



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



*Spier Family Triathlon*

**HOCKOMOCK AREA YMCA**

**Featuring a Youth Splash & Dash Event**

**Sunday, July 21, 2019 • 8:00am • Wrentham, MA**

- Our 13th annual Triathlon returns to Lake Pearl in Wrentham
- 0.25 mile swim, 9 mile bike ride, 3.1 mile run
- Individual and juniors welcome
- 2 or 3 person relay teams welcome. Athletes compete in swim, bike or run portion of race.
- Great race for beginner and experienced racers
- Proceeds benefit the Y's Reach Out for Youth & Families Campaign
- New England's first paratriathlete-friendly race



**SANCTIONED EVENT**  
PARATRIATHLON FRIENDLY

**Register: [hockymca.org/triathlon](http://hockymca.org/triathlon)**



**Youth Splash & Dash**

**Sunday, July 21, 2019 • 12:00pm**

This is a swimming and running aquathlon competition for kids ages 5 to 14. Participants will swim in lap lanes in Lake Pearl then transition from the lake to a running trail on Lake Pearl grounds to finish the race on foot.

<u>CATEGORY</u>	<u>SWIM</u>	<u>RUN</u>
Ages 5 - 9	25 yards	1/4 mile run
Ages 10-14	100 yards	1/2 mile run

**Register: [hockymca.org/youth-splash-dash](http://hockymca.org/youth-splash-dash)**