



Francis Family YMCA Tri-A-Tri Triathlon



Hosted by Team Toledo Triathlon Club

Date: May 3, 2009 at the Francis Family YMCA

Time: 8:00 am, staggered start in the pool

Distances: 250 yards swim, 10 laps

8 mile bike

3K, 1.9 mile run

Price: \$35.00 before April 15, 2009

\$40.00 after April 16, 2009

\$45.00 day of race

Limit of 74 participants

Please register or mail to the Francis Family YMCA

2000 W. Dean Rd. Temperance, MI 48182

734-850-9622

A perfect event for first timers and seasoned triathletes wishing to gauge their pre-season fitness.

Packet Pick up and Beginners Clinic Sat. May 2, 2009 12-1 pm

Name _____ Age _____

Address _____

Phone _____ Email _____

Shirt size S M L XL Is this your first Try-A-Tri? _____

____ Have you read and signed the consent form on the back of flyer? Estimated time for 250 yard swim (10 lengths) _____