



NEWS RELEASE

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For Immediate Release

Contact:

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April Showers Indoor/Outdoor Triathlon

Warsaw, Indiana – **The Kosciusko Community YMCA** will be hosting an Indoor/Outdoor Triathlon on April 25, 2010 for those 13 and older. The April Showers Indoor/Outdoor Tri is a great opportunity for triathletes to start training for the Triathlon season.

The 500 yard swim will take place in the YMCA lap pool. Individuals will move outdoors once they swim 500 yards. Participants will then bike for 10 miles outside. All participants must wear a helmet when riding the bike. The 3.1 mile run will also take place outdoors. The locker rooms will be available and can be used to transition from the swim to the bike.

Relay teams may consist of two or three members. Two person teams will have one member participate in two events. Participants will be divided into male and female divisions. There will be awards for age divisions and relays.

The first wave starts at 1:30 p.m. with a 12:30 p.m. pre-race meeting. Register by April 19th online at www.kcymca.org or at any one of the three YMCA branches. Call Tonya Welsh at 574-269-9622 with any questions.

The Kosciusko Community YMCA, a not for profit organization, provides community based programs that build healthy spirit, mind and body for all of Kosciusko County. All the efforts and offerings of the YMCA are guided by the core values of caring, honesty, respect and responsibility. The Kosciusko Community YMCA does not deny any youth, adult, or family membership or participation based on their inability to pay. Need-based scholarships are available.

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