



**REGISTER ONLINE AT
ACTIVE.COM**

Dubois County Youth Triathlon

Saturday, July 11, 2015

9:00 A.M. (EST)

www.duboiscountyyouthtri.com

800-968-4578

Huntingburg City Park

203 S. Cherry St. Huntingburg, IN 47542

COST

\$20 Before June 21, 2015 (Each additional sibling \$15)
\$30 After June 21, 2015

The annual Dubois County Youth Triathlon is set to take place on July 11th at Huntingburg City Park in Huntingburg, Indiana. In 2015 we have added a duathlon race, where participants can compete in a bike and run event. The triathlon will consist of swimming, biking, and running. This exciting opportunity is available to anyone interested!

Training Program: A FREE training program for anyone interested will be offered on two Sundays: June 7th and 21st at 10:00am at the Huntingburg Public Pool. Each session will last approximately an hour and educate the kids on how to prepare for a triathlon.

Course: The event will begin at 9:00am (EST). Triathlon participants will begin with a swim at the Huntingburg City Pool, followed by the bike ride taking the participant on 1 or 2 city streets that will be completely closed for the duration of the event. After biking, the run will take place around the Huntingburg City Park on grass, blacktop, and dirt paths finishing inside Historic League Stadium. The Duathlon event will use the same course layout as the Triathlon except that participants will begin with a run around the City Park, followed by a bike ride, and finish with a final run around the City Park. Distances for each leg are determined by the age of the participant. For a course map, please visit our website, www.duboiscountyyouthtri.com. There will also be maps available at the training sessions and at registration.

ROAD BIKE GIVEAWAY

TO PARTICIPANTS REGISTERED BY JUNE 21, 2015

**AWARDS WILL BE GIVEN BY AGE GROUP: BASED ON THEIR
AGE AS OF DECEMBER 31ST OF THE CURRENT YEAR.**

**HELMETS ARE REQUIRED
(AVAILABLE UPON REQUEST)**

PARTICIPANTS WILL RECEIVE A DRI FIT T-SHIRT

TRIATHLON DISTANCES

Age	Swim	Bike	Run
6	50m	(Splash n Dash)	1/2 mile
7-8	100m	2 mile	1/2 mile
9-10	100m	2 mile	1/2 mile
11-12	200m	4 mile	1 mile
13-14	200m	4 mile	1 mile

DUATHLON DISTANCES

Age	Run	Bike	Run
7-8	1/2 mile	2 mile	1/2 mile
9-10	1/2 mile	2 mile	1/2 mile
11-12	1 mile	4 mile	1 mile
13-14	1 mile	4 mile	1 mile

Proceeds: The proceeds for the Dubois County Youth Triathlon will go to the Dubois County Mentors For Youth organization. By supporting Mentors for Youth, you can be confident that you are truly making a difference! The program offers each child a chance to reach his or her highest potential by matching them one-on-one with a caring adult mentor. Benefits to the children include better school performance, better relationships with family and peers, increased self esteem, learning how to make better choices, learning the value of education and work ethic, and learning better life skills.

Packet Pickup: Packet pickup will be at Huntingburg City Park on Friday, July 10th from 5:30pm-7:00pm (EST) & Saturday, July 11th from 7:00am-8:30am. A waiver will be available for all parents to sign at registration.

Course Briefing: A MANDATORY course briefing will take place on race day. Specific times will be posted on the website.

ENTRY FORM

Last Name: _____ First Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Sex: M ___ F ___ Age: _____ (as of 12/31/15) Date of Birth: ____/____/____ Need a Helmet? (circle) Y N

T-Shirt: (circle) YM YL S M L XL (size not guaranteed if registered after June 21st)

Parent/Guardian Name: _____ Phone: _____ Date: _____

Make check payable to DC Multisport
Mail forms to: DC Multisport
2704 Newton St.
Jasper, IN 47546

NO REFUNDS



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Race: (circle) Triathlon
Duathlon