

# 2010 Kids of Steel Triathlon

## Swim, Bike and Run Course

### State Farm Park

### Saturday, August 28 - Rain or Shine

Event Times:            7:30 a.m.    *Registration*            8:00 a.m.    *Triathlon Begins*

Age Groups:            6-10 years old (swim/bike/run)  
                              11-14 years old (swim/bike/run)  
                              15 years and older (swim/run) -Adults are welcome

Cost:                    \$9

SFEA is looking for Kids of Steel to participate in our 8<sup>th</sup> Annual Triathlon at State Farm Park! Children ages 6-10 will swim 50 yards (down & back), bike 2 miles, and run ½ mile. Children ages 11-14 will swim 100 yards (down & back twice), bike 2 miles, and run 1 mile. Participants 15 years and over (adults are also welcome to participate) will swim 200 yards (down & back 4 times) and run 1 mile.

Your day will start in the pool where you will check in for the event. Park **YOUR** bike, unload **YOUR** biking gear in the transition area and head for the water. After lapping it up in the pool, transition into **YOUR** biking gear and ride through the Park. Once you return, lace up **YOUR** running shoes for the last leg of the triathlon. All participants will be rewarded at the finish. **All participants must wear their bicycle helmets during the biking portion of the event.**

Enrollment closes on Wednesday, August 4 ([add to my calendar link](#)). All enrollment forms must be received in the Corporate Activities Office, SA-1, by noon or the Corporate South Activities Office, K-1, by 1:00 pm on the close date.

If you have any questions regarding this event, please contact the Activities Office at 766-9666 or Natalie Reiser at 766-0745 or [Natalie.reiser.qt7r@statefarm.com](mailto:Natalie.reiser.qt7r@statefarm.com).

**No Parking will be allowed in the pool area. Please park in the lots by the volleyball courts or mini golf.**

SFEA 2010 Kids of Steel Triathlon (#410) - Saturday August 28  
 Enrollment closes on August 4

Employee Name \_\_\_\_\_ Ext. \_\_\_\_\_ SFEA # \_\_\_\_\_ - \_\_\_\_\_

Building \_\_\_\_\_ Floor \_\_\_\_\_ Alias \_\_\_\_\_ Check # \_\_\_\_\_

**List all participants you are paying for:**

NAME:	<u>MALE/ FEMALE (circle one)</u>		<u>AGE</u>	<u>Shirt Size (circle one)</u>						
_____	M	F	_____	Youth: <b>S</b>	<b>M</b>	<b>L</b>	Adult: <b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>
_____	M	F	_____	Youth: <b>S</b>	<b>M</b>	<b>L</b>	Adult: <b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>
_____	M	F	_____	Youth: <b>S</b>	<b>M</b>	<b>L</b>	Adult: <b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>
_____	M	F	_____	Youth: <b>S</b>	<b>M</b>	<b>L</b>	Adult: <b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>

**I wish to volunteer to help!** \_\_\_\_\_  
 # of participants \_\_\_\_\_ @ \$9 each

**Total Amount Enclosed \$** \_\_\_\_\_