



Sunday September 20, 2009

9:00 AM

Rocky Neck State Park, East Lyme, CT
USA Triathlon Sanctioned Youth Event

- *Shallow ocean swim *Bike on paved road *Run off-road
- *Flat course with loops based on age groups
- *Post-race refreshments for race participants

Participate as an Individual or Form a Team!

Ages 6-8	Swim 75 yards	Bike .75 mile	Run .25 mile
Ages 9-10	Swim 125 yards	Bike 2.0 miles	Run .5 mile
Ages 11-12	Swim 175 yards	Bike 4.0 miles	Run 1.0 mile
Ages 13-15	Swim 200 yards	Bike 6.0 miles	Run 1.5 mile

** Distances subject to change due to Park Management*

- + Awards - top 3 male and female finishers in each age group
- + Finishers medal for all racers
- + T-shirt for all entrants

Register online: www.active.com

Forms & Information available: www.mightykidstri.org

Race Director Contact: Mary Westkott at info@mightykidstri.org

All proceeds from the race will be donated to Care and Share of East Lyme and East Lyme Aquatic Scholarship