



United Athletics

Assisting Athletes to Swim Bike Run



Summer Time and Swimming!!!!

Latest Events:

6/26 REV3 Olympic Triathlon, 7/6 Deltaville 5K,
7/7 Splash and Dash Sibling Triathlon, 7/8-15-22
RRRC Cul de sac race series, Allenstone Run Swim Run,
Pony Pasture 5k, and the RMS I love the Tavern Tri
See the next page for pictures of these wonderful events!

Fundraiser:

Our fundraiser on Crowdrise for additional strollers continues!
<http://www.crowdrise.com/unitedathletics>

Special Thanks: To Richmond Multisports and its racers for the donation to UA. Thanks to Westchester Shamrock 5K for their generous donation, to our anonymous donor of a stroller and all the wonderful Richmonders out there who have donated!

Upcoming events

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

info@unitedathleticsva.com

August:

8/8 RRRC Moonlight 4 miler
8/18 RMS Pink Power Tri
8/24 VHBG Youth Tri
8/25 Peluso OW Race Series

September:

9/7 CCHASM Bike ride
9/8 911 Heros Run
9/22 Richmond Rox Oly Tri
9/28 Lynchburg 4 miler

October:

10/6 Peluso To the Bridge OWS
10/19 Eagles 5K
10/26 City Point River Run

YOUR RESOURCE BOX

Turner Syndrome: This is a medical disorder that affects girls. It is a result of a chromosomal abnormality. These girls are usually short in height. Additionally, kidney problems, high bp, heart problems, and weight issues can also be experienced. . With early and appropriate medical care and ongoing support, most people with TS can lead healthy lives .

www.nlm.nih.gov/medlineplus/turnersyndrome.html

<http://turnersyndrome.org/>



Like us on Facebook!



United Athletics

Assisting Athletes to Swim Bike Run



Like us on Facebook!