



# BREAKAWAY™

SPLASH & DASH  KIDS TRI

## A note from 7-time world champion triathlete and creator of the BreakAway Kids Tri, Tony Schiller:

"We designed our race to be summer's best finish line. I've noticed that the kids who feel most confident at the race are those who made their summer count in three key ways:

- They were super active outdoors  
**MOVE YOUR BODY**
- They practiced overcoming adversity  
**BE AN OVERCOMER**
- They served others along the way  
**SHOW YOU CARE**

Think of me as your coach! My summer training challenge for you is to complete 60 blocks of physical activity (60 minutes each), overcome adversity eight times, and serve others four times. Chart each success on the next page and color in a new area on the drawing to watch your summer come to life. Complete the challenge, come to the race, and I promise your confidence will soar."

► **BREAKAWAY RACERS** — For a chance to win prizes: Make copies of finished pages and turn in at the race.

NAME:

AGE:

**MOVE YOUR BODY**

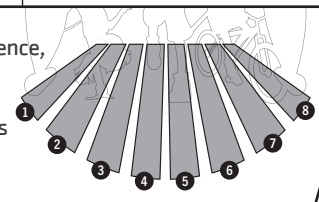
Swimming, biking, and running are three great ways to be active this summer. You may have other favorite activities too. The point is to be active every day. Every time you complete a 60-minute block of outdoor physical activity, record it in the chart below and then color a piece of the drawing on page 1. The more you complete, the closer you'll get to the finish line!



DATE	ACTIVITY	DATE	ACTIVITY	DATE	ACTIVITY
1		21		41	
2		22		42	
3		23		43	
4		24		44	
5		25		45	
6		26		46	
7		27		47	
8		28		48	
9		29		49	
10		30		50	
11		31		51	
12		32		52	
13		33		53	
14		34		54	
15		35		55	
16		36		56	
17		37		57	
18		38		58	
19		39		59	
20		40		60	

**BE AN OVERCOMER**

Make this the summer you say "Yes!" even when situations are difficult. Overcoming adversity builds confidence, courage and mental toughness. You can build these traits through continuing to be active outdoors even if it's raining, trying a new sport or activity you've never done before, or overcoming self doubt by writing down three positive traits about yourself and saying them each day. Overcome adversity at least eight times this summer, and each time you do, fill in one of the floorboards (shown at right) on the finish line image.



DATE	WHAT DID YOU OVERCOME?	DATE	WHAT DID YOU OVERCOME?
1		5	
2		6	
3		7	
4		8	

**SHOW YOU CARE**

Like Tony said in his note, the kids who feel the best crossing the finish line are those who are active outdoors, practice being an overcomer, and also **serve others where they live**. Examples: helping around the house, walking the neighbor's dog, or volunteering at a local organization. Complete at least four service activities this summer. Record each below, and then color in a section of the finish line image (shown at right). You'll feel stronger and more confident than ever if you finish the race — and the summer — having put time into something bigger than yourself!



DATE	SERVICE ACTIVITY	DATE	SERVICE ACTIVITY
1		3	
2		4	