



FitKids Youth Triathlon



The FitKids Triathlon offers kids born from 1996-2006 the opportunity to experience a multi-sport endurance event in a safe and positive environment. Fitness events show children the importance of being active and making healthy lifestyle choices. A USAT membership number is mandatory. Visit www.cityofwpb.org/parks for complete information.

**Sunday
May 16, 2010
Gaines Park**

- Limited to 200 Entries!
- No Race Day Registration
- Register Early!
- Safe Course
- Closed Roads
- Certified Lifeguards



**It Starts
in Parks**

1501 N. Australian Ave
West Palm Beach, FL 33407

561-804-4900 www.cityofwpb.org/parks

Registration Dates (No Race Day Registration!):

All Participants: \$20

All Trikes must check in by 7:45 am, all Juniors/Sup. Juniors, Seniors and Sup. Seniors must check in by 8:30am. **Packet Pick-up:** May 15, 5:00 pm-7:00 pm and May 16, 10:00am-Noon. Packet pick-up prior to race day is strongly encouraged. Optional race overview and course tour for "first-timers" on Saturday, May 16 at 11:00am.

Race Schedule: Sunday, May 16, 2010

7:30am	Transition Area Opens
8:15am	Announcements
8:30am	Trikes race start
Approx. 9:15am	Juniors/Super Juniors race start
Approx. 10:30am	Seniors/Super Seniors race start

Race Distance & Age Groups:

Group	Born in	Swim	Bike	Run
Trikes	2004-2006	25 yds.	.25 mi.	.25 mi.
Juniors	2002-2003	50 yds.	1.2 mi.	.5 mi.
Super Juniors	2000-2001	100 yds.	3.6 mi.	.5 mi.
Seniors	1998-1999	150 yds.	4.8 mi.	1 mi.
Super Seniors	1996-1997	200 yds.	4.8 mi.	1 mi.

FitKids Youth Triathlon - Registration Form - May 16, 2010 - Gaines Park

First Name _____ Last Name _____

Address _____ City _____ State _____ Zip code _____

Phone _____ Date of Birth _____ USAT # _____

E-mail address _____ MALE FEMALE

Mail to: City of West Palm Beach
Attn: FitKids Triathlon

PO Box 3366, 3rd Floor, P & R, West Palm Beach, FL 33401
Fax: 561-822-2150

Method of Payment Check Visa
 Cash MasterCard

Credit Card # _____ Exp. date _____

Waiver: I hereby notify the City of West Palm Beach of my dependent's intention to participate in the 2009 FitKids Tri. IT IS UNDERSTOOD that my child may be photographed during the course of this program and the photographs may be used in official City of West Palm Beach publications. I waive and release the City of West Palm Beach, staff, volunteers and all sponsors from any and all responsibility in case of an accident or injury or loss during this program. It is further understood that any false information provided for this application may cause denial of participation

Signature _____

Date _____

Mayor: Lois Frankel. Commissioners: Molly Douglas, Kimberly Mitchell, William Moss, Jeri Muoio, Isaac Robinson Jr.

The City of West Palm Beach Department of Recreation's services are for everyone. In accordance with the provisions of the Americans with Disabilities Act (ADA), persons in need of special accommodations to participate in the proceeding shall, within three business days prior to the proceeding, contact the Department of Parks and Recreation at (561) 804-4900 or (800) 955-8771, 1100 Southern Blvd., West Palm Beach, FL 33405.