

TRI-PLE CHALLENGE™ KIDS INDOOR TRIATHLON

RULES AND INFORMATION

Congratulations!!!

In about 30 minutes, you will be the FINISHERS of the 2010 TRI-PLE CHALLENGE™ kids indoor triathlon race!!!

The TRI-PLE CHALLENGE™ kids indoor triathlon race is a fun challenging event for kids like you in ages 6-18. We hope through this fun challenging event, you will learn to be and continue to be an active and healthy person in life, set up a goal in your summer vacation, as well as being a great example for your friends, families, and your classmates.

Here's how this 30-minute race against the clock breaks down:

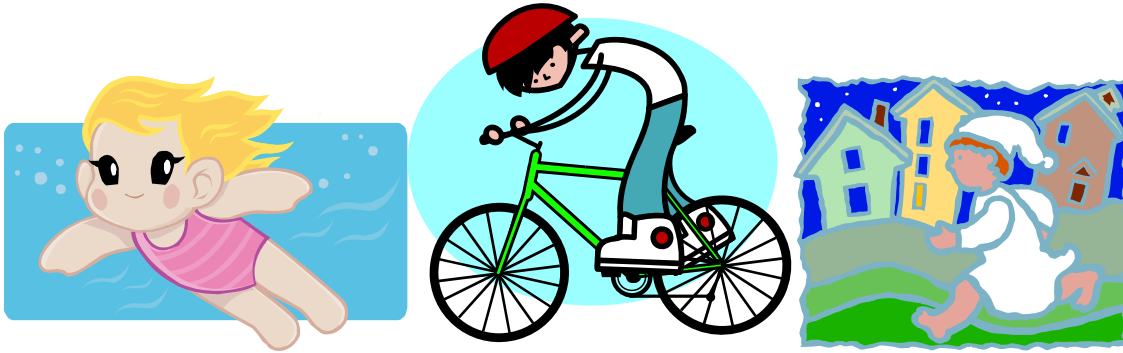
- 5-minute swim in the lap pool
- 15-minute spin bike ride
- 8-minute run on a treadmill

There are 10 min transition time between swim and bike, and 5 min transition time between bike and run. Time requirement may change according to age groups.

We ask that you pay attention to signs and be familiar with the facilities' locker room, indoor pool, and weight/bike/run room.

Remember: it is the journey, not the result, that matters. Your performance will be measured by your efforts. Your race result is measured by the distance you cover in each of the three parts. The more distance you cover, the higher your score.

The length of the swim will be counted. Full length is 1 point, over 1/2 length will be given 0.5 point; e.g. points for 12-3/4 lengths will be 12.5; the level on a spin bike is set the same and the spinning mileage will be counted; and running mileage on the treadmill will be counted. A curve system will be used for the total points in the same age group.



Things to bring to the race:

Swim: swim suit, goggle, cap;
Bike/Run: running shoes, shirt, pant, socks; and
Other things: towels

Race day orientation:

The participants will be body-marked with a wave number and a bib number, and a bib will be given to the participants for use on the bike and run.

You must attend a pre-race orientation at 9am. The first wave starts at 9:15am.

Reports:

After the event, you are encouraged to email a short journal (25-100 words) on:

- 1) how you learned about and prepared for the event;
- 2) how you challenged yourself during the event; and
- 3) what you plan to do next time.

This is optional. Your experience may be shared with others like you and posted on the race website. You can email your short journal to race organizer at: xu.amy@dorsey.com

Thank you, your families, and volunteers for participating in the event.

Melinda Silbernack
Race Director

Amy Xu
Race Organizer