



YMCA

We build strong kids,  
strong families, strong communities.

**FOR IMMEDIATE RELEASE**

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**YMCA to Host Inaugural Brave the Wave Indoor Triathlon**

**OKLAHOMA CITY (January 21, 2010)** – The winter chill doesn't have to take out all the fun for athletes. The North Side YMCA is offering sports enthusiasts a chance to brave the wave of the winter with its first indoor triathlon Feb. 21.

“Brave the Wave is great for beginners and competitors,” said Kendra Musick, North Side YMCA aquatic director. “This competition gives athletes a chance to gear up for their first triathlon or just keep in shape while they're out of season.”

The indoor triathlon includes stationary biking, swimming in a four-lap lane pool and running on a treadmill for 15 minutes each. There will be a 10 minute transition between each event. Only eight competitors at a time will participate in each event.

“This triathlon is the equivalent of 45 minute workout,” Musick said. “It will be a great training event for first timers looking to jump into triathlon season.”

Places will be determined on a point system based on distance and time within each age group. Brave the Wave is open to both Y members and non-members ages 16 and up. Registration for the indoor triathlon runs through Feb. 12 at all 10 YMCA of Greater Oklahoma City metro locations.

For more information on Brave the Wave contact Kendra Musick at (405) 751-6363 or [kmusick@ymcaokc.org](mailto:kmusick@ymcaokc.org).

**About the YMCA of Greater Oklahoma City**

The YMCA of Greater Oklahoma City is a charitable, not-for-profit organization that serves children, families and adults of all ages, regardless of gender, race, abilities, or income. Major program areas include aquatic and water safety, youth sports, before and afterschool childcare, camping, health and wellness, teen leadership and community development. The YMCA served nearly 130,000 people in the greater Oklahoma City area last year. For more information please call (405) 297-7777 or visit [www.ymcaokc.org](http://www.ymcaokc.org).