



THE GREAT RACE®

"The World's Oldest Triathlon"®
An Eppie's Great Race Foundation Event

Presents

The 4th Annual
KAISER PERMANENTE. **thrive**

Kids Duathlon



2.0-Mile Run

5.75-Mile Bike

10 a.m. • Saturday • July 18, 2009

Held along the scenic American River Parkway



- ✓ Held the same day as The Great Race® for youth 17 years & younger.
- ✓ Kaiser Permanente Youth Pavilion with post race entertainment, free food, beverages, & more!
- ✓ Finishers' ribbons and special t-shirts to all; awards to top finishers.
- ✓ Six age divisions for both "Iron Kids" and 2-person Team categories.
- ✓ Perfect for elementary schools & youth groups.
- ✓ For fastest and easiest entry, enter online at TheGreatRace.org!



4th Annual Kaiser Permanente KIDS DUATHLON

What is a duathlon? A duathlon is an event that combines two activities, most commonly running and cycling.

What is THE GREAT RACE? The Great Race® is a triathlon (three events, in this case running, cycling, and paddling) held along the scenic American River Parkway. It was founded in 1974 by Sacramento area restaurateur/entrepreneur Eppie G. Johnson and has been held every year since, making it "The World's Oldest Triathlon".

Kids Duathlon Sponsor

Thanks our generous sponsor, KAISER PERMANENTE. **thrive** Kaiser Permanente, THE GREAT RACE® presents The KAISER PERMANENTE KIDS DUATHLON. The event's primary goal is to show our youngsters that healthy outdoor activities are fun, exciting, and rewarding. In turn this will help to improve their fitness and fight childhood obesity. Since THE GREAT RACE® is popular with families, the KAISER PERMANENTE KIDS DUATHLON will provide children with their own event — they can compete in it while other family members are tackling THE GREAT RACE®. Also, this duathlon introduction will encourage the entrants to continue these activities and to someday compete as triathletes in THE GREAT RACE®.



Event Registration

- Only **\$5** for **Iron Kids**, **\$10** for **Teams!**
- **BEST Option: register ONLINE** at TheGreatRace.org by 7/16.
- Fill out entry form and mail it post-marked **no later than July 10**.
- Register at the Old Spaghetti Factory Carbo Dinner at River Bend Park (formerly Goethe Park) on Friday, July 17 from 4 to 8 pm. \$10 Iron Kids, \$15 for Teams.
- Register race morning, 8:30 - 9:30 am at the Guy West Bridge, CSU Sacramento campus. \$10 Iron Kids, \$15 for Teams.

Event Rules: All parents and guardians and entrants must read the KAISER PERMANENTE KIDS DUATHLON event rules, posted at TheGreatRace.org, or call the hot line (916/381-0255) to have a copy sent to you.

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2-MI. RUN ▲ 5.75-MI. BIKE
Saturday ▲ July 18, 2009 ▲ 10 a.m.



Kaiser Permanente Kids Duathlon
Presented by THE GREAT RACE®
An Eppie's Great Race Foundation Event
c/o Sacramento Co. Therapeutic Recreation Services
P.O. Box 292640
Sacramento, CA 95829

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