



The Wingman Kids triathlon is a swim, bike, run event for all kids ages 4-13. No experience necessary.

Saturday, August 14, 2010.

The entire race takes place within Colvill Park in Red Wing, MN. The swim will be in the outdoor swimming pool. The bike route will be 100% closed to traffic and conducted on the asphalt trail around the park. The run will take place on the sidewalks / grass within Colvill Park.

All participants receive a T-Shirt and bib number. All finishers receive a finisher's medal. Participants need to bring their own swim suit, towel, goggles, bike, bike helmet, running shoes or any other items needed to complete the swim, bike, and run. All participants will be timed and results will be compiled. No split times will be provided.

For more information, course maps, results, and race site layout visit www.wingmantri.com

Entry fee: \$25 first child, \$20 second child of an immediate family, \$15 each additional child per family

Ages and Distances

Age	Swim	Bike	Run
4 - 7	25 meters (no deep end)	1 Lap (.7 mile)	1/3 mile
8 - 10	75 meters (1.5 laps)	3 Laps (2.1 miles)	3/4 mile
11 - 13	150 meters (3 laps)	4 Laps (2.8 miles)	1 mile

Starting times: 4-7 yr old 9 AM / 8-10 yr old 9:30 AM / 11-13 yr old 10:00 AM

Wingman Kids Triathlon

Name _____ City _____ State _____

Email address for results _____ Age on race day _____

Gender _____ T-Shirt Size _____

Knowingly and at my own risk I do hereby apply to enter an athletic contest. I hereby agree that I release and discharge the race director, the city of Red Wing, ISD 256, Colvill Aquatic Center, and all other parties associated with hereby events from all claims, demands, injuries, damages, actions or causes of action from all acts of active or passive negligence on the part of such corporations, organizations, clubs, their servants, agents or employees, and hereby assume all the risks associated with my participation in the event. I acknowledge that no refunds will be given

Signature or Parent or Guardian _____

Fees: \$25 first child, \$20 second child of a family, \$15 each additional child

Mail Completed entry form & check (payable to **Wingman Triathlon**) to:

Wingman Kids Triathlon
c/o Jesse Nelson
1215 Walter Ave
Red Wing, MN 55066