



Valley Points Family Virtual Triathlon

Register April 1–May 31

1. Accept the Challenge



- Registration Open: April 1–May 31
- Register at vpfymca.org or by calling or stopping by any of our three branches.
- Registration fee: \$20
- Start your training now! Just complete the race anytime between April 1–May 31.

2. Choose the Course



- Beginner Course:
1.5 mile run, 4 mile bike, 250m swim
- Intermediate Course:
2 mile run, 8 mile bike, 500m swim
- Advance Course:
3 mile run, 12 mile bike, 750m swim

3. Complete the Mission



- Events can be completed indoors or outdoors.
- Submit your times to mmazanek@vpfymca.org by May 31 along with a picture of you either mid or post event as proof of completion.
- Pictures can remain private or you can give us permission to post on social media to celebrate your completion and help promote our event!
- All tri-athletes who complete the event will receive a medal after submission of times and pictures.