



**Ozarks Regional YMCA**

We build strong kids, strong families, strong communities.

[orymca.org](http://orymca.org)

**Contact:** Julie Eaton  
Ozarks Regional YMCA  
417 S. Jefferson  
Springfield, MO 65806  
417-862-8962 ext.124

February 16, 2009

**FOR IMMEDIATE RELEASE**  
**Downtown YMCA “Y Not Tri” Indoor Triathlon**

Your Downtown YMCA will host the 2<sup>nd</sup> annual ‘Y Not Tri’ Indoor Triathlon on Saturday, February 21<sup>st</sup> at 8 a.m. with a staggered start.

The event includes a 15-minute swim, 20-minute bike ride and a 20-minute run. This event will be a fun photo opportunity for Winter time Wellness.

For more information, contact Kyla Bentley at (417) 862-8962 ext. 149.

Special thanks to our sponsors; Quiznos, Maria's Mexican Restaurant, Queen City Cycles, MC Sports, Ridge Runner Sports, Trolley's Downtown Bar and Grill, and Mudhouse Coffee and Tea Co.

The Ozarks Regional YMCA has served the community for over 120 years and has over 20,000 members in the association to build strong kids, strong families and strong communities. The Ozarks Regional YMCA consists of seven branches including, The Ozark Mountain Branch in Hollister, Bolivar/Dallas County Area YMCA, Monett/Cassville, Camp Wakonda, Child Care branches and two facilities in Springfield.

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**downtown  
Y Not Tri  
indoor triathlon**

**SATURDAY FEB 21, 2009**  
indoor triathlon—15 min swim/ 20 min bike/ 20 min run  
**Registration begins Jan 2, 2009!**

Race begins at 8am. (Start will be staggered.)

|      |      |  |
|------|------|--|
| Fees | \$25 | individual (Participate in one of our clinics and save \$5.) |
|      | \$65 | 3-person relay team  |

All Triathlon Participant Meeting Thursday Feb 19 from 5:45–6:15PM

**Last day to register is Wed Feb 19 at 10PM.**



**Corporate Offices**

417 S. Jefferson  
Springfield, Mo 65806  
p. 417.862.7456  
f. 417.866.9527

**Roy Blunt YMCA of Bolivar**

1710 W. Broadway  
Bolivar, Mo 65613  
p. 417.326.3100  
f. 417.326.3106

**Cassville YMCA**

408 State Hwy 248  
Cassville, Mo 65625  
p. 417.846.1535  
f. 417.847.6654

**Child Care Branch**

417 S. Jefferson  
Springfield, Mo 65806  
p. 417.862.7456  
f. 417.862.4004

**Pat Jones YMCA**

1901 E. Republic Road  
Springfield, Mo 65804  
p. 417.881.1599  
f. 417.881.3595

**Monett Area YMCA**

205 Euclid Street  
Monett, Mo 65708  
p. 417.235.8213  
f. 417.235.8731

**Ozark Mountain Family YMCA**

175 Industrial Drive  
Hollister, Mo 65672  
p. 417.337.YMCA  
f. 417.332.1012

**G. Pearson Ward YMCA**

417 S. Jefferson  
Springfield, Mo 65806  
p. 417.862.7456  
f. 417.862.4004

**Camp Wakonda**

22237 Lawrence 2080  
Ash Grove, Mo 65604  
p. 417.491.4206  
f. 417.491.4208

**Dallas County Area YMCA**

309 S. Ash, Suite 104  
Buffalo, Mo 65622

