

# Adult Indoor Triathlon

## 49<sup>th</sup> and Oxbow

**Saturday, March 2, 2019**

Heats begin at 11:00 am

Swim: 500 yards (10 laps)

Bike: 5 miles

Run: 1 mile (12 laps)

**Male and Female Age Group Winners will receive prizes!**

**Age Groups:**

- 13-15 year olds
- 16-19 year olds
- 20-29 year olds
- 30-39 year olds
- 40-49 year olds
- 50-59 year olds
- 60 + year olds

Registration Fee: \$12.00 plus tax (Non-members \$20.00 plus tax)

Sign up at the front desk of by Wednesday, February 27<sup>th</sup>, 2019



*Fitness that **fits** your life.*

