



ENDORPHIN *FITNESS*

SPLASH & DASH SERIES



Endorphin Fitness invites you to be part of a new exciting race series in the Richmond community for kids. Through a partnership with USA Triathlon, Endorphin Fitness will be producing a 3-race swim-run series with the goal of providing a fun, safe race experience that introduces kids to multisport.

What's Splash & Dash – Splash & Dash is a USA Triathlon national series where participants complete a **100-meter swim** followed immediately by a **1 mile run** to the finish line. All ages 18 and under encouraged to participate.

The Series – Endorphin Fitness has produced several Splash & Dash races in the past with much success and is now bringing this exciting format to local swims clubs with a 3-race series. Local swim team clubs and others will compete in the following races for both individual and club series awards.

- **June 24** – Burkwood Swim & Racquet Club, 9120 Burkwood Club Dr, Mechanicsville
- **July 8** – Avalon Recreation Association, 510 Heathfield Rd, Richmond
- **July 22** – Hallesley Pool, 3900 Brightwalton Rd, Midlothian

Each event will start at 8am with waves of 8 participants every 3 minutes. The final race of the series at Hallesley will host an adult-child relay with both adult and child completing a 50-meter swim followed by a 400-meter run. This is free to any child who has competed in the series.

A Great Cause – Registration for the event will cost participants \$20 per race or \$45 for the full 3-race series (includes races, t-shirt, & finisher's medal). A 1x \$10 USA Triathlon annual membership is required as well. A portion of the proceeds from the event will go to the Cameron K Gallagher (Speak Up) Foundation, which provides a beacon of hope for those who are affected by teenage mental illness.

About Endorphin Fitness – Endorphin Fitness exists to transform lives, which it does daily through youth and adult triathlon coaching. Founded in 2005 by Richmond local Michael Harlow, Endorphin Fitness is now the nation's premier triathlon club. Race production is an extension of the Endorphin Fitness mission as we seek to introduce as many kids as possible to the sport of triathlon.

Learn More / Register – <http://www.endorphinfitness.com/rva-splash-dash/>