

# 2nd Annual Healthy Kids Triathlon & 1 Mile Fun Run



*Presented by the YMCA of Central VA and  
Presbyterian Homes & Family Services*

**WHO:** Children ages 6-13

**WHEN:** Saturday, June 12th

Kids Tri-8am, Mile Fun Run-10am

**WHERE:** Presbyterian Homes & Family Services

150 Linden Ave, Lynchburg, VA

**COST:** Kids Triathlon- \$25, Mile Fun Run- \$10

## Tri Race Distances

Age Group	Swim	Bike	Run
6-8	50 yd	1.5 Mile	.50 Mile
9-10	100 yd	3.0 Miles	.75 Mile
11-13	100 yd	3.0 Miles	.75 Mile

Register by June 7th at  
the following locations;

Downtown YMCA

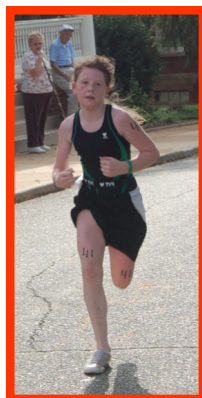
434-847-5597

Jamerson Family YMCA

434-582-1900

Riverside Runners

434-846-7449



Visit our website for  
more info  
[www.lynchburgymca.org](http://www.lynchburgymca.org)

**Y** We build strong kids,  
strong families,  
strong communities.