

“Just for Kids” Triathlon

What? The East Peoria’s Just for Kids Triathlon is a fun non-competitive event that encourages physical fitness.

Who? This event is for children ages 3-15 and broken into six age divisions. Kids who are 3-5 years of age will be doing a biathlon (biking & running only). All other age divisions will do all three events in this order: Swimming – Biking – Running.

Where? The event takes place at the Eastside Centre Sports Complex, located at 1 Eastside Drive, East Peoria. There is no charge for parking or spectators.

When? Saturday, August 14, 2010

Age Divisions	Arrival time /Check in	Approx. Start Times
14-15	7:00 am	Between 7:30-8:15 am
12-13	7:30 am	Between 8:00-8:45 am
10-11	8:00 am	Between 8:30-9:15 am
8-9	8:30 am	Between 9:00-9:45 am
6-7	9:00 am	Between 9:30-10:15 am
3-5	9:45 am	Between 10:15-11:00 am

Entry fee? Ages 3-5: \$6.00 | Ages 6-15: \$8.00

How do we sign up? Fill out the registration form on the back of this flyer and return to **Fon du Lac Park District Administration Center** located at 201 Veterans Drive, East Peoria, IL 61611 or **Tazewell County Chiropractic** located at 1100 East Washington St. East Peoria, IL 61611.

Registration Forms and payment must be received by **July 30, 2010** to be guaranteed an event t-shirt. Forms will be accepted until Wednesday, August 11, 2010.

NO RACE DAY REGISTRATIONS WILL BE TAKEN! We are limited to 60 entries in each age division so sign up early.

**For additional information please call
Fon du Lac Park District at (309) 699-3923 or visit
www.fondulacpark.com**

The “Just for Kids” Triathlon includes:

- ◆ Great race shirt supplied by **Grimm’s Inc. of Morton.**
- ◆ Participation medal and water bottle.
- ◆ Post race bananas, bagels, & drinks supplied by **Tazewell County Chiropractic.**
- ◆ Amazing and wonderful volunteers.
- ◆ Bicycles with and without training wheels will be supplied & fitted by **Russell's Cycling & Fitness Center of Washington** (do not bring a bike). Ages 8 and over will use stationary bikes supplied by **Eastside Centre.**
- ◆ Free admission into **Splashdown Water Park** after 11:00am for all Triathlon participants the day of the triathlon.

Age Divisions and Distances *Life jackets will be provided if needed*

Age Divisions	Swimming	Biking	Running
3-5	No Swim	.25 mile	.1 mile
6-7	50 Yards (2 lengths)	.25 mile	.25 mile
8-9	100 yards (4 lengths)	1 mile	.25 mile
10-11	150 yards (6 lengths)	2 miles	.5 mile
12-13	200 yards (8 lengths)	2 miles	.75 mile
14-15	300 yards (12 lengths)	3 miles	1 mile

Additional Information about the Triathlon

In case of lightning or strong storms – the swimming portion of the triathlon will not take place. The biking and running events will still take place indoors.

Parents are encouraged to help their child throughout, especially with the transition of events.

The East Peoria “Just for Kids” Triathlon will not be a timed event. It is strictly a fun event that encourages physical fitness. All participants will receive the same participation award.

Items to bring to the event: swimsuit – towel – shoes – running apparel. Locker rooms are provided for changing. Bicycles are supplied (do not bring one).

We strongly encourage participants to wear a bicycle helmet (not provided) for ages 7 and under. Ages 8 and up will be riding stationary bikes.

No refunds will be made for any reason. Entry fees cannot be transferred to other persons.

Just for Kids Triathlon – August 14th, 2010

Register by Friday, July 30th to be guaranteed an Event T-Shirt
Registration Deadline is Wednesday, August 11th

Participant's Name _____ M or F

Age Division: 3-5 6-7 8-9 10-11 12-13 14-15

Street: _____

City, State, Zip: _____

Phone: _____ E-Mail: _____

Payment Enclosed \$ _____ make checks payable to Fon du Lac Park District

Child Shirt Sizes: Small (6-8) Medium (10-12) Large (14-16)

Adult Shirt Sizes: Small Medium Large X-Large

Complete this form and mail it or drop it off along with the entry fee to one of these locations:

Fon du Lac Park District - 201 Veterans Drive, East Peoria, IL. 61611 *or*

Tazewell County Chiropractic - 1100 East Washington St. East Peoria, IL 61611

Waiver and Liability Release

I acknowledge that a triathlon is a test of a person's physical and mental limits and carries with it the potential for injury. I hereby assume the risks for participating in this race. I waive any and all claims, losses, or liabilities for personal injury, partial or permanent disability, property damage, medical or hospital bills, theft, or damage. I hereby affirm that the athlete and a legal guardian has read, understood, and signed this document.

Waiver and liability release signature required

I hereby certify that I have read this document (waiver) and I understand and agree to its contents.

Participant's Signature: _____

Parent (guardian) Signature: _____

Date: _____

East Peoria's Just for Kids



TRIATHLON

August 14, 2010

EastSide Centre Sports Complex