



18th Annual

KID'ATHLON

TIPS AND TRICKS

SWIM

- * Practice swimming laps
- * Bring goggles
- * Practice transition to biking
- * Layout your bike gear
- * Remember to have an adult with you

BIKE

- * Wear a helmet
- * Wear correct shoes
- * Bike your race distance
- * Have someone time your ride
- * Practice passing on the left side of fellow cyclists

RUN

- * Drink plenty of water
- * Wear correct shoes
- * Wear comfy clothing
- * Practice your race distance
- * Have someone time you



REMEMBER

This event will be held at Chesterfield Family Center and Chesterfield Park. Practicing at the location of the event will help the participant become familiar with the surroundings of the event.