



# 7th Annual Kid'athlon At Meador Park

**Saturday, August 7, 2010**  
**Info: 417-837-5900**

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**Meador Park**  
**[www.parkboard.org](http://www.parkboard.org)**

Presented by



## Course Description

Age	Swim	Bike	Run
5-8	50 yards	½ mile	½ mile
9-12	50 yards	1.1 miles	1 mile
13-14	100 yards	2.2 miles	1 ½ miles

**Swim** – Meador Pool (50 yd pool)

**Bike & Run**– Combination of asphalt and grass. Exact surface will be available in confirmation letter along with exact distances for each age group. *No training wheels allowed.*

## Itinerary

**Thursday July 22<sup>nd</sup>**

6:30 pm– 7:30 pm Free Race Clinic at Meador Park  
2500 S. Fremont, Springfield MO  
(Please RSVP no later than Tuesday July 20<sup>th</sup>)

**Saturday July 30<sup>th</sup>**

Registration Deadline

**Thursday, August 5<sup>th</sup>**

12pm – 6pm Mandatory Packet Pickup  
Doling Family Center  
301 East Talmage in Doling Park

**Saturday, August 7<sup>th</sup>**

6:30–7:30am Race day check-in @ Meador Park  
2500 S. Fremont, Springfield, MO  
7:55am Pre-race meeting by pool  
8:00am First heat starts  
9:15am Door prizes and awards

## Registration

**Walk in** to Doling Family Center or Chesterfield Family Center on or before July 30<sup>th</sup>.

**Fax** to 417-837-5904 by 12pm on Friday, July 30<sup>th</sup>.

**Mail** to the Doling Family Center by Saturday July 30<sup>th</sup>:  
301 E. Talmage,  
Springfield, MO 65803

**ABSOLUTELY NO REGISTRATION  
AFTER JULY 30<sup>th</sup>**  
*NO RACE DAY REGISTRATION*

## New

Participants only on course, NO PARENTS or other assistance during the race will be allowed. This will include the transition area.

## Food

Post-race food will be available for participants by 9:30am

## Awards

The top 3 finishers in the following categories (male and female separate) will be recognized:

5-6 | 7-8 | 9-10 | 11-12 | 13-14

## Free Race Clinic

All participants are invited to a **FREE triathlon clinic** on Thursday July 22 from 6:30 pm – 7:30 pm.

Learn how to set up your transition, what to expect in a triathlon, how to train for triathlons, and answer all of your questions.

**RSVP** by calling or emailing Chris Thaller at 837-5902 or [cthaller@springfieldmo.gov](mailto:cthaller@springfieldmo.gov) no later than Tuesday July 20<sup>th</sup>.

