



NEWS RELEASE

June 10, 2009

For Immediate Release

Contact:

Summer Zimmer
1401 East Smith Street
Warsaw, Indiana 46580
(574) 269-9622

YMCA TO HOLD ITS FIRST YOUTH OUTDOOR TRIATHLON

Warsaw, IN – This summer on July 11th, kids ages 5 to 14 will have the opportunity to participate in a special triathlon event just for kids. Ages 5 to 8 will swim 25 yards, bike 2 miles, and run a half mile. Ages 11 to 14 will swim 50 yards, bike 4 miles, and run 1 mile. Children ages 9 and 10 can choose which division they would like to be in. The first wave will start at 8:30 a.m. at Pike Lake with the swim, followed by the bike and then the run.

Participants can use floatation devices; however, athletes using these devices will not be eligible for awards. A swim cap will be provided; helmets are required.

Registration can take place at any one of our three branches or online at www.kcymca.org. Register by June 22nd. Tonya Welsh YMCA Program Director says, “I am really excited we are holding this event this year and I hope that all the kids in the community will participate. It will be a lot of fun!”

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.