



Sunday September 19, 2010  
9:00 AM  
Rocky Neck State Park, East Lyme, CT

Compete as an Individual or Form a Team

Ages 6-8: Swim 75 yards, Bike 0.75 miles, Run 0.25 mile

Ages 9-10: Swim 125 yards, Bike 2 miles, Run 0.5 mile

Ages 11-12: Swim 175 yards, Bike 4 miles, Run 1.0 mile

Age 13-14: Swim 200 yards, Bike 6 miles, Run 1.5 mile

# TRY THE TRI

*This year is planning to be our biggest year yet!*

*Closed course*

*Post race food!*

*Electronic timing system*

*Race photography*

*T-shirt for each participant*

*Finisher medals*

*Awards for top 3 finishers in each age group*

*Bike support*

*Raffle prizes*

*... and so much more!!!*

*Check out our website: [www.mightykidstri.org](http://www.mightykidstri.org)*

*Register online at [www.active.com](http://www.active.com) or download form from the website  
(There is no Race Day registration.)*

**Questions: Email Race Director: [racedirector@mightykidstri.org](mailto:racedirector@mightykidstri.org)**