

The 15th Annual

KARAKUNG



KIDS TRIATHLON

Date: Sunday, July 23, 2023, rain or shine

Time: 8:30 a.m.

Where: Karakung Swim Club, Havertown, PA

Who: Kids, ages 7-14

Why:

- To encourage a healthy lifestyle
- To teach children about triathlon competition
- To have fun!

Karakung Kids Triathlon Race Distances			
<i>Ages</i>	<i>Swim</i>	<i>Bike</i>	<i>Run</i>
7-8	50 meters	1 mile	½ mile
9-14	100 meters	1.7 miles	½ mile

To register online, or learn more, please visit:

www.runtheday.com/register/detail/karakung-kids-triathlon-2023

Registration opens Memorial Day Weekend

Entry fee:

- Early Registration, May 26 – June 11: \$35
➤ ***First 35 entries only so act fast!***
- Regular Registration, through July 10: \$40
- Late Registration, July 11 – July 16: \$50

Each triathlete will receive a finisher's medal, t-shirt, refreshments, and great priceless memories!