



Join Us for the  
2nd Annual  
**RED, WHITE  
& BANG!**  
Kids Triathlon  
Labor Day, Monday  
September 5th

All proceeds go toward  
the Lawrence Township  
July 4th Fireworks!



**Ages 6-15** (Based on participants age the day of the race)

**6-9 yrs.**  
50 meter swim  
2 mile bike  
.75 mile run

**10-12 yrs**  
100 meter swim  
2 mile bike  
1.5 mile run

**13-15 yrs.**  
200 meter swim  
2 mile bike  
1.5 mile run

Check-in by 10 am, 10:30 am Race Start

Check-in by 7:30 am, 8 am Race Start

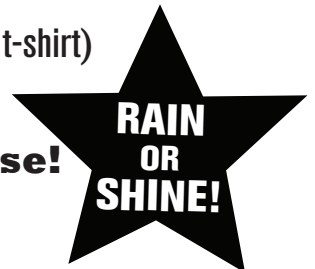
Swim at Lawrence Swimming Association, Bike in Village Park, Run around Lawrence Elementary School



**Entry Fee \$25** (All participants will receive a race t-shirt)

**NO DAY OF RACE ENTRIES PERMITTED!**

**Limited to 200 participants, no teams please!**



All entry forms must be submitted to the  
Lawrence Township Recreation Dept. on or before **August 22nd.**

Forms and entry fee can be mailed or dropped to the Lawrence Township Recreation Dept.  
2207 Lawrence Road, Lawrence Township NJ 08648

Sponsored by:

For Entry Forms, Sponsorship Opportunities & More Info, go to  
[www.lawrencetwp.com/rec.html](http://www.lawrencetwp.com/rec.html) or stop by the Recreation Department!

*Wegmans*