



JHYSF

DARE TO DREAM TRIATHLON

MAY 30, 2020 • WEST HILL DAM

MOUNTAIN BIKE • KAYAK • TRAIL RUN/HIKE

9:00am Start Time (Registration begins at 8:00am)

West Hill Dam • 518 East Hartford Avenue • Uxbridge, MA

Participate as an Individual or as a 2 or 3 Person Team

2 levels per segment so all skill sets can enjoy the event!

100% of funds raised will go to the
Jennifer Hunter Yates Sarcoma Fund @ Mass General Hospital
to support families affected by Sarcoma

Register or Donate at:
because.massgeneral.org/daretodream

Dare to Dream Event Details

- In Partnership with Massachusetts General Hospital.
- 100% of fundraising goes directly to the support of families affected by Sarcoma.
- The event will consist of three segments; Mountain Bike, Kayak and Trail Run/Hike. There will be one start time for individuals or teams doing the triathlon, which will be at 9:00am. Mountain Bike segment is first, immediately followed by Kayak and closing with the Trail Run/Hike.
- Each course segment will have two distances;
 - Mountain Bike 14 / 7 miles
 - Kayak 2.5 / 1.25 miles
 - Trail Run/Hike 6.2 / 3.1 miles

Participants can choose the segment that works best for them.
Each segment will have the same start and stop location.

- For the individuals or teams that want to competitively participate, times will be kept and posted. Registration for competitive times will be completed the morning of the event.
 - Racers will need to supply their own:
 - Mountain Bike and Helmet
 - Kayak, Paddle and Life Jacket
 - Individuals or teams (2/3 person) are welcome. We can also assist with making a team for you to join should you want to do only one of the segments but would like to participate in the complete course as a team.
 - There is no entry fee for this charitable event. Fundraising goals of \$250.00 for individuals and \$500.00 for teams are suggested. (no mandatory minimum for participation in the event)
 - To assist with the fundraising efforts, access to create your own webpage provided at the following website: because.massgeneral.org/daretodream
 - Corporate sponsorships are welcome!
 - People who wish to participate in only individual segments, but not the entire course, are welcome. For these people, there will be specific start times for each segment:
 - Mountain Bike at 9:00am
 - Kayaking at 11:00am
 - Trail Run/Hike at 12:30pm
- Please arrive at least 30 minutes prior to the segment in which you would like to participate.
- Bring a lunch and stay for the day. West Hill Park is a family oriented facility with picnic area with restrooms, grills, volleyball/badminton courts, swings, lawn games, beach area and covered pavilions with tables.
For more details visit: recreation.gov/camping/campgrounds/233291
 - Rain or shine event.
 - For more information contact David Hunter via email at davidh@taylorinc.com