

PUSH YOUR LIMITS

AQUABIKE, DUATHLON & SPRINT TRIATHLON

August 4, 2018 at 7:30 a.m.

WHERE:

Northwest Family YMCA
1501 Kennerly Road
Irmo, SC 29063

ENTRY FEES:

Aquabike / Duathlon or Triathlon / Relay

Thru July 14: \$45 / \$55 / \$32

July 15 – Race Day: \$55 / \$65 / \$52

*No refunds. Race day registration is discouraged. You may not receive a t-shirt.

DISTANCES:

AQUABIKE: 350 yd. swim, 13 mile bike

DUATHLON: 1 mile run, 13 mile bike, 3.1 mile run

TRIATHLON: 350 yd. swim, 13 mile bike, 3.1 mile run

PROCEEDS:

Proceeds support the YMCA's Annual Campaign which provides financial assistance to those in our community who need it most for the Y's life-changing programs and services. When you sign up for a YMCA of Columbia race, you're supporting programs and services that help strengthen our community. Run for a better us.



THE OWENS AGENCY

YMCA SPRINT TRIATHLON

Swim Bike Run

REGISTER ONLINE

columbiaymca.org/races

PRESENTED BY:



Allstate
You're in good hands.

Crystal Owens
803-798-0404
www.TheOwensAgency.com

YMCA OF COLUMBIA
columbiaymca.org/races



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FOR HEALTHY LIVING
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