



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**TRAIN
EXECUTE
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**34th ANNUAL MYSTIC RIVER VALLEY TRIATHLON
SUNDAY JUNE 16th, 2019 AT 8AM
OCEAN COMMUNITY YMCA—NAIK FAMILY BRANCH**

Our triathlon starts with a 1/2 mile open water swim, followed by a 15 mile bike course and finishing off strong with a 5k run. Do all three events yourself or choose to work as a team to share the fun! Join us after the event for food, drinks and awards. Top finishers in each category receive a prize! Registration opens January 26th, 2019 in house or online at www.raceplanner.com. The first 125 registered are guaranteed a race shirt!

Please reach out to Yolla for additional details!
yelkhoury@oceancommunityymca.org

Registration Fee

Teams

- \$95 (register before 4/19/19)
- \$125 (4/20/19-6/15/19)
- \$135 (day of registration)

Individual

- \$70 (register before 4/19/19)
- \$80 (4/20/19-6/15/19)
- \$90 (day of registration)

