



# Francis Family YMCA Tri-A-Tri Triathlon

Hosted by Team Toledo Triathlon Club

Date: May 4, 2008 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, 2008

\$40.00 after April 15, 2008

\$45.00 day of race

Limit of 64 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.

Door prizes and refreshments provided! See you at the Y!

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) \_\_\_\_\_