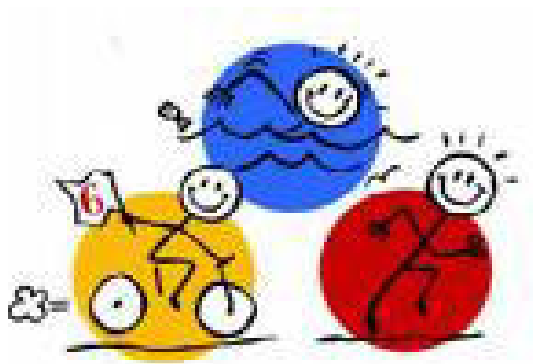


YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.



Wanna TRI?

**Mini Triathlon
No Bike Needed!**

**Sunday, March 14th
Mini Clinic at 7:30 AM
Race at 8:00 AM**

**Run: 1.2 miles on YMCA Campus
Bike: 20 minutes on Spinning bikes
Swim: 200m in YMCA pool**



Sign up today, space is limited! Great for those considering triathlons, beginner triathletes, or those getting back into the sport. This is an ideal trial run before the Naples Fitness Challenge in June. All you need are goggles and athletic shoes!

- **Open to members and nonmembers of the YMCA.**
- **Nonmembers will receive a 2 week free Guest Pass to the YMCA.**
- **Sign up at Member Services desk of the YMCA. (Registration form on back)**
- **A one-day USAT pass (\$10) is required for all participants.**

**Sponsored by Naples Area Triathletes and
YMCA of the Palms**

Greater Naples YMCA

5450 YMCA Rd | Naples, FL 34109
(239) 597-3148 | Fax (239) 597-8415



www.ymcapalms.org