



# INDOOR TRIATHLON

**Saturday, April 22 7:00 am**

## Why Not Tri and Set Your Base Line

Pool 10 minutes (10 minutes transition)

Cycling 30 minutes (5 minutes transition)

Run 5K on Turf Field

Must Register at the Front Desk by April 20<sup>th</sup>. Space is limited

FEE: Members \$15; NonMembers\$25

Must be at least 14 years old to participate alone.



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