

Spring into action with this Women's Triathlon Challenge

Ever wanted to TRY a TRI?

TEST YOURSELF WITH THIS TRIATHLON CHALLENGE

Join the Mandell JCC as they team up with
Team Training New England for the
4th Annual Women's Triathlon Challenge

RACE DATE & LOCATION:

Sunday, April 11, 2010

First wave* starts at 12:30 PM

Mandell JCC • Zachs Campus • 335 Bloomfield Avenue • West Hartford

TAKE THE 20-20-5 CHALLENGE

This is a good opportunity for beginners to get a taste of the triathlon experience. Veterans can use this to measure the effectiveness of their winter training.

The **20 minute** swim will take place in the indoor pool. Laps will be counted and recorded.

Noodles and kick boards will be available to help you through the swim.

The **20 minute** bike ride will be a guided course on Spinning® bikes.

The **5K** (3.1 miles) run will take place outdoors* on the Mandell JCC campus (weather permitting). Time will be recorded.

REGISTRATION: Pre-Registration is **required by April 9th.***

Email: Anne Boucart, aboucart@mandelljcc.org

Phone: 860-231-6307

Fee: \$25 members / \$30 non-members / \$15 students

All proceeds benefit the Recreation and Wellness Department's Programs & Scholarships



Bloomfield Bicycle Shop will be on site to answer any cycling related questions and sell gear and apparel.

Make sure you take advantage of the **Complimentary massages** provided by **Hands At Work Massage Therapy** from Southington, CT both before and after your race .

*Not everyone can be in the first wave. Wave times run from 12:30 p.m.-2:50 p.m. Check-in will be 30 minutes prior to your wave start. Please prepare accordingly.