



THE
Eau Claire Aquatic Club
KIDS TRIATHLON CLINIC

SUNDAYS & THURSDAYS
from MAY 12th - MAY 30th

A Triathlon is an exciting, fast-paced, timed, three-sport race, which takes place in the following order: Swim, Bike, Run. It's a fun way to get fit and have fun!

The Eau Claire Kids Triathlon is Saturday June 1st, 2019. This program is designed to get your kid ready for the race, meet friends who will be at the race and learn how to compete in a Triathlon!

7-10 year olds: 50 yard swim, 3 mi bike, 1/2 mi run
 11-14 year olds: 100 yard swim, 5 mi bike, 1 mi run

15-18 Year olds interested in the Adult Triathlon are welcome too!

JUNE 1st HALFMOON PARK IN EAU CLAIRE, WI
AT 3:30 PM

\$30

(5 Sessions AND Triathlon Registration Included!)

*no session on Memorial Weekend

Please contact Abby Hanlon to sign up
 Abbyhanlon0@gmail.com - 218.428.8811

MAY						
SUN	MON	TUE	WED	THU	FRI	SAT
28	29	30	1	2	3	4
5	6	7	8	9	10	11
12 B/R	13	14	15	16 S	17	18
19 B/R	20	21	22	23 S	24	25
26	27	28	29	30 B/R/S	31	RACE DAY!

Meet at Half Moon May 30th for a practice tri!
 *weather depending

JUNE 1ST
B-Bike | R-Run | S-Swim

SUNDAY 4:30-6:00PM
 Location: **CARSON PARK**
 Focus will be on biking and running
 Athletes will need a bike, appropriate shoes/clothing and helmet

THURSDAY 6:30-7:30PM
 Location: **NORTHSTAR MIDDLE SCHOOL**
 Focus will be on Swimming
 Athletes must come prepared to swim
(suit, towel and goggles required)