



Join us for two days of multisport fun. Youth participants (ages 5-14) will get the chance to work with expert multisport coaches and trainers.

For the clinic and the TRYathlon, make sure to bring all of your TRYathlon stuff. This includes your swim, bike, and run gear. Make sure to pack dry clothes, and some sunscreen. Remember helmets are mandatory safety equipment.

Everyone will receive a t-shirt and finishers medal. Awards will also be presented for the top three finishers in each age group.

BBBS Youth Multisport Clinic & TRYathlon

Clinic Youth Clinic
April 30, 2011 • 9am-1pm
Awards to follow event

Event Youth TRYathlon
May 01, 2011 • 1pm
Registration 11am-noon | Prep time noon-1pm

Location YMCA • Pittsburg, KS

Cost \$30 • per child by April 21.
\$35 • per child after April 21.

Contact Joanna Rhodes 620-704-1936
Tailwind Cyclists 620-231-2212
Onsite Registration Available

registration

Proceeds benefit Crawford County
Big Brothers, Big Sisters

Entry Fee: Cash or Personal Check will be accepted
\$30 early registration | before April 21
\$35 registration | after April 21

Parent / Guardian must sign a release the day of the event.

Name of Youth 1

AGE on May 1 Phone

T-SHIRT SIZE YS YM YL AS AM AL

Check if you are matched with Big Brothers, Big Sisters

List school/city

Name of Youth 2

AGE on May 1 Phone

T-SHIRT SIZE YS YM YL AS AM AL

Check if you are matched with Big Brothers, Big Sisters

List school/city

You may register online. Additional fee may apply.
www.active.com/event_detail.cfm?event_id=1948718

Safety is our number one priority. We have the right to alter the course or cancel the event due to inclement weather. Unfortunately registration fees cannot be refunded for any reason.

ALL PROCEEDS STAY LOCAL

Return completed form and registration fee to:

Tailwind Cyclists
1511 N. Broadway St.
Pittsburg, KS 66762
620-231-2212

**Big Brothers
Big Sisters**
310 N. Pine Street
Pittsburg, KS 66762
620-231-1145



THANKS TO OUR SPONSORS



SWIM BIKE RUN

TRYathlon (a.k.a. triathlon/multisport) is the combination of swimming, biking, and running. Event distances are based on participants' age.

5-8year olds:

swim 50meters | **bike** 1mile | **run** 1/2mile

9-11year olds:

swim 100meters | **bike** 2miles | **run** 1mile

12-14year olds:

swim 200meters | **bike** 3miles | **run** 1.5miles

Pool is 25 meters long.

Get Fit Youth TRYathlon

This event is for participants of all ability levels. Participants should make sure to bring all of their equipment to the clinic and TRYathlon. This will include but is not limited to: 1) swim suit, swim goggles, and 2 towels, 2) bike and bike helmet is mandatory, 3) running shorts, running t-shirt, hat, sunglasses, 4) dry clothes for after the event, 5) Additional refreshments will be provided.



Big Brothers Big Sisters

mission is to help boys and girls, most of whom are considered at-risk and living in single-parent homes, achieve their full potential through long-term personal relationships with carefully screened and caring volunteers. On average it costs over \$600 to match one child in our program. Right now there are 43 kids waiting for an adult role model and friend in their life. Children that are matched, when compared with those in similar situations who are not matched, as a whole do better in school and at home, and avoid substance abuse at a pivotal time in their lives, when even small changes in behavior or choices made can change the course of their future.

Limited Scholarships Available from the Live Well Health & Wellness Committee

Contact the local BBBS office | 231-1145
or Joanna Rhodes, Live Well Coordinator
620-704-1396

Scholarships made possible by CFSEK



presents

get fit
TRYathlon

Crawford County Big Brothers, Big Sisters