



Concord Family YMCA

# Indoor Triathlon

## SWIM, BIKE, RUN

Sunday, April 11, 2010

Complete two triathlons in less than two months. **WOW!**

The fun starts at 8:30 am and should be completed by 11:30 depending on number of participants. The schedule will be provided later.

- **THE SWIM** 10 minutes - How many laps can you do?
- **THE BIKE** 30 minutes - How far can you go on indoor cycling bikes?
- **THE RUN** 20 minutes– How far can you go on treadmills?

Volunteers will track all competitors times and are needed to help.

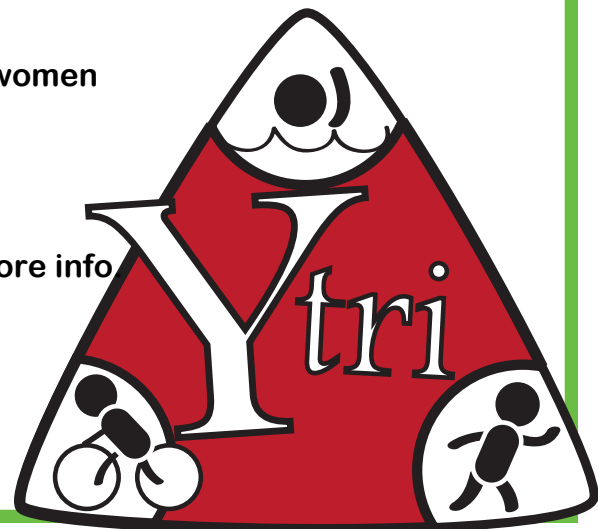
- The Costs: \$25 and includes prizes & a Dri-wick T-shirt.
- Minimum 16 people and Maximum 32.
- Snacks will be provided.
- Prizes for first & second place for men and women

Register at the Welcome center in the lobby.

Contact Deb Acres or Rebecca Stephens for more info

dacres@concordymca.org or

rstephens@concordymca.org



Get ready for the TRI season !