



## David Kilmer Memorial Kids Triathlon

Sunday May 20, 2012 is set for the third annual David Kilmer Memorial Kids Triathlon to raise money for the David Kilmer Memorial Fund.

**Who is Dave Kilmer?** David D. Kilmer, M.D., was a professor and chair of the Department of Physical Medicine and Rehabilitation (PM&R) at U.C. Davis Health System here in Sacramento. His accolades as a doctor and mentor are many but those who knew Dave remember him as a doting father of four children and loving husband to his wife Stephanie. Dave was passionate about fitness and the outdoors including swimming, cycling, jogging and found triathlons as one of his sanctuaries. He passed these passions on to his children and just prior to Dave's final re-admittance to the hospital in his fight with cancer, the Kilmer family with Dave at their side participated in a local Jr. Triathlon in Woodland. That day remains the inspiration for the third annual David Kilmer Memorial Kids Triathlon as well as our hopes in raising money for future contributions to the local community in Dave's honor.

**What is the Dave Kilmer Memorial Fund?** The DKMF was established to help spread Dave's love of exercise and the outdoors to people of all ages. The initial goal remains to have a permanent reminder and fixture of Dave in our community and provide another avenue for Dave to continue to touch the lives of others. The first two triathlons have been a huge success and have firmly set the foundation for a permanent fixture to be built in one of the local East Sacramento Parks to promote an active lifestyle for the East Sacramento Community. We have reached 75% of our fundraising goal for the permanent fixture. A portion of this year's funds will go to keep Sacramento's city pools open.

**Why Should You and Your Child Participate in the Kids Triathlon?** The smiles that dotted the course last year were truly amazing and helps solidify the cause at hand. The DKMF is a perfect mix of fun, exercise and community participation. Your child's participation in the event and seeking out sponsorships recognizing their accomplishment on May 20<sup>th</sup> will not only be self rewarding but provide a sense of community involvement while helping a great cause.

### How else can you help?

**Sponsorship Opportunities** We would be honored if you or your business would consider a sponsorship opportunity for this event. Those sponsoring a minimum of \$250 will have their logo printed on the back of the t-shirts and will be able to hang a banner (if you don't have a banner, one will be made up for you). Those sponsoring less than \$250, will have their name listed on the back of the t-shirt. Sponsorship commitments are requested by May 6<sup>th</sup>. Please review sponsorship levels below.

- Police Officers for Safety along the Route- \$1250
- Participant T-Shirts- \$1000
- Food for the Post Race BBQ- \$750
- Finish Line Banner-\$500
- Starting Line Banner- \$500
- Refreshments for the BBQ- \$250
- Friends of Dave Kilmer- \$100

**Volunteer on the Day of the Triathlon** This event would not be possible without volunteers. We utilize about 75 volunteers the day of the event. If you would like to help, there will be a volunteer interest section on the registration form.

Please join us for the 3<sup>rd</sup> annual Dave Kilmer Kids Triathlon in celebration of Dave's life and show Stephanie, Taryn, Ryan, Matthew and Anna how Dave continues to touch so many lives and reaffirm our support for them for their dear loss.

**QUESTIONS?** Contact Libby Woolford 916-502-2120 or [libby.woolford@cbnorcal.com](mailto:libby.woolford@cbnorcal.com) or Stacey Carter 916-412-2399 or [stacnashcarter@sbcglobal.net](mailto:stacnashcarter@sbcglobal.net)



## 2012 DAVID KILMER MEMORIAL TRIATHLON: RACE DETAILS

### EVENT INFORMATION

**When:** Sunday, May 20, 2012

**Where:** Sutter Lawn Tennis Club located at 3951 N Street, Sacramento, CA 95816 and Surrounding Neighborhood

**Time:** 7:30-8:30 AM- Same Day Registration, Check-In Table and Transition Area are Open for Set Up

8:40 AM- All Participants & Spectators Pool Side for Welcome Ceremony and Start of Race

- First Heat will be 11-18 year olds (younger age divisions to follow)

BBQ to Follow

**What:** A Kids Triathlon- Swim, Bike, Run...in that order.

### WHO CAN PARTICIPATE

Any child ages 5-18 years is invited to participate. Children should be able to ride a bike and complete the swim distance for their age division. Every child, regardless of finish place or time, will be treated like a winner!

### DISTANCES

DIVISION	SWIM *	BIKE	RUN
13-18 Years Old	200 Yards	4 Miles	1 Mile
11-12 Years Old	150 Yards	3 Miles	¾ Mile
9-10 Years Old	100 Yards	2 Miles	½ Mile
7-8 Years Old	50 Yards	1 Mile	½ Mile
6 Years Old and Under	25 Yard	1 Mile	¼ Mile

### WHAT DOES MY CHILD NEED TO BRING IN ORDER TO PARTICIPATE

- Swimsuit
- Goggles
- Cap
- Towel
- Athletic Shoes and Socks
- Shirt and Shorts
- Bike
- **Bike Helmet (NO EXCEPTIONS)**
- Sunscreen

\*Accommodations can be made for the swim portion. Kickboards will be available. Life jackets or any other floatation devices, if needed, must be furnished by the participant.

### HOW A TRIATHLON WORKS

The Dave Kilmer Memorial Triathlon will be held in the traditional triathlon format of swim, bike and run. Children will complete each sport in that order. Age-based waves (heats) will determine the starting time for your child. He/she will swim in Sutter Lawn's pool, then head immediately to the Transition Area, which will be located in the alley area.

Upon arrival at the race site, participants need to check-in first. When checking in, your child will be "bodymarked" (a triathlon tradition of writing each participant's race number on his/her arms and legs) with his/her race number, division and heat. After checking in, your child should arrange their equipment in their assigned area within the transition area.

The Transition Area is kind of like "home base"). Here, your child will select a bike spot in the morning for his/her bike (areas will be labeled by age division), and also put his/her helmet, shoes, towel and any clothes next to his/her bike. After completing the swim, your child will go to the transition area and retrieve his/her bike, bike helmet, shoes and then start the bike course on M Street. Plenty of volunteers will be available in the Transition Area to assist your child with tying shoes, etc.

After your child finishes the bike leg, he/she will walk his/her back to the Transition Area, find his/her bike spot (areas will be labeled by age division), and park their bike. Then, they will take off on the run course. The race finishes when they cross the finish line.

**\*\*Please note** that parents and siblings are not allowed in the transition area at any time, including before the race, during the event, or after their child has completed the race. The only exception is for kids in the 6 & Under division; one parent is allowed to assist with shoe-tying, putting on their helmet, mounting/dismounting, etc.

## PARKING AND DIRECTIONS

Sutter Lawn Tennis Club is located at 3951 N Street, Sacramento, CA 95816. The club is placed between and N and M Streets and 39<sup>th</sup> and 40<sup>th</sup> Streets. Sutter Lawn's alley will be used as the transition area and part of the running course, thus parking will not be available for participants and spectators. M Street between 39<sup>th</sup> and 48<sup>th</sup> Streets will be used for the race course, so parking will not be available on M Street either. Street parking will be available on streets running perpendicular to M Street (i.e. 38<sup>th</sup>, 39<sup>th</sup>, 40<sup>th</sup>, and 41 Streets). Participants and spectators are encouraged to walk to the triathlon if possible.

## COURSE MAP

Swim: Sutter Lawn Pool

(25 yard pool: 1 lap for 6 and Unders, 2 laps for 7-8s, 4 laps for 9-10s, 6 laps for 11-12s, and 8 laps for 13-18s)

Bike: Sutter Lawn Alley at M Street to 48<sup>th</sup> and M Streets and back to the Sutter Lawn Alley

(1 mile loop: 1 loop for 6 and Unders and 7-8s, 2 loops for 9-10s and, 3 loops for 11-12s and 4 loops for 13-18s)

Run: Sutter Lawn Alley at M Street to 39<sup>th</sup> and M Streets to 39<sup>th</sup> and N Streets back to the Sutter Lawn Alley

(.25 mile loop: 1 loop for 6 and Unders, 2 loops for 7-8s and 9-10s, 3 loops for 11-12s and 4 loops for 13-18s )





