

Delmar Duathlon

A Co-Sponsored Event



Run-2 miles

Cycle-10 miles



Run-2 miles

Sunday April 22nd, 2012

Race starts at 8am

Location: Elm Avenue Park

**Mark Your Calendars for this first
ever event in the
Town of Bethlehem.**

**On line registration begins on
January 1st 2012-This event is
limited to the first 300
registrations.**



Proceeds from the Delmar Duathlon to Benefit:
Town of Bethlehem Parks and Recreation
and
Bethlehem Area YMCA – Reach Out For Youth

Town of Bethlehem Parks and Recreation

Proceeds will be used to purchase new Easy Ladders for the Elm Avenue Park pool complex. These stairs provide easy access to the Olympic pool for seniors, young learners, those with arthritis, and anyone else with physical challenges.



Bethlehem Area YMCA – Reach Out For Youth

At the Capital District YMCA, we strive to make sure that every child's day brings about bigger and brighter achievements - but we can't do it alone! Your support ensures that children and their families across the Capital District, who otherwise would not be able to afford YMCA programs and services, are included.

Together, we build values!

Much more than swim lessons, daycare services, after-school programs, or a visit to Camp Chingachgook on Lake George, your support helps kids develop core YMCA values: caring, honesty, respect, and responsibility; values they will have forever.

You can help! Here's how:

You can give a child the chance to make new friends, learn how to swim, and more with a YMCA membership for a year! **Just \$9 a month.**

You can give 5 teenagers the chance to attend a three-day rally where they'll learn leadership skills that will benefit them forever! **Just \$21 a month.**

You can give 10 kids the chance to join a youth basketball program where they'll develop team-building skills that will help them stay in school and be successful in life. **Just \$42 a month.**