

10th ANNUAL PIKE COUNTY YMCA

SPRINT TRIATHLON

SUNDAY, SEPTEMBER 15, 2019



SWIM 150 YARDS

6 lengths indoor
25 yard pool
Serpentine Pattern



BIKE 11.2 MILES

On flat to ever so rolling
terrain with one challenging



RUN 1.5 MILES

On city streets, grass
& gravel trails

REGISTER

1. www.gtraces.com
2. Stop by the Y
3. Download a mail-in entry form @ www.pikecountyyymca.org



Race information call 740.947.8862

Race material pick-up begins @ 12:00 / Noon
EVENT BEGINS @ 2:00 PM