

USA TRIATHLON®

KIDZONE

WELCOME

Triathlon, aquathlon, and duathlon are great ways to stay active and have fun. In the online version of USA Triathlon KidZone, you can learn tips for your swim, bike and run, discover the best way to set up your transition area and find ideas for healthy snacks. Miles will take you on his multisport adventures, and you can even play games and submit your own race photos. We love multisport, and we know you do too.

MILES' TIPS

- Hey kids: When you practice swim, bike and run, don't forget to practice transitions, too. They can help improve your time in your next race!
- Drafting is not allowed at most triathlons, so you'll need to keep three bike lengths between you and the person in front of you. If you need to pass someone, you have to pass them in 15 seconds.
- Try a brick workout this year. A brick workout means you are training in two different events back to back. You can either swim and bike, bike and run, or swim and run.

SHOW US YOUR CREATIVE SIDE

Send your triathlon stories, poems or drawings to us at communications@usatriathlon.org with USAT Kids as the subject, and you may see it in an upcoming issue of USA Triathlon Kids.

WHAT IS YOUR FAVORITE TRIATHLON EVENT?

- ☐ SWIMMING like a fish!
- ☐ BIKING really fast!
- ☐ RUNNING like the wind!

usatriathlon.org/kidzone

WHAT'S DIFFERENT?

There are 10 differences between the photos – can you find them all?



Be a part of the over 43,000 youth annual members!
Visit www.usatriathlon.org to become a member!