

Montclair YMCA Strong Kids Triathlon



Sat. April 5

**To benefit the Montclair YMCA
Strong Kids Scholarship Campaign**

**First "15 minute wave" of 18 triathletes
starts at 1 pm and continues from there.**

- 15 Min. of Swimming laps in pool, (who's counting)?**
- 15 Min. of locker room transition time, (don't dilly-dally).**
- 15 Min. of Cycling in Cycling Studio, (must at least 4'11").**
- >15 Min. of Running, (to the high school and back, about 1 mile)**

**\$20/person, (includes a t-shirt, snacks, & goody bag sponsored by
The Bikery on Valley Rd.). Register @ the front desk., 25 Park St.**



This event is a fun way to experience the
three elements of a triathlon in a
non-competitive atmosphere!

**Questions? Call Paul at 973-415-6111
or PaulM@MontclairYMCA.org**