



**Have you ever thought about completing a triathlon?**

**We are looking for an excited group of kids who would like to compete in the Mini Mighty Man Youth pool triathlon in support of ROHHAD!**

**(pool swim 100 meters, bike 2 miles, run 1/4 mile)**

**Race to be held April 28th at the Nassau Aquatic Center.**

**Coach Gary Jensen will work with the kids on the bike and swim multiple times beforehand in exchange for a**

**promised donation of \$25 or more to support [ROHHADfight.org](http://ROHHADfight.org)**

**If you are interested in participating please email**

**[D1coachgary@gmail.com](mailto:D1coachgary@gmail.com)**

**The cost is \$10 USAT year membership fee, \$50 race entry and the min. \$25 fundraising donation.**



A 501c3 nonprofit organization

