

**28th  
Annual**

**YOU CAN DO THIS!**

IND  OR  
TRIATHLON 

**3-4-2018**

**First Wave Starts 8:00AM**

**Online Registration Only:**

**ZippyReg.com**

Registration Fee benefits The YMCA Strong Kids Campaign

**Early Registration prior to 2/9/2018:  
Y Member \$30.00; Non Member \$40.00**

**Late Registration until  
2/23/18 or until full:  
Y Member \$40.00; Non Member \$50.00**

**\*Racers will be notified on Fri 3/2 or Sat 3/3  
with starting time\***



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**YMCA OF KINGSTON AND ULSTER COUNTY  
507 BROADWAY, KINGSTON NY 12401  
(845) 338-3810, x103**