2019 3rd Annual
Applewood Kids Triathlon

The 2019 Applewood Kids Triathlon has moved to the Applewood Athletic Club. We are excited to partner with AAC this year. Every year, to our delight, the race has grown bigger. This year we are increasing our racers to 100 and expanding the age groups from 6 years to 12 years of age.

When: Sunday June 30. Check-in/registration opens at 8am for racers to get race numbers and body marking. The Race Transition Area opens at 8am for the kids to set up their bikes and running gear. A **Race Safety Meeting will be held at 8.50am**. Kids will get in race number order afterward. The race will start at 9am.

Where: The Applewood Athletic Club–13330 West 20th Avenue in Golden, CO 80401 The swim will take place in a 6-lane pool. The kids will then get on their bikes and ride the ditch trail through the neighborhood and back to the AAC. Racers will transition to the run course behind the AAC in Applewood Park. The finish line will be in Applewood Park.

Registration: The entry fee is $30 per racer, $35 on race day. Registration will be capped at the first 100 racers. Please find the attached Registration Form. More details for the race and pictures will also be posted on the Applewood Kids Triathlon Facebook page. We will make notification on Facebook when the Registration is full. You will be contacted if your child did not make the registration limit. Your entry fee will be void by destroying your check or returning cash. We will also post the official registered racers names once the race is full. There will be NO refunds if your child cannot race on race day.

s w i m - b i k e - r u n

Race details for kids 6-7 years old:

<u>Swim distance</u>: 50 meter swim (1 full lap in the pool–down and back)

<u>Bike distance</u>: Approximately 2.6 miles. They will exit the pool and head to the transition area in the parking lot of the AAC. They will get on their bikes to cross 20th Avenue *(20th will be controlled by Jeffco Sheriff Officer Brian Sperry)*. They will ride up 20th Avenue to the sidewalk cut through, go right to Braun Drive, and connecting with the ditch trail. The crossing at 22nd Place will also be controlled. Racers will ride to Eldridge. They will turn around and return to AAC. A parent volunteer will be at all road crossings. The course will be extremely well marked.

<u>Run distance</u>: Approximately 1 mile. Runners will return to the transition area, put their bikes back on the racks and head out for the run. They will do 2 laps around Applewood Park. The finish line will be in the park. There will be a water station on the course.

Race details for kids 8-12 years old:

<u>Swim distance</u>: 150 meters (3 laps in the pool–down and back)

<u>Bike Distance</u>: 4 miles. The kids will exit the pool and head to the transition area in the parking lot of the AAC. They will get on their bikes to cross 20th Avenue *(20th will be controlled by Jeffco Sheriff Officer Brian Sperry)*. They will ride up 20th Avenue, turn right at the sidewalk cut through to Braun Drive. They will get on the ditch trail and ride it to Eldridge Street. They will cross Eldridge *(Eldridge will also be controlled)* and go left on Foothill Road. They will turn right on the ditch trail and ride it to Joyce Street going right to 29th Avenue. Racers will turn left on 29th to Kendrick Street. They will go left on Kendrick up the hill to Echo Drive *(Kendrick will be controlled at 29th and Echo)*. They turn left on Echo Drive to Joyce and turn left on Joyce back to the ditch trail. Our racers will then return back to AAC via the trail. The trail will be well marked.

<u>Run Distance</u>: 1.7 miles. The racers will return to the AAC, will put their bikes back on the rack, and head out for the run. All runners [8-12] will complete 4 laps around Applewood Park. The finish line will be in Applewood Park.

A podium ceremony will occur after all of the racers have finished racing for the top 3 boys and girls in age brackets of 6-7, 8-9, and 10-12.

The course will be extremely well marked with course marshals at the corners. A Jeffco Sheriff Officer will control the kids crossing 20th Avenue. There will be lead bikes for the racers. Paramedics will be on site. *(<u>Parent volunteers are needed for course marshals. It is a great time to be out there cheering the kids on and seeing how hard they are working. We CANNOT do it without you</u>!!)*

Parking: Parking for the event will be on Beech Court and Alkire Street. Racers and their families can also park in the office space off of Cole Boulevard, next to Applewood Park and in the Applewood Park lot.

2019 Applewood Kids Triathlon
Registration Form

Release and Indemnity:
The undersigned in consideration of being permitted to participate in the Applewood Kids Triathlon hereby releases and forever discharges Applewood Kids Triathlon, Applewood Athletic Club, the Tousley Family, Race sponsors, the volunteers, marshals and agents from any and all liability for accident, injury or damage to person or property howsoever caused arising out of or in connection with my child's participating in the race.

This Release and Indemnity shall apply even if the injury or damage may have been contributed to or caused by negligence of the above named groups or their agents.

I acknowledge I am responsible for the roadworthiness and correct operation of my child's bike.

Parent or Guardian Name: _____ Date: _____

Phone Number: _____ email: _____

Yes. I would like to be a parent volunteer: _____
                                                                            [name]

Racer Name: _____ Age: _____

Racer Name: _____ Age: _____

Racer Name: _____ Age: _____

** *Can Applewood Kids Triathlon use photos/videos of your child participating in this event in promotional material or local publications, as well as potential coverage on local news media?*   Yes   No   [Circle One]

Early race entry fee: $30 per racer
Day of race entry fee: $35 per racer

Please print/complete this form & email to Tony Tousley at tousleytony@gmail.com by sending entry fees via Venmo to TonyTousley **OR** send forms & a check to:

   Tony Tousley at TAIR Cycles
   13705 West 26th Avenue
   Golden, CO 80401

Make checks payable to *TAIR Cycles*. Credit Cards will be accepted at the race.