



# CMAK FOUNDATION

## Race 4 Chase 2023



Race 4 Chase is run through the CMAK (Chase Michael Anthony Kowalski Sandy Hook Memorial) Foundation. It is a free, 6-week, ½ day, summer triathlon training program at YMCA Camp Ingersoll. The program is designed give children the opportunity to have fun and meet new friends while improving, or gaining, the skills necessary to participate in a youth triathlon. Prior experience biking, swimming, and running is not required. This will be the 7<sup>th</sup> year Camp Ingersoll will be participating in the Race 4 Chase program. Over the last five summers, the program has grown to the point that not every applicant will be able to participate in this program. Applications will be collected and evaluated. Accepted applicants will be contacted by mid April.





## Race 4 Chase



# Triathlon Program Application

**Race 4 Chase** was created by the CMAK (Chase Michael Anthony Kowalski Sandy Hook Memorial) Foundation and named after Chase Kowalski, an amazing little boy from Newtown, who loved to compete, and lost his life in the Sandy Hook school shooting. Race 4 Chase strives to empower kids to reach their full potential in the memory of Chase.

Registration is free for children ages 6-12 years old wishing to participate in the Race 4 Chase Triathlon Program, but we are requesting that parents make a \$100 donation per child towards the program if possible. Every year, we ask business to sponsor Race 4 Chase and hold a 5k Cross Country Race as a fundraiser to support the program (which we hope to continue this year if possible!). Nevertheless, in order to remain sustainable we ask families to donate if it is within their means. This program provides youth with a fun, skill building, life-changing experience by introducing them to the sport of triathlon.

This program runs for 6 weeks beginning Monday, June 26, 2023 and ending Friday, August 4, 2023. The program culminates at the Race 4 Chase Triathlon at YMCA Camp Sloper in Southington on Saturday, August 5<sup>th</sup>. Program times are 9:00 a.m. – 12:30 p.m. daily, Monday – Friday. Training will take place at Camp Ingersoll. Race 4 Chase Participants can also register (for a \$280 fee) for our half-day camp program in the afternoons for participants looking forward to a full day of fun, friendship, and skill building.

August 5<sup>th</sup>, is the scheduled race day. This differs from past years as it means we are starting the R4C program a week later than general camp. The specifics of the Race 4 Chase Finale will be announced as we get closer to the summer. All participants are expected to attend the R4C Finale Event, as it's the perfect opportunity to reflect upon the growth and accomplishments of all the participants and to complete a Race 4 Chase Triathlon!

This application has sections for both parents/guardians and children wishing to participate in the program. Please answer all questions; each child must have a separate application. Priority is based on a demonstration of need and those indicating a sincere desire to participate for the complete duration of the program, including the triathlon at the conclusion. All participants are expected to adhere to our Code of Conduct which you will sign when completing a registration after acceptance into the program.

You will be notified if your child has been selected into the program by the Mid-April at the latest. If selected, completion of online registration (within a week) is required. We have a limited number of spots available for this program so please return your application as soon as possible. In reference to the suggested donation above, please do not feel the need to share your ability to donate or not prior to acceptance. Acceptance is not based on any type of donation.

Please contact Ben Silliman with any questions: [bsilliman@midymca.org](mailto:bsilliman@midymca.org) or (860) 342-2267.



**Parent section:**

**Childs Name:** Click or tap here to enter text.

**Birth Date: (00/00/0000)** Click or tap here to enter text.

**Address:** Click or tap here to enter text.

**City:** Click or tap here to enter text., **Zip:** Click or tap here to enter text.

**Parents' / Guardians' Name:** Click or tap here to enter text.

**Cell phone #:** Click or tap here to enter text.

**Email:** Click or tap here to enter text.

**Home Phone #:** Click or tap here to enter text.

**Will you attend the R4C Triathlon on August 6th:** YES:  NO:

**My child qualifies for free or reduced School Lunch?:** YES  NO

**Honestly respond to the following questions so your child's needs can be fairly evaluated.  
Please describe your child's activity level and frequency:**

Click or tap here to enter text.

**What is your child's swimming ability? (please check)**

Beginner  Intermediate  Advanced

**What is your child's biking ability? (please check)**

Beginner  Intermediate  Advanced

**How would you describe your child's overall heath?**

Click or tap here to enter text.

**What are your child's favorite activities?**

Click or tap here to enter text.

**How will your child benefit from participating in this program?**

Click or tap here to enter text.



**Child's section to answer. Parents may help write and spell if needed (Please feel free to include pictures as well).**

Why do you want to participate in the Race 4 Chase program?

Click or tap here to enter text.

What do you like to do for fun?

Click or tap here to enter text.

