

Hempfield recCenter Announces Triathlon Events

Hempfield recCenter's **2020 TRI for Life** sprint triathlon takes place Sunday, May 3, at 8:00 am. The annual event features a 300-meter indoor swim, a 16-mile bike ride on rural roads with rolling hills and a three-mile run on a relatively flat course. The top male and female finishers receive cash prizes. Awards will be given to the top three age-group finishers and top three relay finishers. All participants receive a tech shirt. Early Bird registration is January 20–March 31 with discounted entry fees—\$65 per individual and \$85 per relay team. Regular registration is April 1–April 23 with a \$75 individual and \$95 relay fee. Registration is through ACTIVE.com and ends on April 23rd.

Set for Saturday, May 2, at 5:00 pm, the **2020 Youth TRI for Fun** is a fun, non-competitive event for kids in three age groups (7-8, 9-10, and 11-12). Each group will complete the course with varying distances for each leg. Each participant receives a medal, t-shirt, and goodie bag. To register for the youth TRI, please visit hempfieldrec.com or stop by the 950 Church St, Landisville facility. The entry fee is \$25 per participant. There is no day of race registration.

Proceeds from both events support Hempfield recCenter's Everyone Belongs financial assistance program, providing wellness opportunities and other services for those who cannot otherwise afford them.

Questions? Contact Jamie McGlaughlin, Director of Fitness and Wellness
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