



Photo courtesy of SEMINOLE RECREATION CENTER

Young participants ride through the bike course during the city of Seminole's annual Tri If You Dare Youth Triathlon. The event offers a fun, non-competitive introduction to multisport racing, encouraging elementary school kids to get active through running, biking, and swimming.

## Seminole

# Youngsters gear up for Tri If You Dare Triathlon

By **KELAH LEHART**  
Tampa Bay Newspapers

SEMINOLE — Children can run, bike and swim their way into summer fun at the city of Seminole's 21st annual Tri If You Dare Youth Triathlon on Sunday, June 22, from 7 -10 a.m. at the Seminole Recreation Center, 9100 113th St. N. Geared toward elementary school children, the event provides a safe, noncompetitive introduction to multisport racing, which is meant to encourage kids to get active and have fun.

"They don't have to be super athletes to do this," said Ashley Frydrych, recreation program coordinator. "We want kids and their friends to come and participate while their parents are cheering them on."

Now in its 21st year, Tri If You Dare continues to thrive

thanks to support from local organizations like the Seminole Breakfast Kiwanis Club and Seminole FC. About 125-130 children are expected to participate, matching last year's turnout.

"It's about bringing people and organizations together with the shared mindset of cheering for the children," Frydrych said. "It really matters to have people in your corner."

The triathlon follows a reversed format: young participants begin with a run across the center's multipurpose fields, transition to a bike ride through the parking lots by the library and St. Petersburg College, and finish with a swim in the Seminole Recreation Center pool.

"The goal is to expose children to multisport in a fun environment," she said. "We have children who are still on training wheels, and that's OK.

When they finish the course, you can see how proud they are of themselves."

Top finishers in each age group will receive trophies during an awards ceremony, but Frydrych said the lasting reward is the experience itself.

"I want them to remember how much fun it is to be outside, to run, bike, and swim with their friends," she said. "Yes, it is a race, but I hope they remember how much joy it can bring."

While the triathlon once drew competitive young athletes when it was a sanctioned event, Frydrych said it has since evolved into a recreational, community-focused event.

"We don't get the competitive athletes who travel for events," she said. "That's why we really emphasize that it's recreational and just a fun

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event for kids to do."

### Event details and schedule

Packet pickup will be held on Saturday, June 21, from 10 a.m.-2 p.m. at the Seminole Recreation Center. Participants can also pick up their packets on the morning of the event, between 6-6:55 a.m. at the check-in tent.

Race start times are as follows:

- Ages 11-12: 7:05 a.m.
- Ages 9-10: 7:35 a.m.
- Ages 7-8: 8:05 a.m.
- Ages 5-6: 8:35 a.m.

An awards ceremony will begin at 9:15 a.m. recognizing the top three boys and girls in each age group

Age group distances are scaled for ability:

- Ages 5-6: 0.25-mile run, 1-mile bike ride, 25-yard swim
- Ages 7-8: 0.5-mile run, 2-mile bike ride, 100-yard swim
- Ages 9-10: 0.75-mile run, 2-mile bike ride, 100-yard swim



Photo courtesy of SEMINOLE RECREATION

Young athletes take off at the starting line for the run course during the City of Seminole's annual "Tri If You Dare" Youth Triathlon. The event encourages kids ages 5 to 12 to stay active and have fun through multisport racing — a non-competitive run, bike, and swim triathlon.

• Ages 11-12: 1-mile run, 3-mile bike ride, 150-yard swim  
Participants should wear comfortable clothes and bring their own bike, helmet, swim-

suit and towel. Parking is available in the grass lot next to the multipurpose fields and in the back lot of the recreation center. Registration is \$65 and can

be completed online at Active.com or in person at the Seminole Recreation Center.

For more information visit [www.myseminole.com](http://www.myseminole.com).