



Young Life doesn't start with a program. It starts with adults who are concerned enough about kids to go to them, on their turf and in their culture, building bridges of authentic friendship. These relationships don't happen overnight — they take time, patience, trust and consistency.

So Young Life leaders log many hours with kids — where they are, as they are. We listen to their stories and learn what's important to them because we genuinely care about their joys, triumphs, heartaches and setbacks.

We believe in the power of presence. Kids' lives are dramatically impacted when caring adults come alongside them, sharing God's love with them. Because their Young Life leader believes in them, they begin to see that their lives have great worth, meaning and purpose.

This is the first step of a lifelong journey; the choices they make today, based upon God's love for them, will impact future decisions ... careers chosen, marriages formed and families raised. All ripples from the time when a Young Life leader took time to reach out and enter their world.

Annually, Young Life leaders impact the lives of more than one million kids.

**For more information, visit our website:**

[www.younglife.org](http://www.younglife.org)

## General Rules

- ⤴ There is a mandatory pre – race meeting at 7:40 am on race day on the beach
- ⤴ Everyone must have body markings provided by the YoungLife Triathlon
- ⤴ No outside assistance
- ⤴ No glass in transition area
- ⤴ No headsets/iPods allowed during the race for safety reasons.
- ⤴ Racers are the only ones allowed in the transition areas.
- ⤴ Timing band must be work at all times

### Swim Segment

- ⤴ Wet suits are permitted
- ⤴ Please wear the swim cap provided by the YoungLife Triathlon
- ⤴ Resting on a kayak, canoe or boat in permitted; do not advance yourself.
- ⤴ The race will start in waves. Make sure you start in the correct wave.
- ⤴ The course will be marked with buoys.

### Bike Segment

- ⤴ Make sure your chin strap and helmet are on correctly.
- ⤴ For relays, the swimmer must tap the biker before the biker can take off.
- ⤴ No drafting. Each bicycle has an imaginary box 2 meters wide, 7 meters long.  
You have 15 seconds to travel through another person's space when passing.
- ⤴ Do not ride side by side, thereby inhibiting others from passing you.
- ⤴ The roads are not closed; every intersection will be marked with volunteers directing you. Before passing please check for approaching vehicles.
- ⤴ If you need help, there will be volunteer patrols to assist you.
- ⤴ Watch for signs, Sprint goes around the lake one time, Olympic goes around the lake twice.
- ⤴ Watch for signs, you must dismount in the dismount area.
- ⤴ No riding in the transition area.

### Run Segment

- ⤴ Race bib with number must be worn during the run stage.
- ⤴ There will be 3 water stations on the Olympic course. The Sprint course will have two water stations.
- ⤴ For relays, the biker must tap the runner in the transition area before the runner can begin.

### SUP/Kayak Segment

- ⤴ Racers must provide their own board/kayak, paddle and US Coast Guard approved life jacket.
- ⤴ No drafting.
- ⤴ US Coast Guard approved Life Jackets must be work while kayaking, and must be worn or on the SUP while paddling.
- ⤴ Race will begin with a water start, so position on the beach is not important.
- ⤴ For relays, the paddler must tap the biker in the transition area before the biker can begin.