

It's for me!



Wellness

We build strong kids, strong families, strong communities.

Valparaiso Family YMCA
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Valparaiso, IN 46383

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www.valpoyymca.org

Indoor Triathlon

February 21, 2010

Ever wanted to compete in a Triathlon? Our Indoor Triathlon is designed to be much less intimidating and prepare you for a sprint distance triathlon this coming summer. Compete against others from this YMCA and surrounding YMCA's in Lake, Porter, and Laporte Counties. During the triathlon, you will complete as many laps as you can swim in 10 minutes, as many miles as you can bike in 15 minutes on a stationary bike, and as many miles as you can complete in 15 minutes on a treadmill. Your total distance in all three events will be recorded. All participants will receive an Indoor Triathlon T-shirt. Must be at least 14 years of age.

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| Registration: | December 7th – Feb 7th |
| Date: | February 21 st , 2010 |
| Time: | 9am (Individual start time will be given to each participant) |
| Fee: | \$25 per member (<i>cost includes t-shirt</i>) |

Our Mission

The Valparaiso Family YMCA is an inclusive, inter-faith charitable organization founded in Christian principles and traditions, dedicated to instilling the values of caring, honesty, respect, and responsibility, and providing for lifelong personal growth and the development of a healthy spirit, mind, and body for all.