

**Great New  
Event for Kids!**

# **Get Fit in Folsom Youth Triathlon**

**For boys and girls ages 5-12**

**Sunday, September 16**

**1 p.m. start time**

**Folsom Aquatic Center and Lembi Park**

## **Race Distances:**

### **Ages 5-6**

**25 yard pool swim; 1 mile bike;  
½ mile run**

### **Ages 7-8**

**50 yard pool swim; 1 mile bike;  
½ mile run**

### **Ages 9-10**

**100 yard pool swim; 2 mile bike;  
1 mile run**

### **Ages 11-12**

**200 yard pool swim; 2 mile bike;  
1 mile run**

**This is a perfect triathlon for beginners who want to see what the sport is all about, but there's still enough challenge for advanced participants.**

**Medals to top 3 girls and boys in each division • All finishers receive a ribbon!  
(Age group divisions: 5-6, 7-8, 9-10 & 11-12)**

**Fee: \$35/person on or before 9/1; \$40/person after 9/1; \$45/person on race day**

**NOTE: T-shirt not guaranteed after Sept. 1<sup>st</sup> registration date**

**Register before Sept. 1<sup>st</sup> for discount and T-shirt**

**[www.bodyonthemove.com](http://www.bodyonthemove.com)**

**Information: visit [www.bodyonthemove.com](http://www.bodyonthemove.com) or call (916) 990-6406**