

# HAMR TIME!



## Kids triathlon clinic

Team H.A.M.R. (Hattiesburg Area Multisport Racing) invites you to join our first youth triathlon program. The goal of this clinic is to introduce kids to the exciting sport of triathlon and learn specific skills in a safe & fun environment. It is our goal that our local youth will enjoy this developing sport and seek further opportunities to participate in triathlon events.

After the clinic we will run through a mock triathlon so the kids can test out their new skills! Following the youth tri, watch Hattiesburg's fastest men & women go head-to-head in an exciting elite-level triathlon race!

### Date

Saturday, June 7th- 8:00-12:00

### Location

Heritage subdivision  
2336 Purvis Oloh Rd.  
Hattiesburg, Mississippi

### What you'll need:

- Bike
- Helmet \*required!\*
- Goggles
- Swim suit (we recommend jammers for boys, one-piece Competition suit for girls)
- Running Shoes

### Ages

Kids between the ages of **8-15** are welcome.

We will split into age specific groups & swim abilities and rotate through stations.

\*It is highly recommended that participants have moderate swim ability and be able to complete the following distances in a pool:

75 yards (younger than 12)

150 yards (12 & up)

Please contact Denise @ 601-336-7807 for questions concerning youth swimming.



**SANCTIONED EVENT**



## Hattiesburg Triathlon Clinic. It's HAMR TIME!

### \$25 Registration Includes

- Triathlon clinic with the Team HAMR, the USAT small clubs regional champions
  - Learn valuable skills and techniques essential for triathlon
  - Instruction from some of the best triathletes in the southeast
  - Learn about exciting opportunities in triathlon
- Mock triathlon
- Goodie Bag with awesome swag
- One-year membership for USA Triathlon
- Front row seating at an elite-level triathlon race

### More information:

[www.HAMRTime.wordpress.com](http://www.HAMRTime.wordpress.com)

### Registration:

<http://www.webscorer.com/register?raceid=216>