

SPLASH & DASH

Caykids 2011 Triathlon

The annual Caykids Triathlon is a program of the Cayman Islands Triathlon Association (CITA). Caykids is a non-competitive introduction to triathlons for the children of the Cayman Islands. Our goal is to promote physical fitness, healthy lifestyles, and community involvement. A triathlon is a race made up of three prominent sports in the Cayman Islands: swimming, cycling, and running.

With its growing popularity, the Caykids Triathlon is proud to have had over 150 participants ranging from 6 to 14 years of age over the past few years. This year, Caykids is moving to a **new location** and **date**, January 23rd, 2011 @ Camana Bay Sports Facility. We would like to take this opportunity to thank Camana Bay for donating the use of the sports facility for this event.

Students may enter as an individual or be part of a team of two or three members. To ensure the safety of all participants, the race will start in three different waves.

The swim will take place in the 25 m pool, the bike will be a circular course around the perimeter of Cayman International School, and the race will conclude with the run around the football pitch. Parents, siblings, teachers, and friends are welcome to come out to cheer on the aspiring athletes.

Immediately following the race, the participants will celebrate with a pizza party and the ever popular random prize giveaways. Many local companies such as Uncle Bill's, Cox Lumber, Sports Supply, Books & Books, Dairy Queen, Baskin Robbins, TCBY, Cost-U-Less, Hollywood Theaters, and Burger King have been generous in their donations.

Traditionally, the Caykids Triathlon has taken place in December. It was in the spirit of the holiday season that "*Caykids Care*" was developed. Participants were encouraged to bring a gift or food item to donate to families in need. This year the athletes will have an opportunity to give back to our community by making a charitable donation to the Cayman Islands Cancer Society. CICS will be hosting their annual Stride Against Cancer the following weekend.

We look forward to seeing everyone at this event.

Sincerely,
Jody Danter & Darcy Simcoe
Race Directors