



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Spier Family Triathlon

HOCKOMOCK AREA YMCA

Featuring a Youth Splash & Dash Event

Sunday, July 21, 2019 • 8:00am • Wrentham, MA

- Our 13th annual Triathlon returns to Lake Pearl in Wrentham
- 0.25 mile swim, 9 mile bike ride, 3.1 mile run
- Individual and juniors welcome
- 2 or 3 person relay teams welcome. Athletes compete in swim, bike or run portion of race.
- Great race for beginner and experienced racers
- Proceeds benefit the Y's Reach Out for Youth & Families Campaign
- New England's first paratriathlete-friendly race



SANCTIONED EVENT
PARATRIATHLON FRIENDLY

Register: hockymca.org/triathlon



Youth Splash & Dash

Sunday, July 21, 2019 • 12:00pm

This is a swimming and running aquathlon competition for kids ages 5 to 14. Participants will swim in lap lanes in Lake Pearl then transition from the lake to a running trail on Lake Pearl grounds to finish the race on foot.

<u>CATEGORY</u>	<u>SWIM</u>	<u>RUN</u>
Ages 5 - 9	25 yards	1/4 mile run
Ages 10-14	100 yards	1/2 mile run

Register: hockymca.org/youth-splash-dash