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ALLSTON BRIGHTON

## Brighton man to try to set indoor triathlon world record at Ochs

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Posted by Matt Rocheleau August 1, 2013 06:30 PM

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By Matt Rocheleau, Town Correspondent

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A 39-year-old Brighton man hopes to soon set a Guinness Book World Record by completing an indoor triathlon – swimming 2.4 miles in a pool, pedaling 112 miles on a stationary bike and running 26.2 miles on a treadmill – in less than eight hours.

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Tony Rich plans to try to tackle the feat at the Oak Square branch of the Greater Boston YMCA on Saturday, Aug. 3, the organization announced.

While trying to set the record, he also hopes to raise \$10,000 for the Y branch, officials said.

Two years ago, Rich finished an indoor triathlon in 10 hours and 13 minutes and raised more than \$6,000 for the Oak Square Y's "Reach Out Campaign," which supports the branch's afterschool programming, summer camp scholarship fund and prevention and wellness education programs.

When Rich joined the Y branch more than nine years ago, he set a goal of becoming an Ironman Triathlete. With the help of the branch's facilities and staff, he has completed more than 100 endurance events, including 40 marathons and three full Ironman distance triathlons.

Motivation for his training has come in part from his mother, who died at age 67 from cardiovascular and heart disease.

"The YMCA is rooted in healthy living, wellness and nutrition, all causes that are close to my heart," said a statement from Rich. "The Reach Out Campaign at the Y helps to provide resources and preventative care to the people who need it most, regardless of their income. No one should have to lose a loved one

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