



News Release

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Kids Duathlon Set for October 15

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 15 on Lemone Industrial Drive in Columbia. Signage will direct participants to the exact spot.

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, which includes a t-shirt and medal. 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 701 East Broadway and at Tryathletics, 1607 Chapel Hill.

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