

United Athletics

Assisting Athletes to Swim Bike Run



February 2013

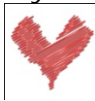
Happy Valentine's Day!

Can you feel the love this month?

On February 9, United Athletics will be the special guest for Richmond Tri Club Annual Banquet. There will be a silent auction and a portion of the proceeds from the silent auction will be donated to UA. Thank you Richmond Tri Club!



We are starting this new year out right!! We have 13 confirmed teams for the Westchester Shamrock 5k! Come cheer on all of our teams: Team Jenna, Team Ron, Team Erin, Team Mark, Team Keith, Team Madison, Team Ben, Team Bryan, Team Vinnie, Team Heather, Team Aaron, Team Taylor and Diversity Walking teams!!!! GO GO !!



Love to exercise? Love to drink beer? Interested in doing both in one night? Then the Hardywood Twilight 4 Miler is for you!! This casual 4 mile run/walk winds through Richmond's historic Fan district, and ends with a block party hosted by Hardywood Park Craft Brewery – with free beer! Tell all your friends to join in!!



Special Thanks:

United Athletics wants to give a huge THANK YOU to Chris Rice for his dedication and exquisite work on our website. It looks amazing!!

We appreciate all of the positive advice from our families and from the local race directors. Together, we are going to help make Richmond the most inclusive athletic community.



Like us on Facebook!

Upcoming events

• **March 16, 2013**
WestChester Shamrock 5k
<http://www.westchestershamrock.com/>

• **April 14, 2013**
Angel Tri – Lynchburg VA
Team Jenna & Jasmine

• **April 20, 2013**
Kirk Williams Roll Out Bike Ride – 25 Miles

• **April 25, 2013 - 6:30pm**
HARDYWOOD TWILIGHT
4 Miler
<http://twilight4miler.com>
Four athlete slots available!

• **April 27, 2013**
RTC Triathlon
http://www.setupevents.com/index.cfm?fuseaction=event_detail&eventID=2326

• **May 11, 2013**
CAP TO CAP 25 Mile Bike Ride
Email us if you or someone you know may be interested in being an athlete for these races!

What's New?

Website – Check it out!

www.unitedathleticsva.com

