

Cape Elizabeth Community Services

presents

Tri By The Sea

Sunday, September 29, 2019



What is a youth triathlon?

Triathlon is a sport that consists of four elements; swimming, biking, running, and transitions. It is growing in popularity all over the world, and triathlons designed for young people are an excellent way to introduce them to this exciting phenomenon. Preparing for and participating in a triathlon provides a fun framework for the development of a healthy active lifestyle.

Who is eligible to participate?

Resident and nonresident athletes ages 7-15 may register for this event. Age groups are divided into 7-10 and 11-15. For this race, your age is your age on race day.

How many will be participating?

Current registration is capped at **175** for the younger and **75** for the older age groups.

Where will the Tri By the Sea take place?

Athletes will swim in the Donald L. Richards Community Pool. The transition area will be set up in the first parking lot on the left as you enter Cape Elizabeth High School. The bike course will be a loop, starting and ending at the transition area. The run will be entirely on the Cape Elizabeth Schools' campus, and finishes at the Keith R. Weatherbie Track and Field.

What are the race distances?

There are two age divisions, with distances tailored accordingly.

- 7-10 year olds- SWIM 75 yards (3 lengths), BIKE 2.5k (1.5 mi.) and RUN 1k (¾ mi).
- 11-15 year olds will SWIM 175 yards (7 lengths), BIKE 9.5k (6 mi.) and RUN 2k (1 ¼ mi),

Can a kid really do a triathlon?

In a word- yes! The race distances selected are within the recommended guidelines set by USA Triathlon. They are designed to be challenging, yet achievable. If a child can swim 2-4 laps of the pool (depending on age) and ride a bike 20-40 minutes without stopping, s/he

can successfully complete a kids tri.

Is there a team participation option?

This year the only option is to do an individual race, with one participant completing the swim, bike and run. There will not be an option of a duathlon.

What gear do I need?

Essential gear includes swimsuit, goggles and swim cap for longer hair; Bike and helmet; Running clothes and shoes,

Who is putting on the triathlon?

Steering Committee

Susan Frost

Todd Larlee

Andie Mahoney

Jamyn Dawes

Linda Strunk

Sponsorships

There are numerous sponsorship opportunities available. Please contact [Todd Larlee](#) for additional information.

Benefactor

Proceeds from this year's event to benefit the Pond Cove Playground. . Donations may be made directly to Community Services.

Volunteer

Family and friends of athletes are encouraged to volunteer at the event which provides ample opportunity to spectate at the same time, Interested volunteers, please contact [Andie Mahoney](#).