

Join the Tiftarea YMCA in its first ever **JUST TRI IT** indoor/outdoor triathlon. For the entire month of October track your progress to complete 2 miles, 112 mile cycle and 26.2 mile marathon. Meet these standard goals and join us for a **VICTORY BREAKFAST** and receive a T-SHIRT on **NOVEMBER 2nd** at the **TIFTAREA YMCA**. **REGISTER NOW AND JOIN THE FUN!**



HOW IT WORKS

1. REGISTER IN HOUSE AT THE TIFTAREA YMCA BEFORE SEPTEMBER 25th
2. YOU WILL HAVE 31 DAYS TO COMPLETE THE 2MILE SWIM, 112 MILE CYCLE, AND 26.2 MILE RUN
3. ASK ANY STAFF MEMBER FOR YOUR TRI CARD.
4. WRITE THE NUMBER OF MILES YOU COMPLETED THAT DAY FOR THAT EVENT.
5. RETURN THAT CARD TO ANY STAFF MEMBER WHO WILL TALLY YOUR TOTALS THUS FAR.
6. ONCE YOU'VE COMPLETED THE EVENTS A STAFF MEMBER WILL GIVE YOU YOUR VICTORY BREAKFAST TICKET

FUN STARTS OCTOBER 1ST

COST

\$15 Member

\$35 Potential Member (Includes Gym Access For October)
PRICE INCLUDES T-SHIRT AND BREAKFAST UPON COMPLETION



Dr. Wesley Walker