

# United Athletics

Assisting Athletes to Swim Bike Run



## Latest Events:

9/7 CCHASM Bike Ride – Team Ben/ Team Jenna

9/8 Heroes 911 5k – Team Jenna and UA welcomed

A new athlete: Rachel!



9/21 Buddy Break Race Demo with 40 new friends!

9/22 Richmond Rox Olympic Tri - Team Ian/ Team Jenna

9/28 Lynchburg 10 miler – UA traveled to UA Lynchburg to race  
With 9 UA teams!

9/29 Peluso Open Water Race – Team Jenna and Abby Nunn

Thank you to Bon Secours Health Systems for sponsoring one of our teams for the RMS Sprint Tri in October. You all rock!

## Fundraiser:

Crowdrise! When donating online – your donation is tax deductible – print out the receipt!

<http://www.crowdrise.com/unitedathletics>

Special Thanks: Kidz Kare for the donation of a stroller. This stroller and the two from Ashley Furniture will be seen at the Eagles Challenge 5K

## YOUR RESOURCE BOX

Prior Written Notice "is what your school district must give you, by law, before making changes in your child's special education program. The PWN should explain in detail why the changes are being made – and why the change will not be made. This gives you an opportunity to respond before your child is affected by the proposed changes. About.com

[http://www.doe.virginia.gov/special\\_ed/regulations/state/procedural\\_safeguards/guidance\\_prior\\_written\\_notice\\_special\\_educ\\_process.pdf](http://www.doe.virginia.gov/special_ed/regulations/state/procedural_safeguards/guidance_prior_written_notice_special_educ_process.pdf)

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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)

## October:

10/6 RMS Sprint Tri

10/19 Eagles 5Km- 13 Teams so Far!

## UPCOMING:

Our website is being update AND the ability to have matching funds should begin in the next couple of weeks!



Like us on Facebook!