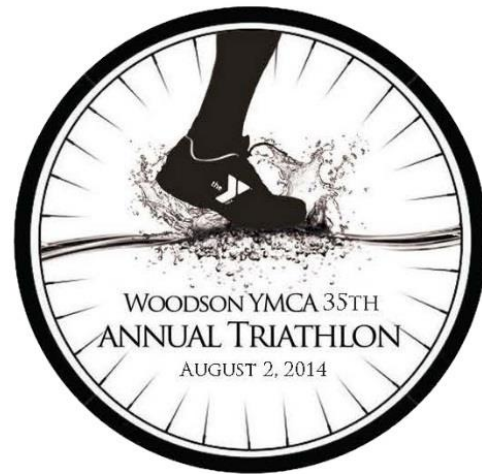




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**FOR IMMEDIATE RELEASE**

## **Woodson YMCA celebrates 35 years of Triathlons**

**WAUSAU-** Our longest race of the year celebrates its 35<sup>th</sup> year! Woodson YMCA is now taking registrations for the Woodson YMCA Triathlon at Sunny Vale Park in Wausau on August 2nd. Participants may register for one of the following: the Long Course (1/2 mile swim, 28 mile bike and 6.2 mile run), the Short Course (1/4 mile swim, 17 mile bike and 3.1 mile run) or the Mini Tri (3/16 swim, 9.2 mile bike and 2 mile run).

Gary Peterson of Merrill, 65, has raced the long course in each year of the Woodson YMCA Triathlon. It's so much of a tradition for him that family members know it's something they need to plan around. He will compete in this year's race on the same day as his son's wedding!

Gary said he readies himself for the race on his own, with no formal training. He has already run the course and gone swimming at Sunny Vale Park in preparation for this year's event.

"You read your body and slow down if needed," he said.

He's always eager to reunite with the handful of other racers who have competed in the Triathlon since the start of the event in Wausau. It will likely be

his only endurance race of the year but his race time is not the main focus for Gary.

“My goal is just to finish and keep everything in working order at the end,” Gary said. “My time is not important, just competing successfully, coming out feeling good.”

Gary said he realizes there are so many people his age who wouldn’t dream of entering a Triathlon but he feels fortunate he is able to be as physically active as he wants. And, he’s not even the oldest entrant.

Ben Powell, 77, has competed in triathlons since 1980. He is racing in the Woodson YMCA Triathlon this year with his two grandsons.

There is a special recognition T-shirt for entrants who have competed 10 years or more. Awards go out to the top 3 finishers in each age category and overall Long and Short Course winners. The entry fee is \$50 per individual (\$60 after July 25) or \$90 per team (\$110 after July 25). The Mini Tri fee is \$30 per participant.

You may **register by July 25** at the business desk of either YMCA branch for the discounted rates. On-line registration available at [www.active.com](http://www.active.com) for an additional fee through Wed. July 30.

Race proceeds will benefit our World Service and Community Partners Campaign which allows Woodson YMCA to provide financial assistance to families and children in need. Contact Samantha Mallo with race questions at 715-845-2177, ext. 130. To volunteer at the event, call Kathy Peterson at 715-845-2177, ext. 110.

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