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Register for the Y-TRI, an Early Session Triathlon

Woodruff Family YMCA Y-TRI

The Woodruff Family YMCA 2013 Y-Tri, sponsored by The Salvatore Law Firm will hold its 4th annual sprint triathlon on May 11. The Y-Tri will include the traditional three full triathlon events, but at shorter distances: a 300-yard swim at the Woodruff Family YMCA Pool, followed by a 10-mile bike race and finishing with a 3 mile run.

The Y-Tri, on May 11, begins at 8 am with registration starting at 6:30 am. Participants will receive a T-shirt and sponsors' goody bag.

This early season pool triathlon is a great way to dive into the triathlon season! Past participants rave about the Y-Tri. The swim is up and down 6 lanes of the Woodruff Family YMCA pool for a total of 300 yards. The bike course is a double loop through Milford and Orange. The run is out and back with the finish under the giant F.I.R.M. arch at the Woodruff Family YMCA. Register today to learn why the Y-Tri is a wonderful way to kick off your triathlon season.

Competitors can sign up as individuals (\$70) or as teams (\$80). Individuals or teams interested in participating may go online to www.firm-racing.com to register.

Proceeds from the Tri-Y will help support the YMCA's Strong Kids Campaign. Last year, the Woodruff Family YMCA, a branch of the Central Connecticut Coast YMCA, awarded financial scholarships through the campaign to hundreds of families needing assistance in wellness programs, child care, pre-school, summer camp and swim lessons.

The Y-Tri is just one of several events organized by Fiske Independent Race Management of Charlton, MA. Some of the sponsors of the Y-Tri include The Salvatore Law Firm, Milford Bank, Pediatric and Adolescent Medicine, Tri-City Appliance, Cogguillo Family Dentistry, Orange Center Dentistry, Hudson Valley Bank, Infant Aquatics of CT, and Shop Rite.

If you would like to be a sponsor or volunteer to work the Y-Tri along with staff and members of the Y Board of Directors, please call Woodruff Family YMCA Executive Director Charles Clifford at 203 878 6501 or cclifford@ymca.org. Or stop by our member services desk.

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