

Due to popular demand the Pittsfield YMCA will be having a second

# Adult & Youth Indoor Triathlon on Saturday, February 27, 2010

9 a.m.

*Reach your goals and exceed your limits*



Families, get ready to partake in our Indoor Triathlon. This includes: running on the treadmill, swimming in the 25 meter pool, and racing on our bikes. Parents go first, children go second in the race of physical fitness.

- **Adults** race for 20 minute at each station.
- **Children** will have 10 minutes at each station.

**Bring the family and show us your skills**



**Adult Registration:** \$15

**Youth Registration:** \$10

**Contact:** Fitness Director Eric Tyer at 413-499-7650 ext. 33 to register or go to [pittsfieldfamilyymca.org](http://pittsfieldfamilyymca.org) for more information.



**Top 3 males and females  
receive honorary medals**

