

# Hills "TRY A TRI" Mini Triathlon

and "*SPLASH N DASH*" Swim-run (for kids)

*Sunday, July 31 , 2011, 8:00 am*

Highland Recreation Center 75 Hansom Road, Basking Ridge NJ 07920

- Try a Tri is a **fun beginner triathlon for ages 16+**. Swim ~200 yd, Bike ~7 miles (1 loop, hilly), Run ~2.4 miles (2 loop, flat). TEAMS (of 2 OR 3) ARE WELCOMED AND ENCOURAGED – *child/parent/grandparent, co-workers, friends!!*.
- Kids Splash n Dash is a **fun swim/run for ages 8-15**. Age 8-9 swim ~25 yd, run 2/3 mi, age 10-11, swim ~50 yd, run 2/3 mi, Age 12-16 swim ~100 yd, run 1.2 miles.
- Cost: \$25.00 for tri individual, \$35 for tri team. \$10 for Splash N Dash. In addition, everyone needs to pay for one day USA Triathlon license to cover insurance. Event is USA Triathlon Sanctioned.
- Register by July 28<sup>th</sup> only on line at [www.paramountadventure.org](http://www.paramountadventure.org) . LIMITED SPACE AVAILABLE. Race will sell out quickly.
- Course will be marked with signs and volunteers will be on hand. Light food and refreshments will be available post race along with raffle and "freebies" sponsored by Hills merchants.
- Volunteers are needed – sign up at [www.raceit.com](http://www.raceit.com)



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Questions? Send them to [njraceguy@gmail.com](mailto:njraceguy@gmail.com)