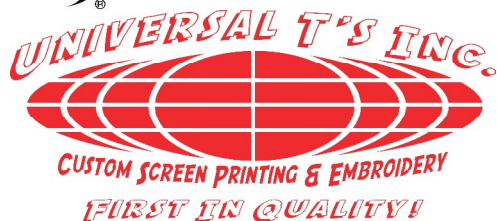


**Thanks to our sponsors
for their support!**



**Presbyterian Homes
& Family Services**



The YMCA of Central Virginia was founded in 1856 in downtown Lynchburg. The YMCA is a nonprofit, community-based, service organization committed to helping people achieve their full potential thru their various programs. The YMCA's doors are open to people of all ages, backgrounds, abilities and incomes. www.lyncburgymca.org

Presbyterian Homes & Family Services, a ministry since 1903, promotes dignity and develops potential by transforming the lives of individuals, families and communities through nurture, healing and encouragement. www.phfs.org

Together, the YMCA and Presbyterian Homes are presenting the 1st Annual Healthy Kids Triathlon, emphasizing health, self-esteem, and self-confidence. Join in the fun, sign up today!

**The YMCA of Central VA
and Presbyterian Homes &
Family Services present the**

**1st Annual Healthy
Kids Triathlon**



**Saturday June 13th
8:00am**

Hosted by
**Presbyterian Homes &
Family Services
Lynchburg, VA**

Y We build strong kids,
strong families,
strong communities.

What is the HK Triathlon?

The YMCA of Central VA is excited to introduce the first annual *Healthy Kids Triathlon* taking place on Saturday June 13th. This is a beginner level event and is for children of all athletic abilities. This event emphasizes health, and self-confidence in a fun, family-friendly environment. This is a fantastic opportunity for your child to participate in an enjoyable learning experience



Race Info

- Who:** Children ages 6-12
- When:** Saturday June 13th 8am
- Where:** Presbyterian Homes & Family Services
150 Linden Avenue
Lynchburg, VA 24503
- Cost:** \$20

Limited to first 100 participants

All race proceeds benefit the YMCA of Central VA Youth Scholarship Fund

Race Distances

Age Group	Swim	Bike	Run
6-8	50 yd	1.5 Mile	.50 Mile
9-10	100 yd	3.0 Miles	.75 Mile
11-12	100 yd	3.0 Miles	.75 Mile

Considerations

*Bike ride will be off road– so street bikes are not recommended



Registration

Register by June 8th at the following locations;

Downtown YMCA

434-847-5597

Jamerson Family YMCA

434-582-1900

Riverside Runners

434-846-7449

Packet Pick Up

Pre-race: Friday June 12th
(1pm-6pm), Riverside Runners

Race-day: Saturday, June 13
(6:30am-7:30am), Presbyterian Homes

This document was created with Win2PDF available at <http://www.win2pdf.com>.
The unregistered version of Win2PDF is for evaluation or non-commercial use only.
This page will not be added after purchasing Win2PDF.