

# eliminating racism empowering women

ywca press release

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FOR IMMEDIATE RELEASE

## 6<sup>th</sup> ANNUAL YWCA LADIES' SPRINT TRIATHLON TO BE HELD SUNDAY

York, PA, June 24, 2010-On Sunday, June 27<sup>th</sup>, YWCA York will host the 6<sup>th</sup> Annual Ladies' Sprint Triathlon, also known as the Y-Tri. The race will begin at 8:00 A.M. at York College's Grumbacher Sports & Fitness Center.

The Y-Tri includes three events: a 500-yard pool swim, a 15-mile bike ride and a 5K run. Participants may enter as individuals or as part of a relay team, with one team member covering each event. Women who are 14 or older are eligible to participate.

Registration may be completed in person at the YWCA York, 320 East Market Street. In the case of relay teams, every team member must fill out a registration form. Registration on the day of the race will increase to \$55 per individual or \$125 per team. All athletes will be required to sign a waiver at the time of packet pickup. Athletes under 18 years of age are required to have a parent/guardian signature on their waiver.

Awards will be given to Overall Female, Top Master (age 40+), and the top three participants in 11 age groups. The top three Relay Teams will also receive awards. Every participant is eligible for a 3-month membership discount at YWCA York.

To learn more, please contact Tara Neff at 717-845-2631, or visit the YWCA York online at [www.ywcayork.org](http://www.ywcayork.org).

Founded in 1858 and headquartered in Washington, D.C., the YWCA is a women's membership movement whose mission is to eliminate racism and empower women. Strengthened by diversity, the YWCA draws together members who strive to create opportunities for women's growth, leadership and power to attain a common vision: peace, justice, freedom and dignity for all people. The YWCA represents approximately 2 million women, girls and their families in the United States and 25 million women worldwide. The YWCA has more than 300 associations throughout the United States. The World YWCA is at work in more than 100 other countries. For information about the YWCA or local YWCA associations, visit our website, [www.ywca.org](http://www.ywca.org).

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