FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SWIM WITH CONFIDENCE
BIKE WITH LAUGHTER
RUN LIKE THE WIND

2020 RACE 4 CHASE FREE TRIATHLON PROGRAM

In collaboration with the CMAK (Chase Michael Anthony Kowalski) Foundation, the Lakewood-Trumbull YMCA is proud to present a free six week, Monday-Friday, life-changing triathlon program. Have your child learn to swim, bike and run like Chase did, make new friends and develop a healthy confidence they will carry with them for the rest of their lives! All participants will compete in a youth triathlon at the end of the program.

WHEN
Training - June 22– July 31 - 9:30am-1:00pm
Race Day - August 1 - YMCA Camp Sloper

AGES
6-12 years

TRAINING LOCATION
Lakewood-Trumbull YMCA
Camp Tepee/Family Outdoor Center
204 Stanley Rd. Monroe, CT 06468

CMAK
Chase Michael Anthony Kowalski
Sandy Hook Memorial
FOUNDATION

TO REGISTER
Fill out the 2020 Program Application to be considered for this program.
Applications are due by April 15, 2020

This year we encourage each participant to try to meet a fundraising goal of $100 by August 1 2020. Every dollar donated to the Lakewood-Trumbull YMCA stays in our communities and goes directly to serving youth and families in need. We will help participants with ideas to meet their fundraising goal.

LAKEWOOD-TRUMBULL YMCA
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