



# Mini-Triathlon

**Saturday, September 30, 2017**

**Mini-Triathlon** (ages 13+) **8:00am**  
**10 lap pool swim** (500 yards),  
**3 mile run** and **10 mile bike**

\$25 entry fee includes a t-shirt and lunch

**Jr. Swim & Run** (ages 6-12) **10:00am**  
**4 lap pool swim** (200 yards),  
**1 mile run**

\$10 entry fee includes a t-shirt and lunch

**Contact:** Jeni Beck, Fitness Director  
541-772-6295 x104; [jbeck@rvymca.org](mailto:jbeck@rvymca.org)

- \* T-shirt deadline is September 18<sup>th</sup>
- \* Registration deadline is September 28<sup>th</sup>

**13<sup>th</sup> Annual  
Swim. Run. Bike.**



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**TRIATHLON**  
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