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**For Immediate Release:**

***Attention Fitness Enthusiasts: A Tri Mountain Lake Sprint Triathlon Benefiting The Arc of Warren County is Scheduled for July 16, 2022 in Liberty Township***

***A New Run Only Option Has Been Added for $25***

**Washington, N.J., June 24, 2022** – A Tri Mountain Lake Sprint Triathlon that will support The Arc of Warren County will take place at 8 a.m. on July 16, 2022 at Mountain Lake in Liberty Township. This is a one-of-a-kind triathlon that will include a ¼ mile swim, a 15-mile bike ride and a three-mile run. This is a USAT sanctioned triathlon and teams or individuals are welcome to participate. This event is presented by DASH Multisport, LLC and The Arc of Warren County. The cost to participate is $110 for individuals and $75 per person for teams of three**. A new run only option has been added to this event for just $25.**

“We are extremely pleased to offer a fun morning for fitness enthusiasts once again,” says John Whitehead, CEO of The Arc of Warren County. “This is a wonderful opportunity to enjoy the beautiful scenery of nature and the lake and participate in a local triathlon. Please consider participating in this exciting event and supporting The Arc of Warren County.”

Special thanks to the following sponsors: Made Strength and Conditioning, St. Luke’s Health Network, Sanico, Inc., Visions Federal Credit Union, Assured Partners/Walsh Benefits, Maguire-Scala Memorial Home, Lakeland Logistics, Squibb Custom Machine, Blackstone’s Bar and Grill, J.P. Kelly’s, TMB Racing, Nova Timing Systems, Hop and Vine Liquors, Hair by Ashley York and Yellow Dog Investments. In addition, thank you to the following organizations for their in-kind donations: Quick Check, ShopRite of Hunterdon, Gibson’s Gym and Mama’s & Café Baci.

For more information about sponsorships, please call (908) 223-0884 or (973) 975-6001. Interested parties can also visit <http://runsignup.com/Race/NJ/Liberty/TRIMountainLake> to register.

The Arc is a national organization that serves individuals with developmental and intellectual disabilities and their family members since 1950. The Arc of Warren County is one of 700 chapters of The Arc and serves more than 1,100 people annually for the past 68 years. Programs include residential group homes and supervised apartments, day services, community-based supports, advocacy services, recreation and summer camp, Special Olympics training, early intervention and a wide variety of additional social services.