



**SWIM**



**BIKE**



**RUN**



## INDOOR TRIATHLON

**Sunday, April 30, 2017**  
**RITE-HITE FAMILY YMCA**  
**Check in Begins at 7:30am**

Participants can choose to enter the recreational or the competitive division:

**Recreational Division: \$35**

- Swim: .25 mile
- Bike: 6.2 miles
- Run: 1.55 miles

**Competitive Division : \$35**

- (Sprint Distance)
- Swim: .5 mile
- Bike: 12.4 miles
- Run: 3.1 miles

Staff will verify times and distance.

Presented by :

**RITE-HITE FAMILY YMCA  
ANNUAL CAMPAIGN**

**Give for a better us.**



After registration closes participants will be assigned a start time. Check-in will be 30min before each wave begins. A vendor fair will take place in the lower hallways.

Packet pick-up will be Thursday, April 27 and Friday, April 28 at the Rite-Hite Family YMCA front desks. Packets will include an event t-shirt, wrist band for early entry to the Y, and participant's start time.

**Register online at: [ymcamke.org/class-registration](http://ymcamke.org/class-registration)**