



## **NEWS RELEASE**

**March 27, 2009**

For Immediate Release

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### **April Showers Indoor Triathlon**

Warsaw, Indiana – **The Kosciusko Community YMCA** will be hosting an Indoor Triathlon on April 26, 2009 for those 13 and older. The April Showers Indoor Tri is a great opportunity for triathletes to start training for the Triathlon season.

Participants will have the option of two different divisions. In Division 1 participants will swim, bike, and run for 15 minutes each. In Division 2 participants will swim 15 minutes, bike 30 minutes and run 30 minutes. Both divisions will have a ten minute transition between the swim and bike and a five minute transition between the bike and the run. Swimming will take place in the lap pool, the bike will be in the Indoor Cycling room, and the run will be on treadmills in the fitness center.

Relay teams may consist of two or three members. Two person teams will have one member participate in two events.

The distance will be calculated for each event and the winner will be determined by total distance. 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 12:45 p.m. pre-race meeting. Register by April 20th online at [www.kcymca.org](http://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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