

# WE NEED VOLUNTEERS!!

Sign-up to be a volunteer for our Youth Triathlon and you will get to see your child in action. Some of the places that we would need volunteers for would be the following:

**Set-up,  
Road Marshal,  
Transition Zone Marshal,  
Timer,  
Athlete Support Staff,  
& General volunteer support**

For more information on volunteering please see our front desk or call the Y at 695.4467

BLAIR REGIONAL YMCA

COMMUNITY WELLNESS CHALLENGE SERIES

Presented by



## Upcoming Races:

### Canoe Creek Triathlon & Races

Saturday, August 2 at 8:00am

**Races:** Triathlon, Duathlon, 5k Run, 2M walk

### October Half Marathon & Races

Saturday, October 4 at 7:30am

**Races:** Half-Marathon, 10k Run, 5k Walk

### Perry Wellington 4.5M Turkey Trot Race

Saturday, November 29 at 8:30am

**Races:** 4.5 Mile Run, 2 Mile Run, 2 Mile Walk

### Twilight Race

Wednesday, December 31

**Races:** 5k Run - 4:00pm

2M Run - 4:30pm, 2M Walk - 5pm

## RACE OVERVIEW

The Blair Regional YMCA Youth Triathlon is open to children 6-15. **No experience is necessary.**

This is a fantastic opportunity for your child to participate in an enjoyable athletic event that promotes a healthy lifestyle, provides a chance to meet new friends and build self confidence. The courses and distances will be achievable for all athletes, promoting a philosophy of completion rather than competition. The focus of the event is not on finish times, placing or rankings; rather a sense of accomplishment. Each child will receive a medal for crossing the finish line.

The race will be broken down into 4 waves, with different heats per wave. Heats will be determined at registration close. Racers will be separated into their waves based on age.

## REQUIRED EQUIPMENT

- Bicycle (pre-race safety check on race day)
- Helmet
- Swim suit
- Swim cap (will be provided on race day)
- Running shoes
- T-shirt (to wear for bike & run portion)
- Race Number (provided, must pin to shirt)

## OPTIONAL EQUIPMENT

- Water bottle (there will be water stations)
- Shorts (to wear for bike & run portion)
- Blanket/Towel (for transition area)
- Hat/Visor
- Goggles
- Socks



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## BLAIR REGIONAL YMCA Youth Triathlon

**Ages: 6-15**



**WEDNESDAY,  
AUGUST 5, 2026**  
Start: 6:00PM



# BLAIR REGIONAL YMCA

**YOUTH TRIATHLON - WEDNESDAY, AUGUST 5, 2026 @ 6:00PM**

## IMPORTANT INFORMATION:

- A hard shell helmet is required for the bike race. **Transition area will be accessible only to triathletes.**
- Lifeguards will be overseeing the swim.
- No drafting permitted.
- No iPods or headsets of any kind (for safety reasons).

## REGISTRATION:

\$20 for ALL registrations

**Deadline** to register is Wednesday, Aug 5 @ 12pm.

T-shirts will be provided to all registered racers.

Registrations may be mailed in, or dropped off at the YMCA Front Desk.

## RACE PACKET PICK UP:

### DAY OF RACE:

Race packets will be available at the race registration area at the Blair Regional YMCA from 1:00pm to 5:45pm.

[www.BlairRegionalYMCA.org](http://www.BlairRegionalYMCA.org)

## COURSE DESCRIPTION:

**TRANSITION:** This is where your child will arrange his/her equipment. It will be located in the YMCA field outside of the main entrance. This area is for participants only....no parents allowed! See race packet for more details.

**SWIM:** Our swim will be held in the lap swimming pool of the Y. There will be lifeguards on deck as well as volunteers to ensure safety and count laps. Athletes will begin their swim from INSIDE the pool. Athletes will exit the pool and head to Transition through hallway. See race packet for more details.

**BIKE:** All athletes will follow the bike course to the Senior High School where they will complete the appropriate number of laps, then return to transition. 6-7 year olds will turn around at the start of the Tiger Paw Path (in front of Longer Elementary).

**RUN:** Once the racer has completed their bike, they will be instructed to put their bike back into Transition and head out for the run. The run course will take place around the Junior High School. Depending on their age, athletes will have to either complete the half mile loop around Junior High or part of Tiger Paw Path before completing lap around Junior High. After completing the appropriate number of laps, head to the finish will be adjacent to the Transition.

## AWARDS:

All finishers will receive a medal for completing the race. Award winners are asked to remain for the Awards Ceremony as no awards will be mailed.

# YMCA Youth Triathlon

Wednesday - Aug 5, 2026

Mail registrations to:  
Blair Regional YMCA  
1111 Hewit Street, Hollidaysburg, PA 16648

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age (Race Day): \_\_\_\_\_

Sex:  M  F

T-Shirt Size:  Youth Medium  Youth Large  
 Small  Medium  Large

Payment Information:

Check  MasterCard  Visa  Discover

Credit Card #: \_\_\_\_\_

Expiration: \_\_\_\_/\_\_\_\_ Three digit code: \_\_\_\_\_

Waiver: In submitting this entry, I, intending to be legally bound for myself, my heirs, executors and administrators, waive, release and forever discharge the Blair Regional YMCA and all event sponsors, event volunteers and workers and their offices, directors, agents, successors and or assigns for any and all injuries suffered by me at this event. I attest that I am physically fit and prepared for this event. I understand I may be photographed and agree to allow my photo, video or film likeness to be used for legitimate purpose by any of the aforementioned parties.

Signature: \_\_\_\_\_  
Parent/Guardian

Date: \_\_\_\_\_

All Participants must Complete an Application.