



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM.BIKE.RUN INDOOR TRIATHLON

**SATURDAY, FEBRUARY 24TH - CHECK-IN AT 6:45AM
LOCATION: STONEY POINT YMCA**

HEATS: 7:15, 7:45, 8:15, 8:45, 9:15, 9:45, 10:15, 10:45

Are you a triathlon newbie or gearing up to train for a summer race? Join us for the 1st Annual YMCA Indoor Triathlon. This will be a timed event, one swimmer per lane, stationary bike, and treadmill run/walk. Transitions are a set time and will not count against your score.

Events:

Swim: 6 minutes

Transition: 10 minutes

Stationary Bike: 20 minutes

Transition: 3 minutes

Treadmill Run/Walk: 20 minutes



Individual Registration: Member & Non-Member \$30

Entire Heat (5 people): Member and Non-Member \$125

Ages 13 & up (minimum height 58")

Register at crmetroymca.org or by visiting your local YMCA. Register by February 19th.

QUESTIONS? EMMALY RENSHAW
Renshaw@crmetroymca.org

All proceeds will support the YMCA's Diabetes
Prevention Program, LiveStrong & EnhanceFitness®

*Ask about a discounted swim pass for training if you
are not a YMCA Member