



NEWS RELEASE

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For Immediate Release

Contact:

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Adult Gymnastics Clinic and Sweat Your Heart Out Indoor Triathlon at the YMCA

Warsaw, Indiana – **The Kosciusko Community YMCA** will be hosting an Indoor Triathlon on February 7, 2010 for those 13 and older. The Sweat Your Heart Out Indoor Tri is a great opportunity for triathletes to continue their season into the cold weather months.

Participants in Division 1 will swim, bike, and run for 15 minutes each, Division 2 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 1:00 p.m. pre-race meeting. Register by February 1st online at www.kcymca.org or at any one of the three YMCA branches.

There will also be an Adult Gymnastics Clinic at the YMCA on February 6th from 10:30 a.m.-12:00 p.m. The clinic will be for those over 18 with a skill level ranging from beginner to former competitive gymnasts testing their ability. YMCA staff will be available to answer questions and assist with spotting. Register online at www.kcymca.org or at any one of our three YMCA branches by February 3rd.

Call Tonya Welsh at 574-269-9622 with any questions about the Indoor Triathlon or the Adult Gymnastics Clinic.

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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