



## This is the tri YOU (and your entire family) can finish!

- 3 age groups for kids
  - Elite and age group for adults
  - Professionally timed
  - **First 50 registrants get FREE baseball cap!**
  - Every registration dollar donated!!!
- \*\*Help support disadvantaged youth\*\***  
– locally and globally!!

**When: Saturday August 26**

**What: Super Sprint Triathlon – ages 5 to Fogie**

**Where: Lincolnia Park Recreation Club**

**Why: It's fun AND you can finish this one!!**

Proceeds support disadvantaged youth, including ACCA Child Development Center in Annandale, VA and Kisima Academy and Orphanage in Naitiri, Kenya.

**Learn More:** [www.friendsofkisima.org](http://www.friendsofkisima.org) - FTKI, a registered 501c3 charity

**Registration:** [FTKI.org](http://FTKI.org)



Entry fee includes technical race shirt and finisher medals

**ADULTS / 15 and up: Start Time 7:00am**

Elite/Experienced – Wave 1

300 m pool swim; 9-mile bike; 2.0-mile run

Age 15 and up – Wave 2

150 m pool swim; 6-mile bike; 2.0-mile run

Individual entry - \$65      Team Entry - \$120 per team

**YOUTH: Start Time 7:45am**

Ages 12 -14 – Wave 1

150 m pool swim; 4.5-mile bike; 1.0-mile run

Ages 9 – 11 –Wave 2

100 m swim; 3-mile bike; 0.6 mi run

Ages 8 and under – Wave 3

50 m swim; 1.5-mile bike; 0.6 mi run

Individual entry - \$50      Team Entry - \$95 per team

For more information, contact Bonnie at [TriforthekidsLPRC@gmail.com](mailto:TriforthekidsLPRC@gmail.com)

