



THE
Eau Claire Aquatic Club
KIDS TRIATHLON CLINIC

SUNDAYS & THURSDAYS
from MAY 14th - JUNE 1st

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 3rd. 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 3rd HALFMOON PARK IN EAU CLAIRE, WI
 AT 3:30 PM**

\$35
(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

1	2	3	4	5	6	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

JUNE

Meet at Half Moon June 1 for a practice triathlon *weather depending

1	2	3
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RACE DAY!

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 5:30-7:00PM
 Location: **NORTH HIGH SCHOOL**
Focus will be on Swimming
 Athletes must come prepared to swim (suit, towel and goggles required)