



First Annual Indoor Triathlon

Dates: Wednesday March 24 – Friday March 26

Times:

Morning: 5:30 am or 6:30 am (6 participants each hour)

Mid day: 11:00am or 12:00pm (4 participants each hour)

Evening: 6:00pm or 7:00pm (6 participants each hour)

Age Groups: (minimum 3 participants per age group)

15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50+

Set up:

-20 minute swim (up to 2 swimmers per lane)

-5 minute transition (change into dry clothes and put on shoes)

-20 minute bike (TechnoGym upright bikes will be reserved)

-2 minute transition (time to get over to treadmills)

-20 minute run (TechnoGym treadmills will be reserved)

Distances from each component of the Triathlon will determine the winners

Cost: \$20.00- includes t-shirt.

Sign up for your wave day / time at the front desk. Spots will fill up quickly!

Mission Statement

To put Christian principles in to practice through programs that build healthy spirit, mind and body for all.