

MIXED UP TURKEY TRIATHLON



Sunday, November 21
8 - 9:30 am

10-minute
indoor
SWIM

30-minute
outdoor*
RIDE

20-minute
outdoor*
RUN

Participants are required to bring:

- Swim attire and goggles
- Run/Bike attire and proper running shoes
- Water bottle

Registration is required in person or online at bgfitness.org.

Code: 211480 - 01

\$30 Member | \$40 Nonmember

Participants must be at least 16 years old.

This is a family-friendly event.

* Weather permitting

T-shirts for
all
participants!



FITNESS CENTER
at the Buffalo Grove Park District

