



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# 21ST ANNUAL ANYONE CAN TRI OUTDOOR TRIATHLON

**SOUTHERN SARATOGA YMCA**

**FOR ADULTS AND KIDS!**

**IN MEMORY OF CHRIS GLEASON**



**Adults:** Swim: 350 Yards, Bike: 10.82 miles, Run: 3.2 Miles

**Kids (Age 9-13):** Swim: 50 Yards, Bike: 1 mile, Run: 1/2 Mile

**Kids (Age 8 & under):** Swim: 25 Yards, Bike: 1/2 mile, Run: 1/4 Mile

**WHEN:** Sunday, May 3, 2015  
**TIME:** 8am (adults), 11:30am (kids)  
**LOCATION:** SOUTHERN SARATOGA YMCA  
1Wall Street  
Clifton Park, NY 12065

**COSTS:** Adult Member \$40  
Adult Community \$50  
Child Member \$15  
Child Community \$25

**TEAM PRICING:** 2 or 3 Person: \$60 per team

**CONTACT:** (518) 371-2139 or [www.cdymca.org](http://www.cdymca.org)

**Sign Up Here:** [www.zippyreg.com](http://www.zippyreg.com)