

INDOOR TRIATHLON



Swim 10 min lap



Bike 15 min lap



Run miles on a treadmill for 15 min

FEB 26 7:20-11:40am

- Complete as many laps as you can
- For ages 10 and up (10-13 accompanied by an adult)
- Awards given to top finishers
- Register at the Courtesy Desk by 2/19 pick up your specific heat time.

\$25 Members & Community

\$20 for Lazyman Triathlon participants

\$30 after 2/19

Everyone receives an INDOOR TRI t-shirt