



United Athletics

Assisting Athletes to Swim Bike Run



June 2013

Summer Time!!!!

RMS Powersprint Tri

RMS Naylor's Beach Tri



Fundraising Opportunity!!!!

United Athletics will be hosting fundraiser nights at the Chik-fil-a at West Chester Commons:

June 25, 2013 and July 16, 2013 from 5pm-8pm.

Come out and spin our wheel and help support UA to get new strollers for their racers! Spread the word!!

Special Thanks: Thank you to all of the racers for continuing to show us your strength! Thank you to all of the volunteers and helpers on race day and behind the scenes that make all of this possible for our athletes and their families. We couldn't do it without you!!!!

YOUR RESOURCE BOX

Complex Regional Pain Syndrome/Reflex Sympathetic Dystrophy: is a chronic systemic disease characterized by severe pain, swelling, and changes in the skin. CRPS is expected to worsen over time. It often initially affects an arm or a leg and then spreads throughout the body. CRPS has the unfortunate honor of being described as being one of, if not the most painful long term condition, scoring 42 out of a possible 50 on the McGill pain scale.

http://www.ninds.nih.gov/disorders/reflex_sympathetic_dystrophy/detail_reflex_sympathetic_dystrophy.htm

Upcoming events

- June 2, 2013 Naylor's Beach Triathlon
- June 15, 2013 Peluso Open Water Swim Series
- June 16, 2013 Open Water Swim Practice Robious Landing Park
- June 23, 2013 REV3 Olympic OWS tri Williamsburg
- July 6, 2013 Splash and Dash Sibling/Youth Teams
- July 20, 2013 Allen Stone Run-Swim-Run Virginia Beach

July 2013
Cul-de-sac race series

Email us if you or someone you know may be interested in being an athlete for these races!

info@unitedathleticsva.com



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