

RUNNING EVENTS

FREE TO THE PUBLIC

Road Races

Mondays, June 3, 10, 17, and 24
Races are 3,000 and 5,000 meters
6:30 p.m. at Spencer Park

Track and Field Clinics

Wednesdays, June 5, 12, and 19
1:30 p.m. at the Lincoln High School Track

Summer Developmental Track Meets

Wednesdays, June 5, 12, 19, and 26
5:45 p.m. for field events; 6 p.m. for running events
Lincoln High School Track
Walk-up registration opens at 5 p.m.

Kids Cross Country Meets

Wednesdays, September 4, 11, and 18
4 p.m. at Morningside Park

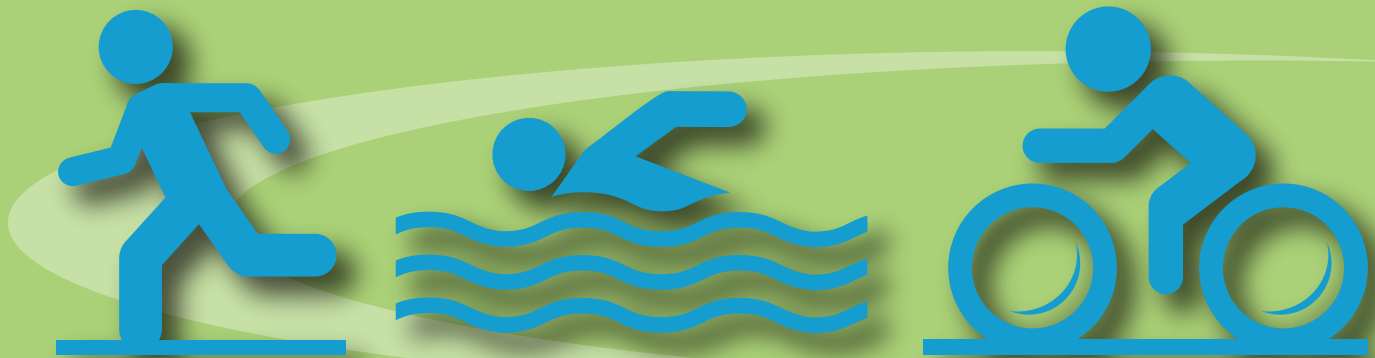


If an ADA accommodation is needed, please contact the Human Relations Office at 605-367-8745 or humanrelations@siouxfalls.org at least 5 business days before the event.

Sioux Falls Parks and Recreation

2019 **YOUTH TRIATHLON** 11TH ANNUAL

Sponsored by Wellmark Blue Cross and Blue Shield



Run, swim, and bike in this fun mini-triathlon.

AGE	SWIM	BIKE	RUN
6-7	1 length of pool (33m)	1 full lap around park (.64 mile)	.5 mi.
8-9	1.5 lengths of pool (49.5m)	2 full laps around park (1.3 miles)	.5 mi.
10-11	2 lengths of pool (66m)	3 full laps around park (1.92 miles)	1 mi.
12-13	100m	4 full laps around park (2.5 miles)	1 mi.
14-18	200m	6 full laps around park (3.84 miles)	1.5 mi.

Prizes

Make sure to stick around for the awards ceremony! Prizes will be awarded to the top three male and female finishers in each division. Coke will have a drawing to win a bike for registered participants. Erik's Bike Shop will be donating a grand prize as well as providing giveaways to all preregistered participants.

Bike Inspections

Erik's Bike Shop will be on site to provide bike checks, minor tuning, and tire inflation prior to the race.

Check out our triathlon training classes that will help you gear up.

register.siouxfallsparks.org • activity number 163005.

Friday, August 9, 2019

Times: 9 a.m. packet pickup and setup. All participants must be present at this time.

Start Times: 10 a.m. 6 to 7 years
 10:15 a.m. 8 to 9 years
 10:30 a.m. 10 to 11 years
 10:45 a.m. 12 to 13 years
 11 a.m. 14 to 18 years

Location: Kuehn Park/Pool

Register online at register.siouxfallsparks.org using activity number 160000.

Online/early \$10 registration deadline July 31
 Fee is \$10 and you receive a T-shirt.

Race day registration August 9, \$15.

Vehicle Parking and Access

Use Kuehn Pool lot entrance to drop off participant and equipment. Kuehn Pool lot will be ADA parking only, use Sioux Falls First Church lot at 41st and Kuehn Park Road or Kuehn Community Center lot at 2801 South Valley View Road. No parking in the Kuehn Golf Course parking lot!



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