



FLYWHEEL FITNESS CHALLENGE COMPLETED TRACKER TALLY

TELL US ABOUT YOUR JOURNEY.

Did you train with a friend? If yes, how many times? _____

What was the hardest part of the **Tracker** for you? _____

Are you in any other sports? If yes, which ones? _____

How much have you improved?
0= None 1= Little 2= Some 3= A lot 4= Great 5= Incredible

Swim _____ Bike _____ Run _____ Overall _____ Confidence _____

Tell us about your biggest breakthrough. _____

What would you say to a friend who is nervous about taking the **Tracker** challenge? _____

COMPLETE BOTH SIDES OF THIS TALLY PANEL, CUT OFF, AND TURN IN AT EITHER BREAKAWAY KIDS TRI RACE OR MAIL TO: CYCLEHEALTH, 6545 FLYING CLOUD DR, SUITE 202, EDEN PRAIRIE, MN 55344

ATTITUDE
ADOPT A CAN-DO SPIRIT. BELIEVE YOU CAN DO IT!



ATTITUDE, ADVENTURE, SIGNIFICANCE. PUT ALL THREE TOGETHER AND WE CALL THAT THE FLYWHEEL EFFECT.



#IAmCycleHealth
MEET JENNA
LEADING A NEW CYCLE OF HEALTH... BEGINNING WITH ATTITUDE

As the KAPtain of the Kid Advisory Panel at CycleHealth, I'm one of a lot of kids who's embracing a new way of thinking. Why shouldn't kids change the world? Why should we wait to do great things? I encourage you to be a role model to your friends, teammates, and kids in your school. It all starts with your Attitude. Choose to wake up every day believing you were meant to do great things.

I'm doing the **BreakAway Tracker** this summer. I hope you will too.

Jenna's Tip: Dream big. Join us to create a new cycle of health. When you train, use #IAmCycleHealth in your social media posts.

ADVENTURE
GET PHYSICAL. TRACK YOUR SUCCESS ALL SUMMER.



#IAmCycleHealth
MEET CAL
MASTER OF ADVENTURE. RAIN, SNOW, BITTER COLD... NOTHING STOPS HIM!

I ride my bike to school every day. It got cold in the winter, but I didn't let that stop me. I took it as a challenge, to see if I could persevere, no matter what. I learned that goals are really important. So are habits. No one can make you do it. You have to decide to do it yourself, and then you get stronger everyday. I'm more confident now. I'm ready to push my body's limits through big adventures.

Cal's Tip: Get on your bike, and go see the world.

SIGNIFICANCE
MAKE YOUR LIFE COUNT TO SOMEONE ELSE



#IAmCycleHealth
MEET ETHAN
SIGNIFICANT BREAKTHROUGHS BY SERVING OTHERS!

Hi, I'm Ethan and I'm 9. Last summer I raced in the BreakAway Kids Tri and raised money for Children's Hospital. It's awesome to know that I'm helping to make a difference in my community, and I would think you would like it too. This summer for the BreakAway Kids Tri, we are raising money to save a camp for kids with cancer. Join all of my friends and me by racing in the BreakAway Kids Tri. I can't wait to see you there!

Ethan's Tip: Believe that even though you're young, you can make a difference.



There are now two chances to race in our signature event. A swim, bike, run race with obstacles, this race is designed to give kids ages 7-17 a victory in sport that inspires them to keep sweating and striving.

BreakAway Kids Tri WEST
Sat. Aug. 15
Lake Rebecca Park Reserve

BreakAway Kids Tri EAST
Sat. Aug. 22
Lake Elmo Park Reserve

Kids are invited to make their race matter by participating in the charity project benefiting kids treated at Children's Hospital. Funds raised this summer will be used to save a camp for kids with cancer after it suddenly lost its funding, and equipment needs at the new Pain and Palliative Care Clinic at Children's in Minneapolis. Each kid who helps this vital campaign gets to cross our finish line knowing they've become significant to others.

Register at cyclehealth.org

Who is CycleHealth?

Formed in 2014, CycleHealth is a Minnesota-based 501c3 non-profit with a mission to create a new cycle of health in America, starting with the youngest generation. Just as kids were the catalyst to help America stop smoking, and later to start recycling, we believe kids can create a new cycle of health. So we are equipping them.

CycleHealth successfully launched the nation's first Sweat Rx approach to kids and fitness. Our events are prescribed by providers in our partner pediatric clinics as the date on the calendar that motivates kids - and often their parents as well - to be more active.

Special thanks to the B & H Way Family Foundation for a generous gift for the Tracker project.



SUMMER FLYWHEEL FITNESS CHALLENGE FOR KIDS



NAME



140.6 TOTAL MILES

2.4 MILE SWIM | 112 MILE BIKE | 26.2 MILE RUN

AT THE WORLD TRIATHLON CHAMPIONSHIP IN HAWAII, WORLD-CLASS ATHLETES HAVE ONLY 17 HOURS TO COMPLETE ALL 3 LEGS OF THIS GRUELING RACE. NOW KIDS CAN EXPERIENCE THE GLORY TOO!

CycleHealth challenges kids of all athletic abilities to go the full distance in all 3 sports this summer. Use the **TRACKER** to record your progress along the way. Completing the full distance in all 3 sports will make you more fit than ever before and reaching the **140.6 Milestone** will be a major life accomplishment.

Commit to Yourself: I'm going to go 140.6 Miles or more this summer! To be included in the contest follow each of these steps.

STEPS (check when completed):

- Turn On Your BreakAway Tracker. Go to cyclehealth.org/tracker (It's the only way to be eligible for great prizes, including Diamondback bikes, and to get tips and motivation throughout the summer.)
- Make it Visible. Hang **Tracker** on your fridge or bedroom door.
- Get Started!
- Tell Us How You Did. Tear-off and Turn-in your completed **Tracker Tally**.
- Enter the Race - Celebrate your fitness by crossing the BEST Finish Line of Summer:



WEST METRO
Sat. Aug. 15
Lake Rebecca Park Reserve

EAST METRO
Sat. Aug. 22
Lake Elmo Park Reserve

Enter at cyclehealth.org

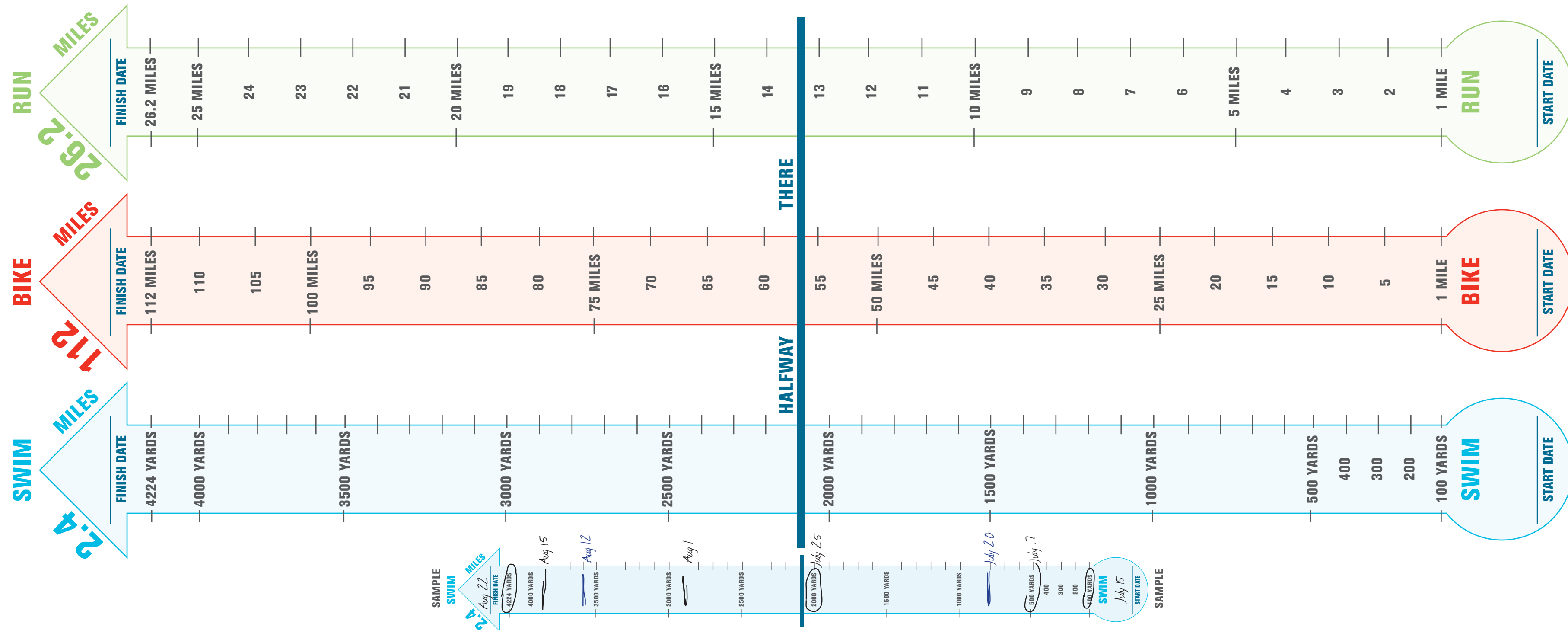
TRACK YOUR PROGRESS



BREAKAWAY TRACKER
by CycleHealth



140.6 TOTAL MILES



FLYWHEEL FITNESS CHALLENGE COMPLETED TRACKER TALLY

- Get Recognized.** We have prizes and special recognition in store for kids who do the following:
1. Turn on your **Tracker** at cyclehealth.org/tracker
 2. Start, train and track progress in all three events
 3. Turn in your completed **Tracker Tally** by Sat. Aug. 22 (see below)

Parent Name _____ Parent Email _____

Address _____

Participant Name _____ Age _____

TRACKER TALLY:
Start Date: _____ Finish Date: _____

SWIM 2.4 MILES _____
of Swims _____ Total Swim Yardage _____

BIKE 112 MILES _____
of Rides _____ Total Riding Miles _____

RUN 26.2 MILES _____
of Runs _____ Total Running Miles _____

NAME

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