



FORT • ATKINSON  
PARKS & RECREATION



## WE TRAIN (Ages 7-14)

11 training classes that meets every Wednesday (5:30-6:30 pm) and every Saturday (9-10:30 am) to help train for the youth triathlon. Goal setting, eating healthy, transition between events, self-motivation and more will be covered.

**STARTS:** Saturday, June 16 **FEE:** \$50 (includes Triathlon registration)

**NOTE:** No WE TRIN Wed July 4. Mandatory Parent Meeting June 16 (9 or 10am)

## To Register

Please make checks out to **CITY OF FORT**

3 easy ways to register.

1. Mail - 30 N. Water St. West - Fort Atkinson, WI 53538
2. In Person - Register at the Parks & Rec Office
3. Aquatic Center - after June 7—register in the admissions area.

Follow Fort Youth Triathlon updates on Facebook @ facebook/FortYouthTriathlon  
Twitter @Fort\_Parks\_Rec

---

# Youth Triathlon (Ages 7-14)

**Date:** Saturday, July 28

**Location:** Fort Atkinson Aquatic Center (1200 Lillian St)

**Fee:** \$30 first participant; \$25 each additional family member (before July 1)  
\$35 first participant; \$30 each additional family member (July 1-July 24)  
\$40 plus chip fee for all registrants on July (24-27) & race day

**Registration Includes:** Shirt, finisher's medal, entry into door prize drawing

**Special Note:** If you are interested in volunteering for the triathlon or have any questions, contact: fortparksandrec@outlook.com



FORT • ATKINSON  
PARKS & RECREATION



# Youth Triathlon

Sat. July 28 @ Fort Aquatic Center

### Race Day Schedule

6:30 am Registration Opens  
8:00-8:45 am 7-8 year old race  
9:00-9:45 am 9-10 year old race  
10:00-10:45 am 11-14 year old race  
11:00 am Awards & Prizes

### Awards

Top 3 finishers in each age group (male/female)  
7-8 year olds 9-10 year olds  
11-12 year olds 13-14 year olds

### Race Distances

Ages 7-8  
50 meter swim, 3 mile bike, 1/2 mile run  
  
Ages 9-10  
100 meter swim, 3 mile bike, 1/2 mile run  
  
Ages 11-14  
150 meter swim, 6 mile bike, 3/4 mile run  
  
Complete course map available on request

Clip & Return to: Fort Parks & Rec Office - 30 N. Water St. W - Fort Atkinson, WI 53538

Name: \_\_\_\_\_ Male Female

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Phone: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact & Phone: \_\_\_\_\_

Shirt Size: Youth S (6-8) Youth M (10-12) Youth L (14-16) Adult S Adult M Adult XL

I am signing up for: Youth Triathlon We Train Checks made to: City of Fort \$ \_\_\_\_\_

## PARTICIPATION WAIVER

By signing below, I know that participating in a triathlon is potentially hazardous activity. I should not allow my child or dependent to participate in this event unless he/she is medically able and properly trained. I assume all risks associated with participation in the Fort Youth Triathlon including, but not limited to falls, contact with other participants, the effects of the weather; including high heat, and humidity, or cold temperatures and rainy conditions, vehicular traffic and conditions of the road, all such risks being known and appreciated by me and my child/dependant. Having read this release and knowing these facts, and in your consideration of accepting my entry, I will not hold the City of Fort Atkinson, Fort Atkinson Parks & Recreation, race directors, event sponsors, or any volunteers of this event liable for any injuries that may occur from my child's/dependent's participation.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_