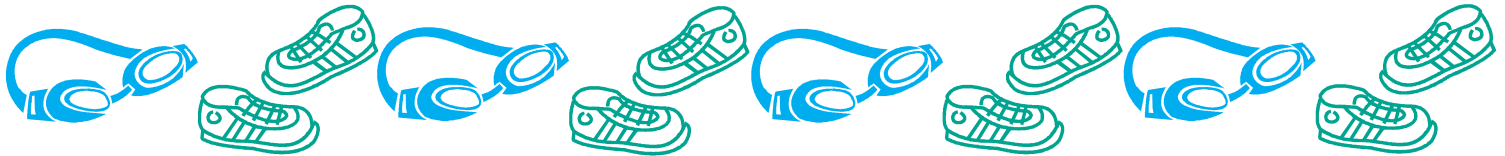




# Splash & Dash

Chain of Lakes YMCA  
August 20th, 2011

Sign up now for the Kids Splash and Dash duathlon! This fun event takes place to promote healthy lifestyles and friendly competition, and is open to all kids age 5-14. Staggered starts begin at 1pm.



**Course:** Kids Splash and Dash takes place at the Chain of Lakes YMCA, 7690 Village Drive, Lino Lakes, MN. Swim takes place in indoor, 25 yard pool. Run takes place outdoors on county trails adjacent to the Y.

**Entry Fee:** \$12 YMCA member, \$15 non-member. Additional siblings from the same family get a \$5 discount. All Kids Splash and Dash participants who register by August 14th receive a T-Shirt and certificate of participation.

**Age Groups:** Kids are grouped as follows-

11-14	150 yard swim	1 1/3 mile run
7-10	100 yard swim	2/3 mile run
5-6	50 yard swim	1/3 mile run

**Registration Process:** All Kids Splash and Dash participants must pre-register. Online registration is available through Active.com, and is open through August 14th. In-person registration is available at the Chain of Lakes YMCA through August 18th.

**Race Notes:** Floatation devices are allowed and must meet YMCA safety guidelines. PFDs and noodles will be available. Volunteers will monitor the run course, but parents are also allowed to run with younger participants. Water, snacks and first aid will be located at the Chain of Lakes YMCA.

**Severe Weather:** Kids Splash and Dash will be held rain or shine. In case of severe weather, the event will be held Sunday, August 21st.

Special thanks to our 2011 sponsor:  
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