



**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

January 26, 2010

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

Your Downtown YMCA will host the 3rd annual ‘Y Not Tri’ Indoor Triathlon on Saturday, February 13th 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.

Registration includes a fee of \$25 for individual and \$65 for a 3 person relay team. The last day to register is Thursday, February 11<sup>th</sup> at 5 p.m. All triathlon participants will have a meeting Thursday, February 11<sup>th</sup> at 5:30 p.m.

For more information, contact Kyla Bentley or Colin Barnett at (417) 862-7456.

Special thanks to our donors; Quiznos, Maria's Mexican Restaurant, Queen City Cycles, Moxie Cinema, The Coffee Ethic, Mitzi Gordon licensed massage therapist

The Ozarks Regional YMCA has served the community for over 122 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 eight branches including, The Ozark Mountain Branch in Hollister, Bolivar/Dallas County Area YMCA, Monett/Cassville, Lebanon Family YMCA, Camp Wakonda, Child Care branches and two facilities in Springfield

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**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**

932 W. Main  
Buffalo, Mo 65622  
p. 417.345.1116  
f. 417.345.1353

**Lebanon Family YMCA**

500 E. Elm  
Lebanon, Mo 65536  
p. 417.588.1177  
f. 417.588.1140



United Way of the Ozarks