

FUN & FITNESS THAT MAKES A DIFFERENCE



ST. ALBANS
KID'S TRIATHLON

DISTANCES:

7-10 YEARS OLDS:
 100 METER SWIM
 5K BIKE
 .6 MILE RUN

11-14 YEARS OLDS:
 200 METER SWIM
 10K BIKE
 1.2 MILE RUN

ENTIRE COURSE IS WITHIN THE ST. ALBAN'S DEVELOPMENT

COUNTRY CLUB OF ST ALBANS, 101 SAINT ALBANS RD.
 ST ALBANS, MO 63073

EVENT STARTS WITH FIRST SWIM WAVE AT 8:00 A.M.
 MAXIMUM OF 200 PARTICIPANTS

SWIM BIKE & RUN FOR TBI RESEARCH

EACH YEAR MORE PEOPLE WILL SUSTAIN A TBI THAN WILL DEVELOP MS, SPINAL CORD INJURY, HIV/AIDS AND BREAST CANCER... COMBINED. TBI ACCOUNTS FOR AN ESTIMATED 34% OF ALL INJURY DEATHS IN THE UNITED STATES. 25% OF ALL TBI DEATHS OCCUR IN CHILDREN UNDER THE AGE OF 15 THE MOST COMMON CAUSES ARE FROM A FALL AND MOTOR VEHICLE ACCIDENTS. EACH YEAR ABOUT 130,000 CHILDREN UNDER THE AGE OF 15 SUSTAIN A BRAIN INJURY DUE TO A BICYCLE RELATED ACCIDENT. 5.3 MILLION AMERICANS, CURRENTLY HAVE A LONG-TERM OR LIFELONG NEED FOR HELP TO PERFORM DAILY ACTIVITIES AS THE RESULT OF TBI.

BENEFITING KIDS WITH TRAUMATIC BRAIN INJURIES



LEARN MORE ABOUT TBI AND HOW YOU CAN HELP BY VISITING... WWW.SEANGLANVILL.ORG