



# United Athletics

Assisting Athletes to Swim Bike Run



## March 2013

### Happy St. Patrick's Day!!

#### WESTCHESTER SHAMROCK 5K!!

We now have 15 confirmed teams for the Westchester Shamrock 5k! Come cheer on all of our teams: Team Jenna, Ron, Erin, Mark, Keith, Madison, Ben, Bryan, Vinnie, Heather, Aaron, Jamie, Casey, Caroline, and Diversity Walking teams!!!! You all ROCK the Shamrock! Stay tuned for pictures!



**Recreational Resource:** Come visit and support us at the Autism Society Recreational Resource Fair. It is being held March 8, from 6:30 – 8:00pm at River Road Methodist Church.

**Tri News:** RTC Triathlon practices are scheduled to begin. There will be pool practice swims on March 10 and March 17 from 1-3pm at GRAP.

#### Special Thanks:

On February 9, United Athletics was awarded a portion of Richmond Tri Club's proceeds from its' silent auction. We have been able to purchase much needed equipment for our athletes with this gracious gift. Thanks again Richmond Tri Club!

#### 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](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!



#### YOUR RESOURCE BOX

"A seizure is usually defined as a sudden alteration of behavior due to a temporary change in the electrical functioning of the brain, in particular the outside rim of the brain called the cortex".

Additional Website to check out:

[www.epilepsy.com](http://www.epilepsy.com)

[http://www.epilepsy.com/101/ep101\\_symptom](http://www.epilepsy.com/101/ep101_symptom)

<http://www.webmd.com/epilepsy/what-to-do-during-a-seizure>



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