

Do Something
AMAZING
this summer!



August 7th 2010
Get Excited to Get Fit!

New Kids' Triathlon in Northfield!

Don't miss this **FIRST-EVER** local triathlon for kids (swim, bike & run)! No experience is necessary and it's a non-competitive event that's all about having **FUN** and feeling **GREAT** about crossing the finish line!

- WHEN:** Saturday, August 7th (Event starts 8:00 AM!)
- WHO:** Kids ages 6-14
- WHERE:** Starting at the Memorial Pool in Northfield
- COST:** \$25-\$30
- DISTANCES:** Ages 6-7 Swim 1/2 lap, Bike 1.25 mi, & Run 1/4 mi
Ages 8-10 Swim 1 lap, Bike 2.5 mi, & Run 1/2 mi
Ages 11-14 Swim 2 laps, Bike 5 mi, & Run 1 mi

**Registration
Deadline is
July 31st!**

Everyone will get a **Y Kids Tri** T-Shirt and Swim Cap! For more details and to **REGISTER**, visit www.northfieldymca.org and click on **Y KIDS TRI**. Questions? Call us! **507-645-0088**

Thanks to the generosity of our community and donors, the YMCA will not turn anyone away from its membership or programs because of an inability to pay. Please let us know if we may assist you in this way by calling Virginia directly or by completing a Financial Aid form located on our website.