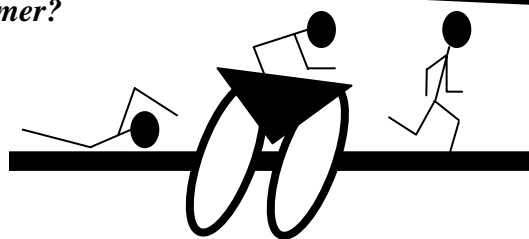


Would you like to try something new this summer?  
How about a Youth Triathlon?  
Go ahead -

# "U-TH, TRI IT"!



**First Annual Youth Triathlon Hosted By:**  
Ames Area Triathlon or Multi-sport Club  
Ames Iowa State University YMCA



**Saturday, August 13, 2005**  
**9:00 am, Beyer Hall**



This youth triathlon is open to male and female youth ages 7-14.  
The pre-race registration is \$25 per entry and must be received by August 1, 2005. Registrations received after August 1, 2005 will be \$30 per entry. All participants will receive a participation with a t-shirt and items from local sponsors. All participants who complete the race will receive a medal. Trophies will be awarded to the top three male and female finishers in each age bracket 7-8, 9-10, 11-12, 13-14.



**ENTRIES WILL BE LIMITED TO 120 PARTICIPANTS!!**

## Pre-Race Schedule:

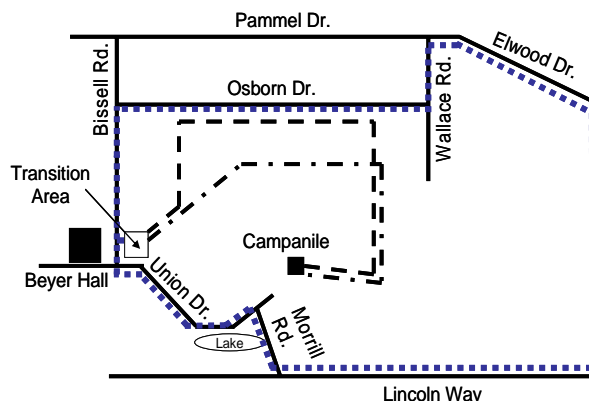
Thurs. Aug. 11th: Campanile  
6:00–7:30 pm; Pre-Race Clinic  
Fri. Aug. 12th: Campanile  
5:00–7:00 pm; Pre-race Clinic  
Fri. Aug. 12th: Beyer Hall  
4:00–7:00 pm; Packet pick-up  
Saturday, Aug. 13th: Beyer Hall  
6:00–8:00 am; Packet pick-up

## Competition Distances:

Ages 7-10: Swim: 75 yards  
Bike: 2.5 miles  
Run: 0.5 mile  
Ages 11-14: Swim: 150 yards  
Bike: 5 miles  
Run: 1 mile

## Course Map:

Swim – Beyer Hall  
Bike – ■■■■ (Age 7-10, 1 loop; Age 11-14, 2 loops)  
Run – ■■■■ (Age 7-10, shorter route on campus sidewalks)  
■ ■ ■ ■ (Age 11-14, longer route on campus sidewalks)



**For more Information and Registration,  
please visit the following websites:**

[www.atomc.org](http://www.atomc.org)

[http://www.active.com/event\\_detail.cfm?event\\_id=1236898](http://www.active.com/event_detail.cfm?event_id=1236898)

**Or contact–**

Mike Conzemius  
515.268.0848

E-mail: [conz@iastate.edu](mailto:conz@iastate.edu)

**Registration forms may be picked up at:**  
Skunk River Cycling  
All YMCA of Greater Des Moines Locations



This is a USA Triathlon Sanctioned event.