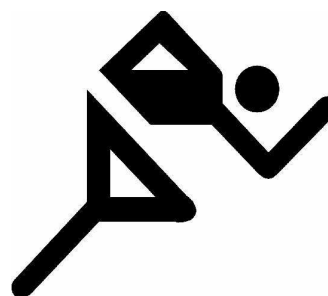


2009 YMCA CAMP INGERSOLL YOUTH TRIATHLON



SUNDAY JULY 12TH

AT CAMP INGERSOLL, ROUTE 66, PORTLAND, CT

RACE STARTS AT 9:30AM

DISTANCE DETERMINED BY AGE

6-11 YEARS OF AGE: 50yd Swim, 2 mile Bike, ½ mile Run

12-17 YEARS OF AGE: 200yd Swim, 5 mile Bike, 1 mile Run

(Open Water Swim. Off Road Bike) Helmets Required

All Participants Must Pass Swim Test or

Have Waiver Signed By Certified Swim Instructor.

\$25 Advanced Registration

\$30 Race Day

\$35 for Relay Teams (each participant must have USAT membership)

USAT Annual Membership Required \$5 (**USAT Sanctioned**)

For More Information Contact: Kristin Champagne: 860-343-6204 or

kchampagne@midymca.org www.midymca.org Registration Available @ Active.com

For Volunteer Information Contact: Lin Anderson landerson@midymca.org

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