



For Immediate Release
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City Hosts Youth TryAthlon and Seeks Volunteers

Harrisonburg, Va. – The city’s Parks and Recreation Department is hosting a youth triathlon and invites participants and volunteers.

The event, which will be held on August 8, is open to boys and girls ages five to 17. **The deadline to register is July 30** or sooner if the maximum participant number is reached and it will cost \$30 per participant.

“The focus of this event is completion over competition,” said Erik Dart, athletic program supervisor with Parks and Recreation. “We want to introduce the youth in our community to this event in hopes that they will continue to be active and participate in these activities.”

The triathlon consists of three physical activities which include swimming, bicycling and running. The distances of each activity vary depending upon the age group of the participants. The course was designed to fit all levels of ability and experience in hopes that all participants will complete the course and not necessarily compete against one another.

In addition to recruiting participants, the city is also in need of energetic volunteers to help with the event. These volunteers will assist with keeping the participants on course, helping with the timing of the event along with giving positive encouragement for the kids to complete the course.

Last year, the first year this event was held in the city, 70 youth participated in the event.

Volunteers and participants interested in this event can contact Matt Little at 540-433-9168 or matthew.little@harrisonburgva.gov. More information and the registration form are available at www.HarrisonburgVA.gov/youth-tryathlon.

*Who will notify you if an emergency-related event is happening in Harrisonburg or Rockingham County? Sign up to receive free alerts through the **Harrisonburg and Rockingham County Emergency Alert System** by visiting www.HREmergencyAlert.com.*



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