



VIRGINIA HOME FOR BOYS AND GIRLS  
**YOUTH TRIATHLON**

**RACE DAY: Saturday, August 18, 2018 --- Ages 5 to 14**

- 6:00am- 7:00am Register and set-up for event
- 6:30am- 7:00am Pre-approved packet pick-up and registration
- 7:00am Transition opens; bike mechanic available
- 7:15am- 7:45am Swim, bike, and run warm ups allowed on course
- 7:45am Transition closes
- 7:50am Pre-race meeting beside pool
- 8:00am First wave starts for 5-9 age group
- 8:30am - 10:00am Post-race snacks
- 9:30am First wave starts for 10-14 age group
- 10:30am Awards presentation

7:00am - 11:30am Breakfast and lunch sandwiches, coffee, and other fun foods from food truck vendors will be available for purchase.

▶▶▶▶	INDIVIDUAL	RELAY
5/1- 8/10	\$60 donation	\$90 donation
8/11- RACE DAY	\$70 donation	\$100 donation

Race fee donation includes race, t-shirt and post-race snacks. 100% of race fee donations go directly to Virginia Home for Boys and Girls.

Register online at: [bit.ly/VHBG-YouthTriathlon2018](http://bit.ly/VHBG-YouthTriathlon2018).  
 Online Registration closes Thursday, August 16 at 3:30pm.

▶▶▶▶ **SPONSOR A CHILD FOR \$60!**

**PRESENTED BY** 

ENDORPHIN *FITNESS*

CONTACT: 804.270.6566 Edilia Bendel, x119 or EBendel@vhbg.org

**RACE LOCATION: 8716 W. BROAD ST. HENRICO, VA 23294**