



18th Annual KiD'atThLON

PARTICIPANT NEEDS

All participants will need the following supplies on race day:

SWIM	BIKE	RUN
<ul style="list-style-type: none">* Swim suit* Goggles (optional)* Towel* Life jacket (if non-swimmer) 	<ul style="list-style-type: none">* Bicycle (no training wheels allowed)* Helmet* Water bottle (optional)* Clothing (optional - participants do not have to change out of their swimsuit) 	<ul style="list-style-type: none">* Shoes* Socks 



REMEMBER

To help all participants have a fun and successful race, we encourage parents and kids to gather equipment the night before the race. Practicing transitioning between each stage of the race is also a benefit.