



Come on out and support a NCP Global Mission Grant recipient!!

- Race or Volunteer
- It's a way YOU can give hands on help for disadvantaged youth – locally and globally!!

When: Sunday Sept 15(over in time for church)

What: Super Sprint Triathlon – ages 5 and up

Where: Lincolnia Park Recreation Club

Why: Proceeds support ACCA Child Development Center
In Annandale, VA and Kisima Academy in Kenya.



Learn More: www.friendsofkisima.org - FTKI, a registered 501c3 charity

Registration: FTKI.org

Entry fee includes technical race shirt and finisher medals

ADULTS / 15 and up: Start Time 7:00am

Elite/Experienced – Wave 1

300 m pool swim; 9-mile bike; 2.0-mile run

Age 15 and up – Wave 2

150 m pool swim; 6-mile bike; 2.0-mile run

Individual entry - \$65 Team Entry - \$120

YOUTH: Start Time 7:45am

Ages 12 -14 – Wave 1

150 m pool swim; 4.5-mile bike; 1.0-mile run

Ages 9 – 11 –Wave 2

100 m swim: 3-mile bike; 0.6 mi run

Ages 8 and under – Wave 3

50 m swim: 1.5-mile bike; 0.6 mi run

Individual entry - \$50 Team Entry - \$95



For more information, contact Bonnie at Lefbomcvca@gmail.com