

LIVERMORE AREA RECREATION & PARK DISTRICT YOUTH TRIATHLON



Sunday, April 29, 9:30am - Robert Livermore Community Center

AGE	START TIME	SWIM	BIKE	RUN
11-12 years	9:30 am	100 yds. (4 laps)	3 minutes	1 mile
9-10 years	10:00 am	50 yds. (2 laps)	2 minutes	1/2 mile
7-8 years	10:30 am	50 yds. (2 laps)	2 minutes	1/2 mile
5-6 years	11:00 am	25 yds. (1 lap)	1 minute	1/4 mile

LARPD will be hosting it's 6th Annual Youth Triathlon to encourage fitness, fun and confidence!

Participants will begin by swimming laps, biking in the Loyola Way parking lot and finish off by running through Robert Livermore Park. Please note this event is not timed. Everyone is a winner!

Please arrive 15 minutes prior to your start time.

Res \$30 / NR \$36

Includes t-shirt, water & snacks

Must bring own bike, helmet & swim gear

Register online at www.LARPD.org by April 19th

For more information call Bree Pires 925.373.5749 or bpires@larpd.org

