

TRIATHLON – June 19, 2010 (new date)

FORMAT: 7:30am start with a mandatory 6:30am check-in. This course consists of 1/4 mile swim, 14 mile cycling event and a three mile run. Relay teams will consist of one swimmer, one runner, and one cyclist. Helmet is required for the bike race. The mixed team is required to have one female. You may compete as an individual or on a relay team - NOT BOTH. Relay ages are determined by the youngest member on your relay team. **This event will be an on-site check-in with event coordinator.**