



THE  
**Eau Claire Aquatic Club**  
**KIDS TRIATHLON CLINIC**

**SUNDAYS & THURSDAYS**  
**from MAY 13th - MAY 31st**

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 2nd. 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 2nd 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
		1	2	3	4	5
6	7	8	9	10	11	12
13 B/R	14	15	16	17 S	18	19
20 B/R	21	22	23	24 S	25	26
27	28	29	30	31 B/R/S	RACE DAY!	

Meet at Half Moon  
 May 31st for a practice tri!  
 \*weather depending

**JUNE 2ND**

**B-Bike | R-Run | S-Swim**

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**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

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**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)