

# KIDS' TRIATHLON



**2009**

design by  
*Brook & Landry*

## **SWIM - BIKE - RUN**

**ISU SHEPERDS & POCA TELLO TRI CLUB**

September 19, 2009 at Noon  
Idaho State University Reed Gym  
\$15 - Includes t-shirt and medal!

SHORT COURSE for Kids under 7  
100 yd swim - 1 mile bike -  $\frac{1}{4}$  mile run  
LONG COURSE for Kids under 12  
200 yd swim - 2 mile bike -  $\frac{1}{2}$  mile run

REGISTRATION FORMS & COURSE MAPS ONLINE AT

[www.pocatellotri.com](http://www.pocatellotri.com)

Register in Person at 11:00 day of event, first 80 kids get to compete!

Helmets required for BIKE portion of race and any bike will do!