



Triathlon



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SIGN-UP TODAY FOR TRIATHLON PROGRAM

September 4th - October 6th

5 week triathlon training with Lake Delta triathlon \$50 fee

All workouts at the Rome YMCA

301 West Bloomfield Street, Rome NY

Program includes:

- Adaptable coaching at YMCA Monday-Friday
- 1 hour training per day
- Swim – Bike – Run workouts
- Technique building
- One on one coaching for athletes



\$50 Y member rate/ \$75 non Y member rate

Participation fee includes: 5 week training, race day fee and tee shirt

Age 17 and up

Final week Triathlon is included in fee!

400 meter swim, 8 mile bike, 2 mile run

October 6th at Lake Delta State Park

The Rome YMCA has the most comprehensive training facilities, widest variety of programming and best network of supportive athletes. Customized programming will meet your wellness goals.