



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

21ST ANNUAL ANYONE CAN TRI OUTDOOR TRIATHLON

SOUTHERN SARATOGA YMCA

FOR ADULTS AND KIDS!

IN MEMORY OF CHRIS GLEASON



Adults: Swim: 350 Yards, Bike: 10.82 miles, Run: 3.2 Miles

Kids (Age 9-13): Swim: 50 Yards, Bike: 1 mile, Run: 1/2 Mile

Kids (Age 8 & under): Swim: 25 Yards, Bike: 1/2 mile, Run: 1/4 Mile

WHEN: Sunday, May 3, 2015
TIME: 8am (adults), 11:30am (kids)
LOCATION: SOUTHERN SARATOGA YMCA
1Wall Street
Clifton Park, NY 12065

COSTS: Adult Member \$40
Adult Community \$50
Child Member \$15
Child Community \$25

TEAM PRICING: 2 or 3 Person: \$60 per team

CONTACT: (518) 371-2139 or www.cdymca.org

Sign Up Here: www.zippyreg.com