



**PRESS RELEASE**

**For Immediate Release**

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## **RANCHO SIMI RECREATION AND PARK DISTRICT TO HOST SPLASH & DASH YOUTH TRIATHLON**

The Rancho Simi Recreation and Park District (RSRPD) is pleased to announce it will host its annual **Splash & Dash Youth Triathlon** on Sunday, October 15<sup>th</sup> from 12pm - 4pm at Rancho Simi Community Park located at 1765 Royal Avenue in Simi Valley.

The event is designed to allow youth ages 5 to 14 of all skill levels discover the sport of Triathlon. Participants will swim in the Rancho Simi Community Park pool, and will bike and run through the adjacent park on sidewalks and trails.

Depending on age group, the course will include a 25-yard to 200-yard swim, ¼-mile to 2-mile bike ride, and 1/8-mile to 1-mile run. Each athlete will receive a participation medal, t-shirt, and goodie bag.

Park District Board Chair Josh Gray commented “The Splash and Dash has become an annual tradition that brings families out to showcase their skills and come together as a community. We’re looking forward to another fantastic day of swimming, biking, and running.”

**Register early and save!** Registration opens August 4<sup>th</sup> at 6pm. Register by October 1<sup>st</sup> for just \$35. From Oct 2<sup>nd</sup> to 14<sup>th</sup> registration is \$50, and if space is still available on event day participants may register for a fee of \$60.

Visit the **Youth Triathlon** webpage at [www.rsrpd.org](http://www.rsrpd.org) to review the Parent/Participant Packet including pre-race information, age division schedule, course information, and a list of items to bring.

For more information, please contact the Rancho Simi Recreation and Park District at (805) 584-4436, email [erinp@rsrpd.us](mailto:erinp@rsrpd.us), or visit [www.rsrpd.org](http://www.rsrpd.org).

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