



Finley Frenzy 2018

Fact Sheet

What is the Finley Frenzy?

Finley Frenzy is a youth triathlon including a swim, bike and run portion. Distances for each part of the race vary depending on age group.

Where is the Finley Frenzy taking place?

At the A.E. Finley YMCA (and the streets surrounding our location for the bike portion of the race).

What is the date of the triathlon?

Sunday, August 26th at 8am

Who can participate in the youth triathlon?

Youth ages 7-14. While we have 3 separate age groups, we have only two course distances. One for the 7-9 year olds, one for the 10-14 year olds. The age groups & distances are broken up as:

Age Group	Swim Distance	Bike Distance	Run Distance
7-9 year olds	75 yards (3 length of the pool)	2 miles (2 laps of a smaller bike course)	½ mile (2 laps around the baseball field)
10-11 year olds	175 yards (7 lengths of the pool)	4 miles (2 laps of the larger bike course)	1 mile (4 laps around the baseball field)
12-14 year olds	175 yards (7 lengths of the pool)	4 miles (2 laps of the larger bike course)	1 mile (4 laps around the baseball field)

What is the cost of the race?

\$52 for members; \$63 for participants

Is there training available to help my child prepare?

Yes! Training is held on either Tuesday or Wednesday evenings for the 5 weeks leading up to the race. Tuesday's session is 5-6pm and Wednesday's session is 6-7pm. During these sessions, we will cover the swim and run portions of the race. The cost for this training is \$65 for members and \$78 for non-members.

How do I sign up?

You can sign up for the race online, over the phone at 919-848-9622 or at the Welcome Center.

Questions? Please contact our Healthy Living Director, Laura Holt, at: laura.holt@YMCATriangle.org