



*“Thank you for the opportunity you have given our daughter!!” Donna (mom of 13 y.o. triathlete)*

*“Great race yesterday! I hope to come out to your future events to volunteer or to compete again.” Mark, Pennypack Park Finisher*



Josie – 4 years-old & determined to reach the finish line. Arms pumping, smile jumping off her face, she spoke of nothing else in the week after the race.



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## TriYouthalon

*Fighting Childhood  
Obesity One Multi-Sport  
at a Time™*

**Philadelphia Parks  
& Recreation**



**City of Philadelphia**  
LIFE • LIBERTY • AND YOU™



## 2012 Events

- **5/19 – Pennypack Park City Super Sprint Tri & Du (15 to adult)**  
*Start time 8am - Cost \$55\*\**
- **7/21 – Annual Fairmount Park Youth Triathlon & Duathlon (7 – 16)**  
*Start time 7am - Cost \$30\*\**
- **8/11 – Cobbs Creek Park Youth Triathlon & Duathlon (7 – 16)**  
*Start time 8am - Cost \$30\*\**

Register at [www.triyouthalon.org](http://www.triyouthalon.org)

\*All races are age appropriate distances  
Swim 50 – 150 meters  
Bike 2.5 – 5 miles  
Run ½ - 1 mile

\*\* Reduced rates on teams & financial assistance available (contact [Kerri@triyouthalon.org](mailto:Kerri@triyouthalon.org))

## Doom & Gloom

### Obesity is an epidemic in the USA\*\*

The CDC states that 34% of Americans are overweight and another 34% are obese. These statistics translate to two-thirds of our country being at risk of poor health due to their weight alone. Then you read the CDC's forecast divulging that 1 in 4 children born after the year 2000 will contract Type II diabetes.

Type II is the current name for "Adult Onset Diabetes". The name was changed to Type II because of the rapidly increasing number of our children developing the disease. Diabetes is one of the most common diseases in school-aged children\*\*.

Terrifying in a world where healthcare is becoming more expensive and so many people are pushed through the system. Type II diabetes can be avoided by following the advice of the National Diabetes Education Program:

- ✓ Stay at a **healthy weight**
- ✓ Be more **physically active**
- ✓ Eat smaller portions of **healthy foods**
- ✓ **Limit time on TV**, computer & video

\*\*NDEP is a partnership of the National Institutes of Health, the Centers for Disease Control and Prevention, and more than 200 public and private organizations.

## Be Part of the Proactive Crowd – It will cost less

Through grassroots organizations such as TriYouthalon with the support and partnership of Philadelphia Parks & Recreation and others in our community, we can make a difference in what happens within our city – to our children and the ones they play with on the playground.

## Creating a Philly Adventure

### Fairmount Park is one of the largest urban parks in the country

TriYouthalon and Philadelphia Parks & Recreation hope the more people are familiar with our beautiful parks, the more they will make use of them. So many of the parks offer shade and safe areas to bike and run. They are good escapes from the streets and the noise. One parent remarked "participating in the various youth triathlons has made the city an adventure to our family." Since then they have gone exploring to new places they had never been before.

One of the benefits in participating in the multi-sport world is to meet others just as committed to an active and healthy lifestyle for their loved ones & themselves. The sense of community in the endurance world is extremely powerful, welcoming and supportive.

### What is a Tri/Du?

Triathlon (Tri) = Swim + Bike + Run

Duathlon (Du) = Run + Bike + Run

