



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



TRY THE Y'S TRI

**INDOOR TRIATHLON
HOSTED BY THE
ST. CLOUD AREA FAMILY YMCA.**

SCHEDULE:

7:50 a.m. on Deck
8—8:10 a.m. Start Swim

8:10—8:20 a.m. Transition 1
8:20—8:50 a.m. Bike

8:50—8:55 a.m. Transition 2
8:55—9:15 a.m. Treadmill Run

**MARCH 1, 2015 | \$25 PARTICIPATION FEE
POOL OPENS AT 7 A.M.**

**10 MINUTE SWIM
30 MINUTE STATIONARY BIKE RIDE
20 MINUTE TREADMILL RUN**

REGISTER AT WWW.SCYMCA.ORG