



Thanks to our sponsors

Life Skills 4 Kids - Occupational Therapy,
McDonalds, YMCA, Aldi,
Saxbys, Bunnings.

All Abilities Kids Triathlon

Who: Kids who are in Kindy to year 6. If the child is in a Support unit - then from Kindy to year 10.

When: November 4th, 2018

Time: 8.30 a.m. Drop off bike and get name marked off

Start: 9 am – tri starts. Kids will start in class groups – Finished before 10.30 am

Where: YMCA Forster, Lake St, Forster

Three legs: Swim in the pool, bike ride, run on the field.

Cost: \$10 per child

Registration: On our web site www.forstertriclub.com.au

What to bring: Swimmers, goggles, towel, bike, shoes, helmet, shirt (for the bike and run leg).

Each child will be encouraged on each leg of the course, and can take part to "the best of their ability". There is no timing. Each child who "finishes" will receive:

- a finisher's hat (thanks to McDonalds)
- a sausage sandwich (thanks to Aldi)
- an ice block and a drink (thanks to Saxbys).

Each child will also receive a ticket for lucky dip prizes from a number of local companies.



BIG THANKS to Club Forster
for sponsoring junior triathlon
locally!

Change up your Sunday morning.

Mark the date on your calendar, put a reminder on your fridge, and come down and join us for a non-competitive morning of fun outdoor activities for kids of all ages and abilities.

We look forward to cheering you on!

For registration and more information about the course, visit the Forster Tri club web site: www.forstertriclub.com.au.

Like us on the All Abilities Triathlon Facebook page:
www.facebook.com/allabilitieskidsrace/

For more information call: **0437 655 458**