

# Race Series Events



**DO MORE  
BE MORE**

## 2012 Road Race Calendar for Ages 15 and Up

Participate in 5 or more events to receive an additional prize

March 11: Thurston Companies YMCA John Robbins Organ Donor 8K Run

April 21: Healthy Kids Day 5K

May 28: Civitan 5k and 10k Run

October TBD: Live Strong 7k Run/Walk

October 14: Fall Festival 5K Run

October 21: 10K Run Through History

November 22: YMCA Mary Washington Healthcare Turkey Trot 5K Run/Walk

December 31: Village 5k Run

## 2012 Triathlon Calendar for Ages 15 and Up

Participants in 3 or more events to receive an additional prize

July 14: Pohanka Nissan Hyundai Colonial Beach Sprint Triathlon

July 15: Pohanka Honda Colonial Beach Olympic Triathlon

August 26: Spotsylvania Sprint Triathlon

September 8: Century Bike Ride

October TBD: Live Strong Bike Ride

## 2012 Events Calendar for Ages 14 and Under

Participate in 3 or more events to receive an additional prize

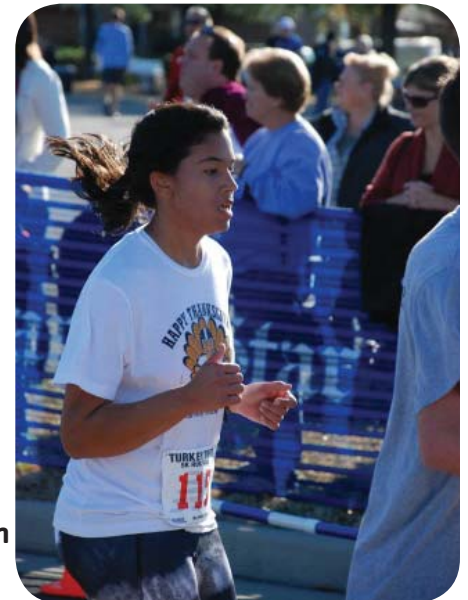
April 21: Healthy Kids Day Triathlon

June 53: Fredericksburg Orthodontics YMCA Youth Triathlon

October 14: Fall Festival Youth 1 Mile Run

November 22: Coker Orthodontics Turkey Trot Youth 1 Mile Run

December 31: Village Youth 1 Mile Run



### **Special Events/ Race Series Contacts**

KG: Gary Roach

groach@family-ymca.org

MA: Terry McLaughlin

tmclaughlin@family-ymca.org

RR: Becky Weber

bweber@family-ymca.org

[www.family-ymca.org](http://www.family-ymca.org)