

## What is a triathlon?

Triathlon is a sport made up of three sports - *swimming*, *cycling* and *running*. Most triathlons start with a swim, then a bike ride, and finish with a run.

**3 SPORTS in ONE = 3 TIMES the FUN!**

Triathlon is one of the world's fastest growing sports. Over 1 million people around the world do triathlon, and in Australia alone there are more than 100,000 people who take part! Heaps of juniors like you are giving it a go and then taking it up as their regular sport. Here are some of the reasons why!

- Triathlon is for everyone
- Triathlon keeps you fit and healthy
- There are lots of junior triathlons in Canberra
- It's great to meet new friends outside of school
- There are lots of prizes to be won
- Canberra has lots of support for juniors
- We send our own ACT Junior team to the Schools National Championships each year
- IT'S HEAPS OF FUN!!!

## Who can do a triathlon?

The best thing about triathlon is that ANYONE can do it! It doesn't matter how old or fit you are, or what you look like. If you can swim a short distance, ride around the block, and run around at school, then **triathlon is for you!**

## Do I need special equipment?

No, you've probably got all you need at home! All you'll need is:

- a bike that is safe to ride;
- a bike helmet (there should be a sticker inside it saying that it meets the Australian standards);
- a pair of running shoes;
- swimmers;
- a towel;

- goggles if you like to swim with them;
- a sun hat and sunscreen, as the sun damages triathletes' skin, even in winter; and
- a big happy smile!

### **Is a mountain bike ok?**

Yes, even a BMX is ok! Any bike except a motorbike is great for triathlon! In fact there are even off-road triathlons just for kids with mountain bikes!