

The Course

TRANSITION AREA: The transition area is located on the south side of the Edora Pool and Ice Center.

SWIM COURSE: The swim will take place in the Edora Pool and Ice Center indoor pool. You will take the southeast exit from the pool and enter directly into the transition area. **NO SWIM AIDS. NO PARENTS ON POOL DECK**

BIKE COURSE: **HELMET IS MANDATORY** - The bike course starts south and east of the transition area. The "bike out" and "bike in" will be located on the southeast corner of the transition area. You will mount your bike **AFTER** you have passed through the transition area and onto Powerline Trail. Please ride on the right side of the path going out and coming back. The bike course proceeds to the South and is an out-and-back course for all age groups. You will approach the transition from the East and on the right side of the path. Dismount your bike and walk/run it back into the transition area before beginning your run.

RUN COURSE: The run course starts on the southwest side of the transition area. After leaving the transition you will proceed to your left and run along the bike path following the cones and signs to avoid returning bicyclists. The run course proceeds to the south on a dirt path parallel to the bike course. The run is an out and back then through the "chute" and the finish line. The finish line is just south of EPIC on the grass next to the Powerline Trail.

Distances / Age Groups

Age Group	Swim	Bike	Run
4-6	25 meters	1 km	200 meters
7-8	50 meters	2 km	400 meters
9-10	100 meters	4 km	800 meters
11-12	200 meters	8 km	1600 Meters



I CAN Tri!

Come Join The Fun!

This is an untimed event for anyone 4-12 years old who can be reasonably expected to safely negotiate the distances.

The emphasis is on fun, participation and giving your best effort - not competition.

The cost is \$30 for the first kid per family, then \$25 for each additional kid.

Scholarships Available! Just show your card.

Early registration ends July 23, 2010

Late registration closes August 20, 2010.

No race day registration.

Sponsor the Event! More Information

Heather Short

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8th Annual

Fort Collins Club



Sunday, August 22, 2010

First Wave Starts at 8:00am

presented by



To Benefit
The Cardiac Kids Chapter of The Children's Hospital



Cardiac Kids



Who?

KIDS! Anyone 4-12 yrs old who can be reasonably expected to safely negotiate the distances.
NO SWIM AIDS PERMITTED.
ENTRY CAPPED @ 350 PARTICIPANTS

What?

Swim, then Bike, then Run. Distances are age graded and are hoped to be accessible, yet challenging, to participants.

When?

Sunday, August 22, 2010.

Late packet pick up opens at 6:30 am Sunday Aug 22
 Transition opens 7:00 am.
 Prerace meeting for older age groups at 7:45 am.
 First wave will go off at 8:00 am.
 Prerace meeting for younger age groups at 9:30 am
 Last wave in the water by 10:55 am.
 Post race party begins as participants finish.
 Please plan to stay until the last participant finishes.

Where?

Edora Pool and Ice Center (EPIC), 1801 Riverside Ave, Ft. Collins, CO, 80525. Please do not call EPIC. They do not have any information about this event. The swim will take place at EPIC's (25 meter) indoor pool, the bike will take place on Powerline Trail south of EPIC and the run will parallel the Powerline Trail. The two oldest age groups will cross Drake Avenue on the bike portion of the race. Support personnel will ensure safe crossings. No other roads will be crossed.

Packet Pick-Up

IMPORTANT: In order to reduce stress, time and confusion on race morning, packet pickup take place 5-7 pm Saturday, August 21, 2010, on the grass south of EPIC. Late packet pick up opens on Sunday morning at 6:30 am

Volunteer!

WE CAN ALWAYS USE VOLUNTEERS

We cannot guarantee the safety of the racers without volunteers. Please designate one or more family members or friends to help us out for a couple of hours on Saturday morning. Most folks will be used to monitor the run and bike course so that all the racers know where to go. The more volunteers we have, the less time each of us needs to commit to volunteering.

Benefits:

100% of proceeds (above costs) go to The Cardiac Kids Chapter of The Children's Hospital, Denver. The mission of The Cardiac Kids is to promote volunteerism, to provide emotional support and education for the families of children with heart disorders, educate the public at large regarding heart disease and heart transplants among children, further enhance the work of The Cardiac Care Center at The Children's Hospital, and provide support to staff members, and to promote organ donation.

Awards!

- T-shirts for all participants
- Medals for all finishers
- Post race party
- Fun, challenging, physical activity
- Meet new friends



2010 Fort Collins Club Kid's Triathlon Entry Form

Must be received by August 20, 2010,
July 23, 2010 for non-procrastinator's rate.

ENTRY CAPPED @ 350 PARTICIPANTS

First Name _____

Last Name _____

Age (on 8-9-09) _____

Gender M F

Cardiac Kid? Yes - Current or former pediatric cardiology patients will receive a special yellow shirt to compete in.

Shirt Size Kids Medium Kids Large Adult Medium

Volunteer! My family will provide a volunteer on the:
 TRANSITION, BIKE, or RUN portion of the race.
 (Please check one)

If you choose "BIKE" you may want to bring a bicycle to get to your station more easily. No expertise is required.

Address _____

City _____ State _____ ZIP _____

Phone (_____) _____

E-mail Address _____

Note: No Race Day Registration. \$5 late fee July 23 - Aug 20

Entry Fee(s) Racer No. 1	\$30.00
	\$35 after July 23
Fee(s) Each Additional Racer in family	\$25.00
	\$30 after July 23
Entry Fee(s)	\$ _____
Additional Contribution to the Cardiac Kids	\$ _____
Total	\$ _____

Complete, sign and mail in a stamped envelope with your check to:
 Fort Collins Club Kid's Triathlon, c/o Heather Short
 Mail Or Drop off your entry form at the Fort Collins Club,
 1307 E. Prospect Ave., Fort Collins, CO 80525

Note: A release of liability waiver must be signed at packet pickup.

ENTRIES MUST BE RECEIVED BY AUGUST 20 2010
 TO ENSURE YOUR KID'S SPOT IN THE EVENT.

PLEASE MAKE COPIES FOR ADDITIONAL ENTRANTS

Sponsored By:

Med Peds Clinic
 Christopher R. Drysdale, MD
 Christina M. Lang, MD
 Mark S. Simmons, MD
 Craig Widness, MD

Fort Collins Triathlon/Duathlon

Fort Collins Thanksgiving Day Run
 Kids Run Free

Sandy Cochran
 graphic design

TEXAS Road Race