

## JUNE 21 - 7 A.M. SUPPORT SITE FITNESS FORUM

Get a taste of what it's like to complete a triathlon with little pressure and lots of fun!

Participants will be separated into heats. The event starts with swimming, then biking and finishes with a run.

- Kids: 200-meter swim, 5k bike and 2k run
- Adults (Sprint): 500-meter swim, 10k bike and 3k run

All participants will receive a shirt upon completion!\*

\$5

Scan here to register and pay by June 14.





