

Triathlon Workshops at the Summit YMCA

The Summit YMCA will once again host Danskin Triathlon training workshops for the 2008 Danskin Triathlon, which takes place in September 2008 and raises money for breast cancer research. On Thursday, November 29, from 7:30 to 9:00 pm there will be an information meeting for any one interested in training for this event. The information session is open to the community, YMCA membership is not required to participate in any of the training workshops planned from December through August, leading up to the triathlon.

Last year over 200 women, ages 16 to 60 plus, from Summit and surrounding communities participated in the Danskin Triathlon, in Sandy Hook New Jersey, The event involves a ½ mile swim, 12 mile bike ride, and 3.1 mile run / walk. The Y supports many first time triathletes with special workshops, including, nutrition guidance, exercise plans, strength training, group bike rides, swim drills, and trial runs. Also included is a group for “Team Survivor”, participants who have survived cancer.

Training workshops, special lectures, nutrition counseling and triathlon trials, will take place at the Summit Y throughout the spring and summer of 2008 leading up to the Danskin event in September, 2008.

The Summit YMCA is located at 67 Maple Street. For more information contact, Sue Fieseler, Community Wellness Director, 908-273-3330 x 167, suefieseler@summitymca.org. To find out more about all the Summit Y has to offer visit. www.summitareaymca.org.