



United Athletics

Assisting Athletes to Swim Bike Run



April 2013

"April showers bring May flowers"

WESTCHESTER SHAMROCK 5K!!

SUCCESS! Despite the rain, 11 teams competed!! Great Job!!!!



Team Vinnie - Finishing



Team Aerin - Competing

Special Thanks:

Thanks to Laurie Householder Mehler at Richmond Multisports for selecting UA as the charity recipient for the I Love The Tavern Tri and the proceeds of the local Tri Training Clinics!!!

Thanks also to Michael Harlow at Endorphin Fitness for assisting UA to begin creating a Sibling Triathlon program to assist siblings to participate in relay teams with their special family member.

YOUR RESOURCE BOX

Cerebral Folate Deficiency Syndrome: Present within 4-6 mo of age with irritability, microcephaly, developmental delay, cerebral ataxia, pyramidal tract signs, and seizures. Occasionally, blindness due to optic atrophy develops. Blood levels of folic acid are normal, but low in the cerebral spinal fluid.

Additional Website to check out:

<http://achri.archildrens.org/researchupdate/May2012.pdf>

<http://www.livestrong.com/article/278388-what-is-cerebral-folic-acid-deficiency/>

Upcoming events

• April 6, 2013
Charlottesville 8K
Team Jenna & Jasmine

• 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
HARDWOOD 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
Team Jenna, Heather, Ben, Mark, Jasmine, & Madison

• 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!

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