

Fifth Annual Y Be Fit Palm Desert Challenge Brings Fitness and Fun

The fifth annual Y Be Fit Palm Desert Challenge returns to Civic Center Park on Sunday, October 7, giving walkers, runners, and tri-athletes of all ages and skill levels a chance to get fit and join in the fun.

Sponsored by the City of Palm Desert, the event benefits Family YMCA of the Desert, and includes something for everyone including a Reverse Mini-Triathlon, a 5K Run/Walk, a Color Run, and a Health and Wellness Fair featuring booths, activities, and music from 7 to 11 a.m.

The Reverse Mini-Triathlon starts with a 5K run, followed immediately by a 10-mile bike ride, and concludes with a refreshing 300 meter swim at the Palm Desert Aquatic Center. This year's event once again includes a team category where runners, cyclists, and swimmers can form a team of up to three members and compete together, with each team member participating only in his or her chosen specialty. Members' times will be combined to see which team was the fastest.

A 5K Run/Walk and a 2K Color Run offer additional options for athletes, families, and friends as well as those who just want to mix in a little activity with their fun.

Following the triathlon's conclusion, Y Be Fit will continue with a free Health and Wellness Fair that offers members of the public a wide array of valuable information along with vendor booths, entertainment, and activities for all ages.

Race participants can sign up at ymcaofthedesert.org. Registration starts on race day at 5:30 a.m. Advance registration fees range from \$10 (\$15 on race day) for the Color Run to \$60 for the Reverse Mini-Triathlon (\$90 on race day). Event start times are staggered with the Reverse Mini-Triathlon starting at 7 a.m.; 5K Run/Walk at 7:15 a.m.; and the Color Run at 9 a.m.

For more information, please visit ymcaofthedesert.org or call 760-341-9622.