



Western Pa.  
**CARES**  
— for Kids —

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***TRIATHLON &  
FUN RUN / WALK***  
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**Cook Forest State Park**  
**July 18, 2009**

***TRIATHLON:***  
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**Swim** - 200 meters in  
an outdoor pool

**Bike** - 12 miles from  
pool to River Road Boat  
launch and back

**Run** - 3 mile loop on a  
mix of trails and roads.

*All transitions and finish at  
pool area.*

***FUN RUN / WALK:***  
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**2 or 3 mile run or walk**  
on same course as  
run for triathlon. It  
concludes with a large  
hill but shuttle service  
is available for those  
not up for the last mile.  
**Strollers with large  
wheels welcome for  
young children.**

***BENEFITS WESTERN PA CARES FOR KIDS, INC.***

A nonprofit child advocacy center breaking the cycle of abuse...one child at a time.

***TO OBTAIN ENTRY FORM OR MORE INFORMATION  
CONTACT SHARON DOOLITTLE AT WESTERNPACARESFORKIDS.COM  
BROOKVILLE YMCA AT 814-849-7355 OR  
LOG ONTO WWW.COOKFOREST.COM***

**DEADLINE FOR EARLY REGISTRATION IS FRIDAY, JUNE 26TH. ONLY THOSE  
REGISTRATIONS POSTMARKED BY JUNE 26TH ARE GUARANTEED T-SHIRTS.**

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