

General KOS Information

KIDS OF STEEL triathlons are designed to offer kids and young adults the opportunity to experience the sport of triathlon in a positive environment. The distances are much shorter than those in adult triathlons, and change as participants mature. Most kids are fit enough to finish a KOS triathlon successfully and have fun at the same time.

Every province has its own series of youth triathlons that may or may not bear the name KOS. Any race that is sanctioned by the Provincial Association can be considered safe and is entitled to use the title KIDS OF STEEL.

KIDS OF STEEL races offer families a chance to travel within their province. The kids develop some great friendships and have a lot of fun in the process. The sport of triathlon offers a healthy lifestyle for families, lots of fresh air and activity. Many KOS races are held in conjunction with an adult race and so the entire family can be involved.

All KOS races are run by individual race directors. Many are community run. At each race the kids may receive a unique T-shirt, draw prizes, treats and lots of food. Pizza and Hot dogs are common at KOS races where the focus is on fun and participation.

In 1995 efforts were made to make the race distances and age groups universal across Canada. Most races are close to these recommendations but it is wise to check with individual race directors about their particular race.

Entry fees at KOS races in Saskatchewan are usually around \$20.00. You should check with your local event director.

The number of racers on a race course is usually regulated for safety. Most races use wave starts and often wait for one age group to finish a stage of the race before the next one starts. With the vast difference in age and ability in a KOS race this has been found to be a safe way to operate.

KOS races usually require racers to belong to their provincial association. Often this can be done on a daily basis although everyone is encouraged to join their provincial association.

You can enter a KOS race with a minimum of equipment. All you need is:

- a bike (either road or mountain bike),
- an approved helmet (ANSI or SNELL),
- running shoes,
- swim suit or shorts,
- goggles (if desired),
- T-shirt or race singlet for boys,
- a SMILE and a DESIRE TO HAVE FUN

Information provided from Triathlon Canada