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If you take a fish out of water, can it bike and run?

We would like to personally invite your youth swim club to participate in the California Kids Triathlon this coming Sunday, August 9th. Combine swimming, biking and running into one event & the result is a triathlon; and a great way to compliment and diversify your training.

The California Kids Triathlon (CKT) was recently named as a finalist for **Event of the Year** for the Governor's Council on Exercise & Fitness and is making it's once-a-year appearance in the area. Come see why the CKT is a nationally renown event!

In response to requests from area clubs already registered for the CKT, we're offering TEAM racks for clubs with 10+ members attending. So gather 10 teammates and you are eligible to have a special TEAM rack all to yourself in the transition area! To reserve your team's rack, contact us at [info@changeofpace.com](mailto:info@changeofpace.com). (Deadline to reserve a team rack is Friday at 3pm).

### Why the California Kids Triathlon?

The CKT offers a FUN event to kids ages 4-17 years. Registration is still available: visit [http://changeofpace.com/CKT\\_Registration.html](http://changeofpace.com/CKT_Registration.html) to register today!

The CKT offers:

- a great team-building event. Build team unity, cohesiveness and friendships.
- one of the only youth triathlons to offer Team racks.
- the chance to cross-train in anticipation of the Fall season.
- a great venue for spectators. Plenty of parking & easy spectator viewing!
- a world-class event right here in your backyard. No airfare necessary!
- Post-Race FUN. After you cross the finish line, we have arts & crafts, inflatables, refreshments, and more.



And even better - the forecast for the weekend is MILD! Mid 80s!! Can't beat that in the Sacramento area in August!

## California Kids Triathlon

The California Kids Triathlon features three adrenaline-pumping activities for kids ages 4-17. The event is all about FUN, Exercise and most importantly completion.

You could describe the CKT as one gigantic kids party with a lot of fun exercise thrown in. Every kid walks away with a finisher's medal, a gigantic smile, a different perspective of swimming, cycling and running and the cool label of being called a Triathlete.

The 2009 California Kids Triathlon will take place on Sunday, August 9th at the Charles Brooks Community Swim Center (Woodland High School) at 155 North West Street in Woodland, CA. Both start times and distances are based on each child's age. All distances provide a challenge, yet are very achievable for all ages and abilities. No previous triathlon experience is necessary!



### Where & When

155 North West Street  
Woodland, California 95695  
Sunday, August 9  
First Heat: 8:00AM

### 2009 California Kids Tri Sponsors



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