



# News Release

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## **Kids Duathlon Set for October 16**

Youth between the ages of 7 and 14 have the opportunity to test their running and cycling skills at the upcoming Kids Duathlon. The event will be held at 3 p.m. on Sunday, October 16 at Lemone Industrial Drive in Columbia.

The race will be divided into age categories. Youth in the 7-9-year-old age group will run a quarter-mile, bike 1.25 miles and then run another quarter-mile. Youth from 10 to 12 will run a half-mile, bike 2.5 miles and then run a half-mile. The oldest age group, 13- and 14-year-olds will compete by running a half-mile, biking 3.75 miles and running a half-mile.

Registration fee is \$20 per individual. All participants will be required to wear a helmet during the biking portion of the competition.

The Kids Duathlon is co-sponsored by Columbia Parks and Recreation and Tryathletics. Registration forms are available at the Parks and Recreation office at #1 South Seventh St. and at Tryathletics, 1607 Chapel Hill.

For more information, call Columbia Parks and Recreation at 874-7460 or Tryathletics at 447-2453.