



Kids Triathlon

8 a.m. Saturday, August 4

What you need to know...

What is a triathlon?

A triathlon is a race where competitors swim, bike and run – in that order. For this race, the swim will take place in Cass Park Pool, and the bike and run will take place on the Waterfront Trail. We've designed a safe, car-free course that is the perfect introduction to triathlon, no experience necessary!

What are the distances?

Kids ages 7 and 8 will swim 50 meters, bike 3 kilometers and run 1 kilometer.

Kids ages 9 and 10 will swim 100 meters, bike 5 kilometers and run 1 kilometer.

What equipment does my child need?

Kids should wear a bathing suit. Goggles would be helpful, but are not necessary. They will receive a swim cap with their race packet.

Kids will need a bike (any type will do!), a bike helmet (mandatory to race), a shirt and sneakers to put on after the swim. (They can leave the bathing suit on for the duration of the race.) The shirt is important because your child will need a place to pin a race number. We'll provide the safety pins. If your child does not have a bike, we have some available to borrow. Just e-mail race director Alex Kleinerman at ak235@cornell.edu.

Other items that may be useful are a towel, sunscreen, sunglasses, water bottle and a smile!

Where can I watch?

Spectators can stand anywhere along the course, but the best spot is just outside of the transition area. It's important to know spectators cannot help the racers. If you'd like to help, please sign up as a volunteer. The more people we have out on the course, the better the experience for the kids. If you don't know much about triathlon, don't worry; we'll give you an easy job. You can sign up at <https://cayugalaketriathlon.org/volunteers/>.

Anything else I need to know?

You can sign up for the race at <https://cayugalaketriathlon.org/>. Need-based scholarships are available by contacting Alex Kleinerman at ak235@cornell.edu. We hope to see you there!