



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

17th Annual PINE BUSH TRIATHLON

**Join us at the Guilderland YMCA
Sunday, July 23**

as we strengthen our community one stride at a time. The Pine Bush Triathlon is a 325 Yard Lake Swim, 11.5 Mile Bike Ride, and 3.25 Mile Run with chip timing used during the event. Every registered participant receives a race shirt (male/female) and swim cap. Free shuttle bus service is available to athletes and spectators

Start Time 8AM

Individual Early Registration \$60

Team Early Registration \$80

PLEASE NOTE: Registration will close on July 18th. There will be no day of registration!

Register today at www.active.com!

Search under "Pine Bush" or "Guilderland YMCA" to find the race.

**REGISTRATION
IS NOW OPEN!**

www.active.com

CAPITAL DISTRICT YMCA

Guilderland Branch
250 Winding Brook Drive
www.CDYMCA.org
456.3634



Photo Credit: Daniel Roberts - Times Union

Swim



Bike

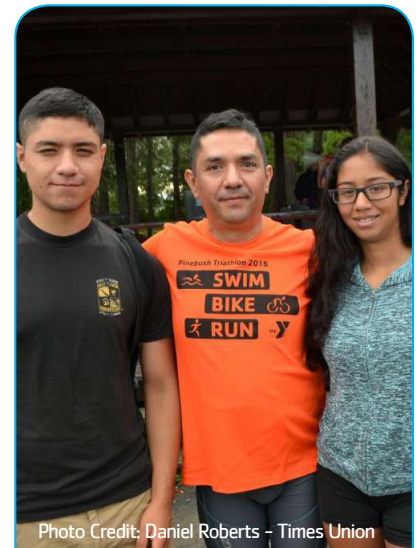


Photo Credit: Daniel Roberts - Times Union

Run