

Truro Kids of Steel 2025

29 Park Road, Truro, NS, Canada

August 2nd, 2025



About Kids of Steel

The Kids of Steel Triathlon program provides a platform for children to experience the thrill of triathlon in a safe and supportive environment. By partnering with the community, the event promotes physical activity, camaraderie, and healthy competition among young athletes. With its roots deeply embedded in promoting fitness and fun, the Kids of Steel Triathlon aims to inspire and empower children to lead active and healthy lives.

About This Event

This event will take place at Victoria Park, Truro. The event will be open to all kids between the ages of 5 and 12, with three different race distances to choose from. The race is designed to inspire and encourage the next generation of triathletes, emphasizing fun and participation while instilling a love for a healthy, active lifestyle. Personal floatation devices (PFDs) will be available to young athletes for swimming if needed. The kid's distances will be as follows:

- 1) Swim: 25m Bike: 1km Run: 500m (Recommended 4-7)
- 2) Swim: 100m Bike: 2.5km Run: 1km (Recommended 8-10)
- 3) Swim: 150m Bike: 5km Run: 2km (Recommended 11-14)

It's suggested that your child races in the recommended race based on their age, but use your best judgment when registering your child. Personal flotation devices (PFDs) will be available if needed. Freezies and juice boxes will be provided at the finish line.

Date & Schedule

The race will occur on August 2nd at the Victoria Park outdoor pool. The schedule will be as follows:

- 7:15am - Check-in and transition opens
- 7:50am - Race 1 meeting
- 8:00am - Race 1 swim start (shortest distance)
- 8:35am - Race 2 meeting
- 8:45am - Race 2 swim start (middle distance)
- 9:20am - Race 3 meeting
- 9:30am - Race 3 swim start (longest distance)

Note: The race day schedule is tentative and subject to change depending on the number of participants registered in each category (any updates will be communicated via email closer to the event)

Pricing

A discount for families with multiple siblings will be applied at checkout. Once the information for "Participant #1" has been entered, click "ADD ANOTHER PARTICIPANT". Once all participants have been entered, click "CONTINUE" to complete the checkout process.

- Single Registration - \$30.00
- 2 Siblings - \$55.00 (\$5 discount)
- 3 Siblings - \$75.00 (\$15 discount)
- 4 Siblings - \$90.00 (\$30 discount)

The registration price includes a \$5 Triathlon Nova Scotia kid's day membership fee, which is required for insurance purposes.

Please note that digital recording technology (such as the capture of photographs and video recordings) may be used during the event.

Any further questions or concerns can be forwarded to mathewwlawton@gmail.com