



Hey Kids! It's the 12th Annual Stoneleigh Kids' Try-athlon!

What is a Triathlon?

A triathlon is an event where you swim, then ride a bike, then run. In the Stoneleigh Kids' Try-athlon, you will swim in the Stoneleigh pool, then ride your bike around the neighborhood, and then run around the neighborhood.

What if I have never done a Triathlon before?

No problem! This is a race for fun, and everyone from age 4 to age 12 is welcome to participate.

What if I can't swim in deep water?

That's OK, too. Swimmers who have not passed the Stoneleigh deep-water test will use the shallow end of the pool for the event.

What if I have training wheels or a tricycle?

Great! No problem.

What is the course?

Age 4-5: 1 length of the pool, 400 yard bike, and 200 yard run.

Age 6-7 2 lengths of the pool, 800 yard bike, and 400 yard run

Age 8-9 4 lengths of the pool, 1200 yard bike, and 600 yard run

Age 10-12 8 lengths of the pool, 2400 yard bike, 1200 yard run

Detailed Course Map attached at end of Flyer

What are the Entry Requirements?

- Everyone is welcome! You don't have to live in Stoneleigh!
- Children from age 4-12 on race day
- Parent or guardian permission required
- Download the PDF Try-athlon Race Registration from the Stoneleigh Community Website (<http://www.stoneleigh21212.net>). Print and complete the registration form. Return it with check payable to "Stoneleigh Community Association" to Steve Birdsall, 7202 Oxford Road, Baltimore, MD 21212 by **8/19/16**.
- Entry fee of \$25.00 per entrant, up to a max of \$70.00 family, by check payable to "Stoneleigh Community Association" must accompany application to be considered.
- Registrations may be allowed after 8/19/16, but t-shirts sizes cannot be guaranteed for those received after 8/19/16.
- An approved bicycle and helmet (see below)

What do I have to do before the race?

You will need to come to "Packet pick-up," which is on Saturday, September 3 from 5-7pm at the Stoneleigh pool parking lot. Here we will provide you with a race number, a t-shirt, a map of the course, and a general orientation to triathlon for those who are interested.

You will also have to have your bike and helmet inspected for safety. Joe's Bike Shop has generously agreed to inspect all bicycles and helmets for free. You can have them inspected by taking them to Joe's Bike Shop within one week prior to the race, and mention that you need to get a Stoneleigh Kids Try-athlon safety inspection. Or, they will inspect bicycles and helmets Saturday evening 9/3/2016 between 5-7 pm at the Stoneleigh Pool parking lot. We encourage you to have your bike and helmet inspected earlier in the week, however, as that will allow time for repairs, which may be required to make them safe.

If your bike and helmet are not deemed to be safe, you will not be able to participate in the race. There will be no exceptions to this rule.

What do I need to have with me the day of the race?

- Your bike & your inspected helmet.
- Appropriate swim, bike and run clothing – we will provide more information on this at Packet Pick-up.
- The contents of your race-packet, including race number, course map, and any other information we provide.

Are there prizes for the winners?

- Aside from the glory of completing a triathlon, no. We hope that all entrants finish this race, and feel good about their accomplishment! We will not formally time this race. You are welcome and even encouraged to bring your own stopwatch to time yourself!

Key dates

August 19

August 28 – Sept 2nd

Sept 3rd 5-7 pm

Sept 4th, 7:30am

Deadline for applications to be received by Steve Birdsall

Bike and helmet inspections at Joe's Bike Shop

Mandatory race packet pick-up for all racers, and Bicycle/helmet inspection for those who have not made it to Joe's Bike Shop in advance.

Pre-race Check-in, Transition set up and first wave race start at 8:00am.

What if there is bad weather?

- We plan to have the race even if it is raining. If the conditions are too dangerous and unsafe, we will not hold the race. We will not be able to refund monies paid if the race is cancelled (but you will get the t-shirts!). Also, paid race reservations are not transferable to other persons.

Other Questions?

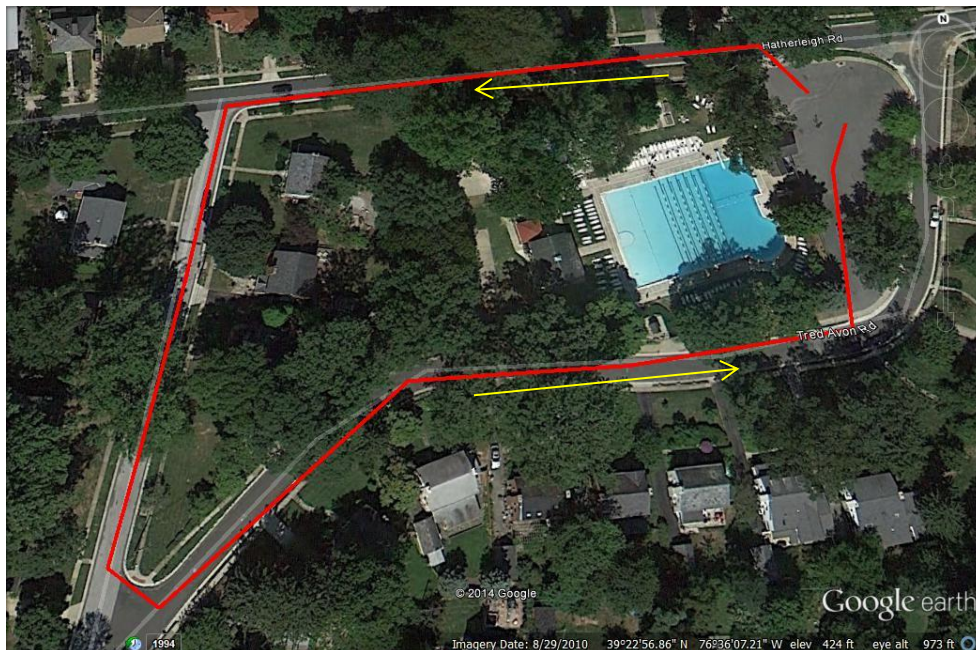
E-mail Steve Birdsall, Race Director, birdsalls@gmail.com or call 202-258-6112.

Course Map

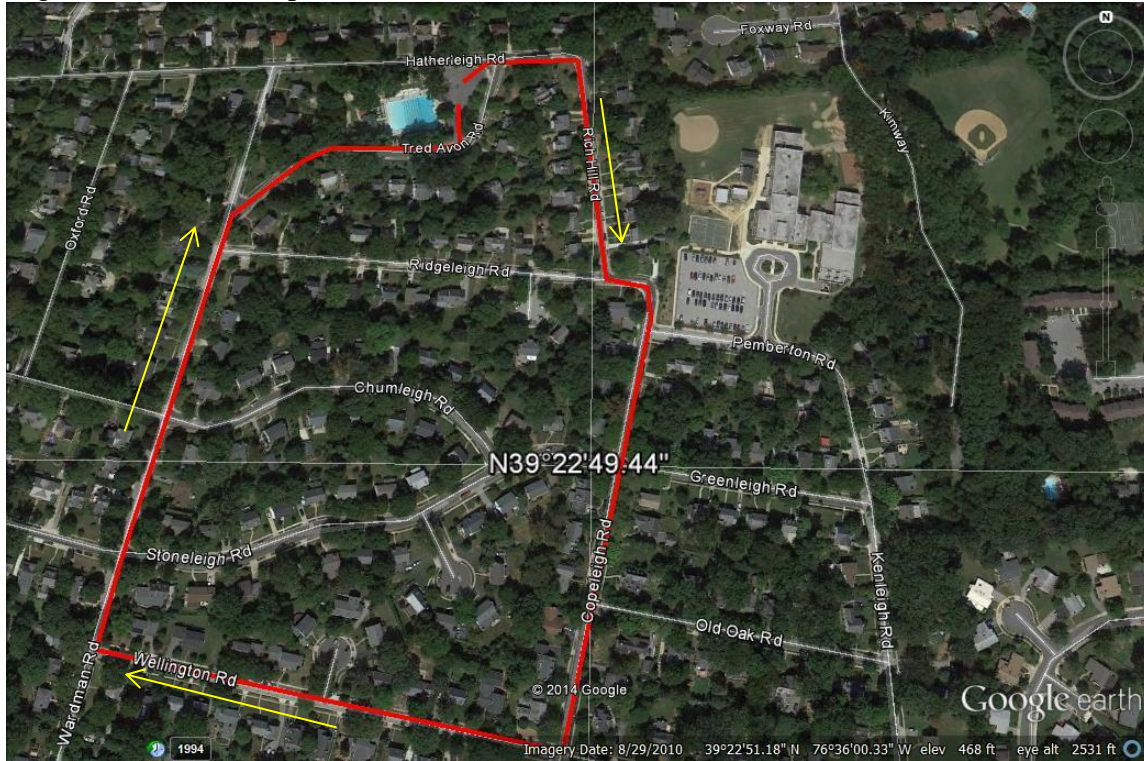
Bike Course

Ages 4-5 – One loop

Ages 6-7 Two Loops



Bike Course
 Ages 8-9 – One loop
 Ages 10-12 Two Loops



Run Course

Out & Back course on Hatherleigh & Wardman

Green Turnaround Ages 4-5
 Yellow Turnaround Ages 6-7
 Red Turnaround Ages 8-9
 Blue Turnaround Ages 10-12

