



# United Athletics

Assisting Athletes to Swim Bike Run



July 2013

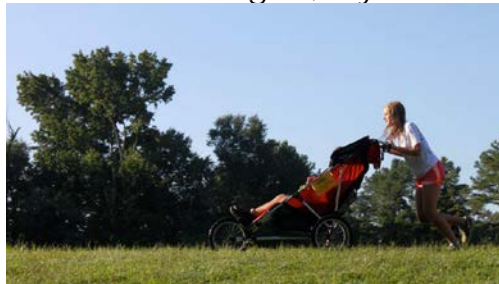
## Latest Events:

**RRRC Moonlight 4 miler**\_rocked with Team Ben, Team Jenna and our new friend Team Reagan.

**RMS Pink Power** had the mother/child teams of Team Jasmine, Team Jenna/ Team Ben and great friends Team Heather/Shelley



**VHBG/EF Tri** rocked with Team Jenna and Morgan, a youth tri!



## Upcoming events

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

[info@unitedathleticsva.com](mailto:info@unitedathleticsva.com)

### September:

9/7 CCHASM Bike ride

9/8 911 Heros Run

9/22 Richmond Rox Oly Tri

9/28 Lynchburg 4 miler

9/29 Peluso Open Water Swim

### October:

10/6 RMS Sprint Tri

10/19 Eagles 5K

## Fundraiser:

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

**Special Thanks:** To **Ashley Furniture** for their generous donation of TWO strollers!

## YOUR RESOURCE BOX

### IEP - Individualized Educational Plan

"Special education is specially designed instruction to meet the unique needs of a child with a disability. Specially designed instruction means adapting, the content, methodology, or delivery of instruction to address the unique needs of the student that result from the child's disability; and to ensure access of the child to the general curriculum, so that the child can meet the educational standards that apply to all children." Dept of Special Education.

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