



TRYstars

KIDS TRIATHLON PROGRAM

A

Aquathlon



An event involving a swim and run.



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B

Breakfast



It's important to have a healthy one with fresh fruit so you have lots of energy to swim, bike and run.



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Certificate



When you finish your event, you sometimes receive one of these to say you are awesome.



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Duathlon



An event involving only a bike and run. Some events are run, bike, run.



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E

Exercise



Doing this every day helps you be healthier,
happier and more focused at school.



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F

Freestyle



The stroke most commonly used in the swim part of a triathlon.



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Gears



Changing these on your bike allows you to
either pedal easier or faster.



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Helmet



You must wear one on the bike course. You must do it up correctly (get an adult to check it fits properly) before you touch your bike when getting ready to ride, and when you return you must put your bike back on the rack before you remove it.



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I

Inspired



After completing a triathlon you might feel this. It might encourage you to do more events and get your friends to join you.



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J

Juniors



Athletes younger than 20 years old.



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K

Keep left



When participating you should do this to allow other athletes to pass you if they are going faster. It will also help stop you crashing into people coming the other way.



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L

Lifeguard



When participating in triathlon these people
are there to keep you safe during the swim.



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Mount Line



A line at the exit of the transition area. You cannot get on your bike until you have crossed over this line. This will be clearly marked and technical officials will remind you.



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Novice



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Someone who is new to the sport.



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Officials



In a triathlon event these people ensure everyone can have a safe, fair and enjoyable event by following a few simple rules.



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Practice



It is always important to do this before the event to make sure you are comfortable swimming, cycling and running when completing the triathlon.



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Questions



Everyone has lots of these so it's important to ask the event organiser, marshals or officials, so you can focus on doing your best.



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R

Racks for bikes



These are in the transition area for your bike
to hang off while you are participating.



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S

Spectator



A person who watches a triathlon race.



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Transition

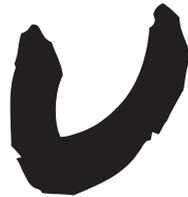


This is where you go between the different activities to change your equipment. You rack your bike there and lay out all your things for the bike and run activities.



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UV rays



It is always important to wear sunscreen, a hat, sleeves and sunglasses to protect yourself from these.



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Volunteer



Always thank these people as they are there
to support you so you can have a fun and
enjoyable event.



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w

Warm up



Make sure you do this before participating to
make sure your body is ready to go. You can
do so with some light exercise.



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Xterra



An off-road type of triathlon with mountain biking and running on trails. It's like 4WD tri!



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Y

Yes



What you should say when asked if you want to
give triathlon a go. You can do it!



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Z

Zzz's



You'll get plenty of these after your event!