



FOR YOUTH DEVELOPMENT®  
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# WHEN THE GOING GETS TOUGH, THE TOUGH TRI-HARDER

Memorial  
**REHAB SERVICES** 

## 2019 YMCA Kids' Triathlon Prep-List

Get Ready Kids!

### FREE CLINIC

**When:** Tuesday, June 4, 5-6:30 PM

**Where:** Kerasotes YMCA, 4550 West Iles, 62711

**What:** We will discuss logistics of the course, the timeline of race day, help you understand what to expect, and offer tips! No need to register.

- Stay after to complete your swim test!

### BIKE & HELMET CHECKS ✓

• Your bike must be checked and tagged to participate in the race.\*

• Your helmet must be checked and stickered to participate in the race.\*

**When and where can registrants have their bike and helmet checked?**

- ... in advance at Wheelfast in Chatham, IL (17 Cottonwood Drive) or R&M Cyclery in Springfield, IL (832 W. Washington St) during regular business hours.
- ... from 7:30-8:45AM before the event.

### SWIM TEST ✓

• You must take a swim test to participate in the race.

**If you do not pass the test, you can still participate in the swimming portion of the triathlon, however you will have to wear a US Coast guard approved flotation device, which we will provide. Participants who do not pass may need to be assisted by a trained volunteer or certified lifeguard. Questions or concerns about the swim test, please contact Tara Bosaw at [tbosaw@springfieldymca.org](mailto:tbosaw@springfieldymca.org).**

**What will I be tested on?**

- You must swim one length of the pool without hesitation.
- You must jump into the pool, return to the surface, turn toward the instructor, and tread water for one minute with your ears out of the water.

**When and where can registrants take the swim test?**

- ...6:30-7:15 p.m. after the Free Clinic June 4.
- ...by appointment with Tara.
- (217-544-9846 x139, [tbosaw@springfieldymca.org](mailto:tbosaw@springfieldymca.org))
- ....morning of the event with Tara 7-8:45AM.
- ....all testing will occur at the Kerasotes competition pool.



**\*Bike checks, helmet checks, and swim tests are mandatory. No exceptions.**