

2018 Kids of Steel Race Series

June 9	Triple Threat KOS	Birds Hill Park
June 24	St. Malo KOS	St. Malo Prov. Park
August 19	Riding Mtn. KOS	Wasagaming, MB
August 25	Pinawa KOS	Pinawa, MB

Other Kid-Friendly Races

April 8, 15, 22 – Patrick Riddell April Run Series at Assiniboine Park
May 8, 15, 22, 29 – Birds Hill Duathlons in the Park

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For more information on these races, visit
www.triathlonmanitoba.ca



Running. Swimming. Biking.

They are the pastimes of kids around the world. Put them together while having fun and trying out the **KIDS OF STEEL (KOS)** triathlons.

KOS triathlons offer youngsters the opportunity to experience the sport of triathlon in a positive environment. With shorter distances that grow as young athletes age and mature, our races foster a healthy, active lifestyle and require a minimum of equipment, things most kids already have at home:

A bike (a road or mountain bike will do)
 An approved helmet (ANSI or SNELL)
 Running shoes, swim suit or shorts
 Swim goggles (if desired)
 T-shirt or race singlet for boys
 And a desire to have fun!

Our races offer a chance for families to travel the province and kids to develop great friendships in the process. Many KOS races are held in with an adult race, so the whole family can get involved!



Race Distances:

Ages 6-7	50m swim, 1.5k bike, 500m run
Ages 8-9	100m swim, 5k bike, 1k run
Ages 10-11 & 12-13 Short	200m swim, 5k bike, 2k run
12-13 Long & 14-15 Short	300m swim, 10k bike, 3k run
14-15 Long	500m swim, 10k bike, 4k run

Tykes and Trikes (ages 2-5) is available at some races, consisting of a short water run, bike or tricycle course, and then a dash across the finish line!

Kids are welcome to race a shorter distance with a younger group, but cannot race with an older group.

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Costs are kept low to encourage participation:

\$10 for Annual Triathlon Membership
 \$25 for Pre-Registration
 \$35 for Race-Day Registration