

**Special Interest**

# Together We Tri Indoor Triathlon February 20, 2010



Ever want to compete in a Triathlon? Our Indoor Triathlon is designed to be less intimidating and prepare you for a Sprint distance Outdoor Triathlon this summer. While outdoor tri's are based completely on time, an indoor tri is based on distance. During the tri, you will compete with others from this YMCA and other YMCA across the state. You will have 10 minutes to swim as many laps as you can; 15 minutes to bike; and 15 minutes to run as many miles as you can. There will be a 10-minute transition between the swim/bike and 5-minute transition between the bike/run. The total distance traveled will determine the champions of each age group.

Ages: 12 and up!

Fees: \$20 YM & PM if registered by February 19  
(includes a "Together We Tri" T-shirt)

\$25 Race Day Registration  
(Shirts cannot be guaranteed)

Times: Race Day Registration begins at 7:30 am  
First heat begins at 8:00 am with a new heat following every 40 minutes

**Do you hold that desire to feel joy in your heart, but need to practice before February 20?  
Join us for 6-Triathlon clinics beginning Saturday, January 9th at 11:00 am.**