



KIDS TRIATHLON



Presented by the Kenora Recreation Centre and Trainer Janet Findlay*

July 19th - 23rd
8:30 a.m. – 4 p.m.

(Mini)

- Swim Bike Run Skills
- Nutrition
- Training
- Presentations
- Games
- Drills
- Fun

RACE!!!

With

Family BBQ & Awards

CAMP

Ages
8-12



Please Send:

- Snacks/Lunch
- Outdoor Clothing
- Bike & Helmet
- Running Shoes
- Swim Suit & Towel
- Sunscreen/Hat

Janet Findlay

- Certified Swimming instructor
- Local multi-sport athlete & coach
- Gold in Canadian Triathlon Championships*
- Silver World Triathlon Championships*
- Bronze Canadian Iron Man*
- Winner Canadian Death Race (125km) Ultra Run

For more information or to register contact:
467-2087