

# ON YOUR MARK, GET SET, GO!

Swim. Bike. Run. We're ready to cheer you on!

1. Print this page and cut out the race bib.
2. Write your name on the line after "GO".
3. Write your tribute's name\* on the line after "I TRI in Honor of".  
\*Visit [www.familiesunitedtopreventdrowning.org](http://www.familiesunitedtopreventdrowning.org) and scroll to the bottom of the page to learn more and select a child to honor or celebrate.
4. Make sure your swim cap, towel, bike, helmet, running shoes, and other racing/safety gear are ready and in good shape.
5. Use a hole punch or scissors to cut out the white circles of your bib.
6. Pin the bib to your race shirt and **START YOUR TRI!**
7. Record a video as you **BURST** through the finish line! Post it & tag us!

**COLIN'S HOPE**  
WWW.COLINSHOPE.ORG

**BEST DAY EVER**

**GO** \_\_\_\_\_  
YOUR NAME HERE

**I TRI in Honor of:** \_\_\_\_\_  
TRIBUTE/HONOREE NAME HERE