April 14-15
FCST at Inaugural Houston Kids Triathlon

First Colony Swim Team has been invited to be a part of the first Houston Kids Triathlon!

- *What is the Kids Triathlon?*
  - It's a great introduction to the sport of Triathlon. Athletes will swim, bike, and run their way to a good time.
  - 5-10 year-olds – 100 yd swim, 3 mile bike, 0.5 mile run
  - 11-15 year-olds – 200 yd swim, 6 mile bike, 1 mile run
- *Why should I do it?*
  - It's a great "cross-training" type activity!
  - FCST will receive $10 for every athlete who participates, so it doubles as a fundraiser!
  - Doing a triathlon is a lot of fun!
- *When, Where, and How do I sign up?*
  - The event will be held at the University of Houston on April 14-15. Saturday will be race packet pick-up and pre-race pep rally and the Triathlon will be on Sunday.
  - Sign up is open now for all 15 and Under athletes.
  - You can sign up until the day of, but since the race fills up quickly (800 limit), please register by March 24. You can go to http://imathlete.com, HoustonKidsTriathlon.org, or click **here** to download a copy of the registration form.
  - **When registering, please put "FCST" in the "Team/Group Name" box. Doing so will help support your team!**
  - The cost is $35 per athlete plus a $5 USA Triathlon Daily membership.
- *I'm excited! Is there anything else I should know?*
  - Click **here** to view the brochure for the event.
  - FCST Coaches and Triathlon competitors will offer a clinic prior to the event with instructions on safety, transitions, and more!
  - If you have questions, please contact Coach Evan (coachevan@swimfcst.com)