



*First Annual*

# BRICKMAN TRIATHLON

**TRI-ING TOGETHER TO BUILD STRONG COMMUNITIES!**

*To benefit:*



Merrimack Valley  
**Habitat**  
for Humanity®



Merrimack Valley **YMCA**  
*Making healthier lives achievable for everyone.*

- Date:** October 3rd, 2010 8:00 AM
- Sprint Distance:** 250 yard pool swim/10 mile bike/3 mile run
- Location:** YMCA, 40 Lawrence Street, Lawrence, MA 01840
- Entry:** Maximum of 250 entrants (individual or teams of 2-3 people)  
Sign up now at: [www.active.com](http://www.active.com)  
Must register by October 1st (minimum age 18 required)

**Course Description:** A great race to wind down your racing season or for your first triathlon. The swim will be a 250 yard serpentine course in the Lawrence YMCA pool. The bike will consist of 3 loops of a 3.4 mile bike route. The bike is a non-draft race and a CPSC-approved helmet is required. The run is 4.5 loops around the Campagnone Common providing many opportunities for your fans to cheer you on. Chip timing provided by New England Timing.

For more information, go to [www.coolrunning.com/major/brickman](http://www.coolrunning.com/major/brickman)

For volunteer opportunities, email Gerry at [brickmantri@comcast.net](mailto:brickmantri@comcast.net)

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**REGISTER BY SEPT. 12TH  
TO GUARANTEE  
RACE SHIRT**