triathlon is for kids up to 14 years of age who like to swim, bike and run. The event will begin at the Marvin Altman Fitness Center pool, with the Bike & Run course on Lexington Ave. (which will be closed for event safety). Biking to B Street and Running to J Street.

Important--Each racer must provide a bicycle and an approved helmet. Helmet must be fastened before mounting the bike and should not be unfastened until dismounting the bike.

Starting time

The youngest age group will start at 7:30am and other groups will follow in age order. All bikes must be racked in the transition area by 7:10am on race morning and racers and a parent must attend a mandatory pre-race meeting at 7:15am. There are new rules in place for racers AND parents... please read the race day information you receive to prevent disqualification!

Awards

Each competitor will receive a T-shirt and medal, plus eligibility for door prizes. Awards will also be presented for 1st-3rd place boys and 1st-3rd girls in each age group.

Race Packets

Packets may be picked up on Friday, **August 26th** 5-8pm and Race Day morning between 6:30-7am at MAFC.

Registration

Open to the first 150 individuals who return their completed registration form and entry fee.

Regular Registration deadline: Saturday, **August 13**
Late Registration (with additional \$10 fee) **Deadline:**
Thursday, **August 18th at Noon CST**
NO Race Day Registration!
Incomplete forms will not be accepted.

Mail/deliver forms to: TRI for Kids Triathlon
Marvin Altman Fitness Center
810 Lexington Ave. -- street address
P.O. Box 2406 -- mailing address
Fort Smith, AR 72902-2406

Course Distances

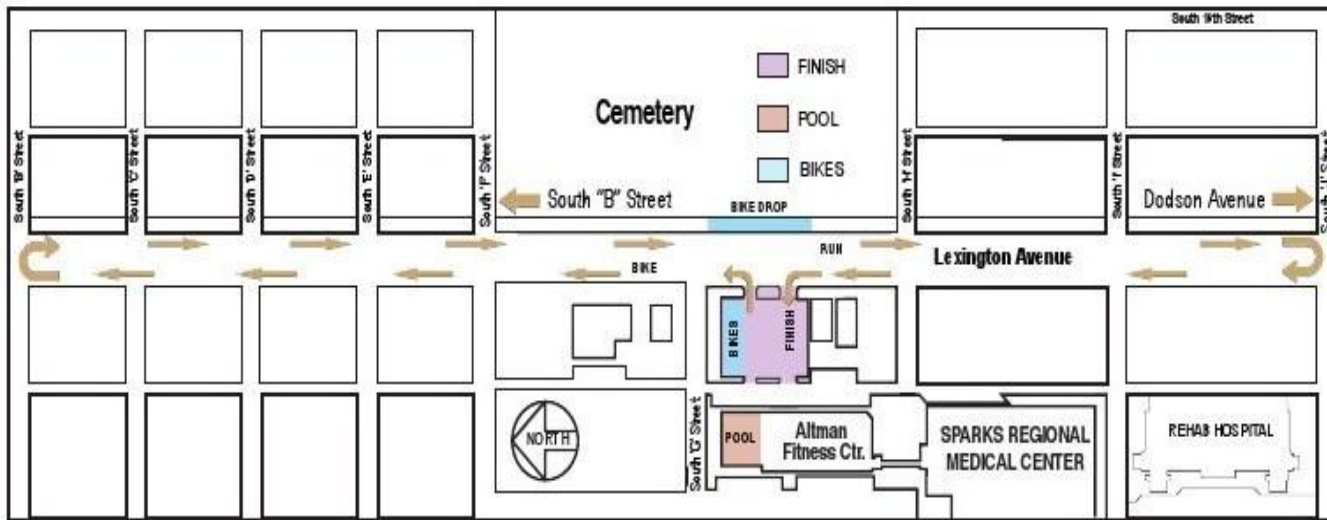
Age Group	Swim	Bike	Run
4 & under*	25 yards	.5 mile	.25 mile
5-6 years *	25 yards	.7 mile	.36 mile
7-8 years	50 yards	1.4 mile	.72 mile
9-10 years	100 yards	2.1 miles	1.08 mile
11-12 years	150 yards	2.8 miles	1.44 mile
13-14 years	200 yards	3.5 miles	1.80 miles

*Assistive devices (i.e. kickboards, floaties, training wheels) will be allowed in the 6 and under age groups. Competitors in other age groups may use these devices but will not be eligible for an award.

For Additional information on the TRI for Kids please contact Bobby Harper at (479) 441-5469
rharper@sparks.org or FortSmithTri@gmail.com

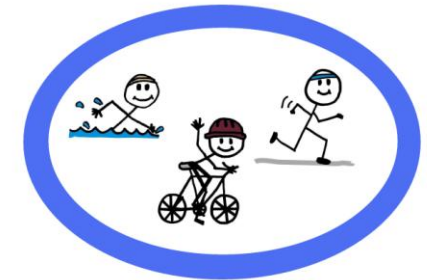
We're on Facebook!
"Fort Smith Arkansas Triathlons"

Course Map



- 4 and under – start on west side & exit on east side of pool
 Swim – ½ lap (1 length of pool)=25 yards
 Bike – turn around .25 mile out & back=.5 mi.
 Run – turn around .125 mile out & back=.25 mi.
- 5-6 – start on west side & exit on east side of pool
 Swim – ½ lap (1 length of pool)=25 yards
 Bike – to B street turn around & back=.7 mi.
 Run – to J street turn around & back=.36 mi.
- 7-8 – start on east side of pool
 Swim – 1 lap (2 lengths of the pool)=50 yards
 Bike – to B street turn around & back—2 times=1.4mi.
 Run – to J street turn around & back—2 times =.72 mi.
- 9-10 – Start on east side of pool
 Swim – 2 laps (4 lengths of the pool)=100 yards
 Bike – to B Street turn around & back --3 times=2.1 mi.
 Run – to J street turn around & back -- 3 times=1.08 mi.
- 11-12 – start on east side of pool
 Swim – 3 laps (6 lengths of the pool)=150 yards
 Bike – to B Street turn around & back --4 times=2.8 mi.
 Run – to J Street turn around & back—4 times=1.44 mi.
- 13-14 – start on east side of pool
 Swim – 4 laps (8 lengths of the pool)=200 yards
 Bike – to B Street turn around & back -- 5 times=3.5 mi.
 Run – to J Street turn around & back—5 times=1.80 mi.

TRI for Kids



Saturday, August 27th 2011

**Benefiting
 Gregory Kistler Treatment
 Center for Children**

**Hosted by
 Marvin Altman Fitness Center
 810 Lexington Avenue
 Fort Smith, Arkansas**