

## **MMHF triathlon Saturday**

Written by Holyoke Enterprise

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Melissa Memorial Hospital Foundation will host the ninth annual amateur triathlon Saturday, July 13.

According to the National Weather Service, participants can expect high temperatures during the triathlon. While there is a slight chance of rain, it is expected to be mostly sunny with the high temperature reaching the mid-90s.

Registration will take place from 7-7:45 a.m. in front of the Holyoke Swimming Pool with the race beginning at 8 a.m.

While everyone is encouraged to participate, there will be a fee for those who were not involved in the eight-week challenge. All contestants will receive a T-shirt.

The event will kick off with a four-mile bike ride with a two-mile run/walk afterward. Six down-and-back laps of swimming will conclude the competition. Participants can partake in the triathlon as a team or individually.

Awards will be handed out to those who finish in first place in each of the five divisions: peewee, junior, adult, senior and master. The peewee division will include children 4-10; junior, ages 11-18; adult, ages 19-44; senior, ages 45-54; and master division, age 55 and older.

Second- and third-place finishers will receive certificates.

Results from the eight-week challenge and awards for the event will be given out at the grassy area near the wading pool shortly after all contestants have completed the event.

For more information, contact Jessica Johnson at 854-5341 or at [mmhfoundation@pctelcom.coop](mailto:mmhfoundation@pctelcom.coop) or Brenda Krueger at 854-4158.

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