



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRIPLE YOUR CONFIDENCE



“Y-Athlon” Indoor Triathlon BERKSHIRE FAMILY YMCA

At your start time, you will begin a 15-minute swim in the pool. You will then have a 10 minute transition to the cycling area for a 25-minute ride on our spin bikes. You will have 5 minutes to move to a treadmill for a 20-minute run/walk. Race volunteers will record your total distance covered during the swim, bike, and run. The more distance covered the higher your score. Ages 13+ are welcome. Relay teams are allowed, 1 participant per event each pays individual fee.

Triathlon Format:

Swim: 15minutes
Bike: 25minutes
Run: 20minutes

*10 minute transition
between swim& bike
*5 minute transition
between bike and run

Point System
x2 points = per length swim
x3 points = per Bike Trip
x15 points = per Treadmill mile

Performance will be measured by the total points.

WHEN: Sunday, March 24, 2019

TIME: First wave begins at 7AM

FEE: (Pre-Reg through Mar 1) Members: \$25 Non-Members: \$30

(After Mar 1) Members: \$30 Non-Members: \$35

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