



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BECOME A TRIATHLETE IN AN HOUR

Indoor Triathlon  
YMCA of MONTCLAIR  
April 30th 2017



Individual: \$45 member/\$50 Non-member  
Relay :\$20member/\$25 Non-member  
(2-3 people per team )

Each leg will have a set time limit and your distance covered during that time will calculate your score.

10 Laps	10 MILES	5K
Swim	Bike	Run/Walk

\*There will be a 10 minute transition period between Swim & Bike, and a 5 minute transition period between Bike and Run/Walk.