

# Riverman/Riverwoman TRIATHLON



August 16, Farm Island Recreation Area

Get ready to swim, bike, and run at the OAHE FAMILY YMCA Riverman/Riverwoman Triathlon! Join us Saturday, August 16, at Farm Island Recreation Area in Pierre, SD, for a fun, family-friendly race in the great outdoors.

Open to men, women, and kids of all skill levels, participants can compete individually or as part of a team. Enjoy a beautiful course, great company, and a challenge you won't forget!

Check-in starts at 6:30 AM, with a rules meeting at 7:45 AM. The triathlon begins at 8:00 AM. Chip timing will be used, and lunch will be provided for all racers.

Awards are given for top 3 overall male, female, and teams.

**BIKE HELMETS AND BRIGHT  
SWIM CAPS ARE REQUIRED.**



**SPRINT .4 MILE OPEN WATER SWIM  
OLYMPIC .8 MILE OPEN WATER SWIM**



**SPRINT 12.4 MILE BIKE  
OLYMPIC 23 MILE BIKE**



**SPRINT 3.1 MILE RUN  
OLYMPIC 6.2 MILE RUN**

**REGISTER BY JULY 31 TO GET A TRIATHLON T-SHIRT**

Individual: Member \$60, Non-Member \$70

Team: Member \$95, Non-Member \$125

**REGISTER AT THE OAHE FAMILY YMCA, ONLINE, OR OVER THE PHONE BY AUGUST 13**

**LEARN MORE AT [OAHEYMCA.ORG/TRIATHLON/RIVERMAN](https://oaheymca.org/triathlon/riverman)**

**OAHEYMCA.ORG | 605-224-1683 | 900 E CHURCH ST**

THE YMCA DOES NOT TURN ANYONE AWAY FOR THE INABILITY TO PAY. PLEASE ASK ABOUT OUR FINANCIAL ASSISTANCE.





# RIVERKID TRIATHLON

August 16, Farm Island Recreation Area

Be a Riverkid and swim, bike, and run your way through the Farm Island Recreation Area —just like the grown-ups! Grab your sneakers, bring your bike, and don't forget your swimsuit—it's time to be an OAHE FAMILY YMCA triathlon hero! Chip timing will be used, and lunch will be provided for all racers.

**BIKE HELMETS AND BRIGHT SWIM CAPS ARE REQUIRED.**

Check-in will be held from 8:00 AM - 8:30 AM at the east end of the swim beach parking lot. A mandatory rules meeting begins promptly at 8:30 AM, with the race beginning at approximately 8:45 AM.

**6-10 YEAR OLDS: 100 YARD SWIM, 3 MILE BIKE AND .5 MILE RUN**

**11-14 YEAR OLDS: 200 YARD SWIM, 6 MILE BIKE AND 1 MILE RUN**

Awards for top 3 boys and top 3 girls in each age group plus finisher medals and Zesto ice cream cards for all participants!

**REGISTER BY JULY 31 TO GET A TRIATHLON T-SHIRT**

Member \$30, Non-Member \$35

**REGISTER AT THE OAHE FAMILY YMCA, ONLINE, OR OVER THE PHONE BY AUGUST 13**

**LEARN MORE AND REGISTER AT [OAHEYMCA.ORG/RIVERKID](https://oaheymca.org/riverkid)**

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