

Children and Philanthropy

No matter how young or old your children may be, there are always age-appropriate experiences that can acquaint them with your family's commitment to giving and inspire their own interest in joining in that commitment.

Come and participate with us in this fun family-oriented fundraising event. Show your kids that supporting a charity can be fun and fulfilling!

By securing sponsors for his or her participation in the Strong Kids Triathlon, your child will see how she or he can make a difference in the lives of others.

It is important to remember that the spirit of philanthropy is not about what or how much one gives, but rather about the feeling that one is helping others in need.

Help build a family culture that supports giving and volunteering in your community. Allow your children to see that they can make a difference and that when they share their time and talents to help others, they are making a meaningful contribution to make the world a better place.

Princeton Family YMCA Strong Kids Triathlon



WHAT IS A TRIATHLON?

A triathlon is a race event that combines three activities; most commonly running, swimming and cycling.

WHY STRONG KIDS?

The Strong Kids Campaign is an annual fundraising effort mounted by the YMCA to raise funds to improve the health and well-being of thousands of children and families that may otherwise not have the opportunity to participate in YMCA programs and services.

Strong Kids triathlon funds will be directed toward scholarships for individuals to participate in outstanding program offerings in Princeton.

REGISTRATION

For this family event, registration is required. You can register your triathlete through the Princeton Family YMCA website: <http://www.princetonymca.org>, or by calling our membership office: (609)497-9622 ext. 204. The entry fee for this event is \$15.

EVENTS

Age 3-5^{**}: swim 25 yd.*, bike 1/4 mi.*, run 1/8 mi.*
Age 6-8: swim 75 yd.*, bike 1/2 mi.*, run 1/3 mi.*
Age 9-10: swim 125 yd.*, bike 1 mi.*, run 1/2 mi.*
Age 11-12: swim 175 yd.*, bike 1.5 mi.*, run 1 mi.*

* ALL DISTANCES ARE APPROXIMATE

^{**}AGE 3-5 MUST BE ACCOMPANIED BY A PARENT.

BICYCLES AND HELMETS ARE NOT PROVIDED
BICYCLE HELMETS ARE REQUIRED

Princeton Family YMCA
59 Paul Robeson Place
Princeton, NJ 08540
<http://www.princetonymca.org>

Strong Kids Triathlon
Sunday, April 18 2010

9:00 a.m. — 11:00 a.m.

Celebrating Healthy Kids Day
Proceeds go to the Strong Kids Campaign



Packet Pickup:

Mandatory race packet pick-up will be held at the Princeton Family YMCA on Saturday, April 17, 1pm-3pm.

There will be NO race day packet pickup. If your child fails to attend the pick-up on Saturday, he/she will not be able to participate.

Help us build strong kids

Princeton Family
YMCA

Strong Kids Triathlon
Sunday, April 18, 2010
9:00 a.m. — 11:00 a.m.



- Events for Ages 3-5, 6-8, 9-10, and 11-12
- \$15 entry fee
- Includes race t-shirt and finisher's prize
- Awards for age division winners
- Post race party!

"I Tri To Support Strong Kids Like Me!"

16% of American children are obese. Another 15% are at risk for childhood obesity. Each year nearly 19,000 American children are diagnosed with diabetes.

The YMCA is committed to improving the lives of children and their families by providing programs that teach life skills and encourage a lifetime of strength, health and happiness.

By choosing to participate in this year's *Strong Kids Campaign* event, you can show your support for building *Strong Kids* in your family and community!

The YMCA is a charitable, not-for-profit community organization dedicated to enriching the spirit, mind and body and improving the quality of life. We create and deliver values-based programs that draw their inspiration from our Judeo-Christian heritage. We serve people of all ages, races and creeds, with an emphasis on families and youth.

Registration Information

First Name: _____ Last Name: _____
 Address: _____ City/State: _____ Zip: _____
 Phone Number: _____ Email: _____
 Emergency Contact: _____ Phone Number: _____
 Competitor Category: 3-5(w/parent) 6-8 9-10 11-12 T-shirt Size: S M L XL

I/We can't participate in the event, but would like to contribute \$_____ to help the YMCA provide financial assistance.

Please make checks payable to: Princeton Family YMCA
 Mail to: 59 Paul Robeson Place
 Princeton, NJ 08540

Waiver Of Liability

In consideration of your acceptance of this entry, I hereby for myself, my heirs, my executors and administrators waive any and all rights and claims for damages I may have against the Princeton Family YMCA, their respective representatives and successors, all sponsors, officials and volunteers, and will hold them harmless from and injury suffered in this event. I further state that my child is in proper condition to participate in this event. I hold none of the above responsible for the loss of personal items. I will permit the use of my and my child's name and/or picture for any media promotion of the event.

Signature Parent/Guardian: _____ Date: _____



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Log onto
www.firstgiving.com/18988
 and start a personalized fund-raising
 page for the **Strong Kids**
Campaign!

Strong Kids Supporter Information

Help support:	Check	Cash
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

Detach here

**Make checks payable to the
 Princeton Family YMCA.**

