

Virtual Kid' Athlon

PARTICIPANT TIPS AND TRICKS



Swim

- Practice swimming laps
- Bring goggles
- All ages will swim 25 yds
- Remember to have an adult or life guard present
- Record your time.



Bike

- Wear a helmet
- Wear correct shoes
- Ages 5-8 will bike 1/2 mile
- Ages 9-12 will bike 1 mile
- Have someone time your ride.



Run

- Drink plenty of water
- Wear comfort clothing
- Ages 5-8 will run 1/2 mile
- Ages 9-12 will run 1 mile
- Have someone time your run

This year's event is all about FUN! Enjoy the Virtual Kid'athlon in your favorite locations, such as the Greenway trails, parks, public pools or your own backyard!

