



For Immediate Release
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The Woodlands Family YMCA Kids Triathlon Presented by Texas Children's Hospital The Woodlands Registration Deadline is October 21

The Woodlands: Out of an abundance of caution, this year's annual YMCA Kids Triathlon has been transitioned into a **Virtual Event** for 2020. Children, ages 5–15 are eligible to register and experience the fun and excitement of triathlon. **Registration deadline is Wednesday, October 21st.**

Designed for all levels, previous triathlon experience is not required. A Virtual event provides the participant all the fun swag of an in-person event, (Shirt, Bib, Finisher Medal, Results, Awards, etc.) but now they can choose the location, date and time to complete the event. No need to wake up early, worry about inclement weather, stress about finding a parking space or spend time waiting in line!

Presented by Texas Children's Hospital The Woodlands, the Kids Triathlon benefits the YMCA Annual Campaign, which ensures everyone, regardless of age, income or background has the opportunity to learn, grow and thrive at the Y. Now more than ever, the community needs the YMCA. Now more than ever, the YMCA needs the community support so we can continue to meet the needs of our community. Proceeds will help us multiply our impact in 2020.

Swim+Bike+Run = FUN or Run/Bike/Run! Triathlon is an exciting sport for young children because it involves three activities that every child enjoys – swimming, cycling and running. The virtual event provides a unique opportunity for "First Timers" because the three elements do not have to be done consecutively. Each element can be completed on separate days. Once all 3 are completed, results can be reported. Results deadline is October 24 to be eligible for awards. For those that do not have access to a pool, a Duathlon option is available: Run, Bike, Run.

Boys and girls will compete separately in events designed for their age group (age as of August 24, 2020). Youth ages 5–9 will swim 50 meters, cycle for 1 mile and run $\frac{1}{4}$ of a mile. Youth ages 10–12 will swim 100 meters, cycle for 2 miles and run $\frac{1}{2}$ mile. Teens ages 13–15 will swim 150 meters, cycle for 3 miles and run 1 mile.

"With a virtual event, you can involve the entire family and personalize the entire experience", states Roxanne Davis, YMCA Community Liaison. "Siblings, parents, family pets, neighbors etc . . . can cheer on each athlete with pom-poms and signs. Kids can create their own start/finish line with chalk. Special treats can be handed out at the finish line such as popsicles and don't forget the finish line photos!"

Parents will be responsible for timing and reporting the finish time results back to the race director. Boys and girls will compete separately in their age groups. The top 3 finishers, male and female, in each age group will receive a special award. All participants will receive a t-shirt, finisher medal, finisher certificate and personalized race bib.

Thank you to our generous sponsors: Texas Children's Hospital The Woodlands, SelecTRI, CareNow Urgent Care, Kesley Seybold The Woodlands, Two Men and a Truck, Terri Aurora CPA with Haynie & Company and Raising Cane's.

Online registration and event information is available at ymcahouston.org/ymca-kids-tri. Registration closes **October 21. Deadline to submit results is October 24**. For more information, contact Roxanne Davis at 281-681-6730 or rdavis@ymcahouston.org.

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About the Y

First organized in 1886, the YMCA of Greater Houston is one of the city's leading nonprofits dedicated to strengthening communities through youth development, healthy living and social responsibility. The YMCA, a United Way of Greater Houston agency, seeks to serve all – regardless of age, income, faith or background and we welcome everyone. In the greater Houston area, 29 YMCA centers, one overnight camp and hundreds of program sites nurture the potential of children and teens, improve the city's health and well-being, and provide opportunities to give back and support neighbors. Anchored in the Houston community, the Y has the long-standing relationships and physical presence not just to promise, but to deliver lasting personal and social change. To learn more, call 713-659-5566 or visit us on the web at ymcahouston.org.