



10 minute swim

30 minute bike

20 minute run

# INDOOR TRIATHLON

## TORIGIAN FAMILY YMCA

Saturday, February 24th

YMCA OF METRO NORTH

Co-hosted by the Torigian Family YMCA and the Melrose Family YMCA

### The Race

The race will be held at the Torigian Family YMCA, 259 Lynnfield St. Peabody, MA.

Packet pick-up will be at the Torigian YMCA on Saturday February 25th from 8:00-9:00am.

At your designated start time, you will begin with a 10 minute swim in our indoor pool, shift gears and spend the next 30 minutes cycling on one of our bikes. Then race towards the finish line with 20 minutes on the treadmill. Participants will be allowed 10 minutes to safely change from pool to cycling and 5 minutes to move from cycling to treadmill. There will be 8 people in each wave. Participate as an individual or as a team. The first wave will start at 9:30am and a new wave will start every 15 minutes. All participants must be 14 or older.

### Scoring

Race volunteers will record the total distance covered during the swim, bike and run. The more distance covered, the higher your score. Prizes will be given to the top finishers.

### Race Fees

#### Individuals:

\$40 until January 31st

\$45 starting February 1st

#### Teams:

\$54 until January 31st

\$60 starting February 1st

## Sign up ONLINE at Active.com!

Online registration is open until Friday, February 23, at 11:59am. Space provided, registration will be available in person on Saturday morning, February 24. Call 978-977-9622 after 8:00am, Feb 24, for space availability.

For more information contact: Bernadette Farrell at [bfarrell@metronorthymca.org](mailto:bfarrell@metronorthymca.org)

*All proceeds will benefit the YMCA of Metro North Annual Campaign, which ensures that no one in our community is turned away due to physical or financial circumstance.*