

LG★TRI

Eight years of remembering Laura Genelin

splash



grind



sprint



Helpful Information for Kids

Friday Night

1. Get to know the course. Check it out or look at the maps online
2. Eat a healthy, yummy dinner. Go ahead and have desert
3. Pack all your gear
4. Make sure your bike is clean and working properly
5. Put on your bike number
6. Fill your water bottles
7. Go to bed early and get a good night sleep

Saturday Morning Before the Race

1. Eat a normal size, healthy breakfast. Don't over eat
2. Put on sun screen
3. Wear the shorts/shirt you are going to swim in
4. Get to the pool in time! The race starts at 10:00AM
5. Make sure your bike is in the gear you want to start the race
6. Make sure to tie the shoes you will be biking and running with

At the Event

Swim

1. Make sure you have your timing chip
2. Bring your goggles and swim cap to the start
3. Swim swim swim!

Bike

1. Run to your transition spot and wipe your feet off
2. Put on your helmet and make sure it is buckled
3. Put on your sunglasses if you use them
4. Put on your shoes (socks optional)
5. Grab a quick sip of water
6. Walk your bike out of the transition area, get on and ride!

Run

1. Get off your bike and walk into transition area
2. Rack your bike and take off your helmet
3. If you have different shoes, change shoes
4. Grab a quick sip of water
5. Put on your hat/visor and run!

Items You Need

Swim

- Swim Suit
 - Girls – one piece is preferred
 - Boys – trunk and swim shirt (optional)
- Goggles
- Swim Cap (will be provided)
- Towel – to be set up in transition area

Bike

- Bike
- Helmet
- Water Bottle – either in transition area or on your bike
- Comfortable shoes – may be the same shoes you run with or specific biking shoes)
- Socks (optional)
- Sunglasses (optional)
- Shirt, if you don't use your swim shirt
- Bike gloves (optional)

Run

- Running shoes
- Visor or hat (recommended)
- Water Bottle

Remember

- Safety first!
- Have fun, smile and laugh ☺
- Show good sportsmanship

This will be both fun and challenging. Be safe and have fun!
Be sure to thank a volunteer sometime during the day.

This event is held in memory of our friend, Laura Genelin. To keep her passion alive, we hold a sprint triathlon and kids triathlon every year in her hometown of Eagle, Colorado.



Proceeds from this race will benefit the Vail Valley Charitable Fund, helping locals like Laura in medical crisis. To learn more about our non-profit visit www.VVCF.org