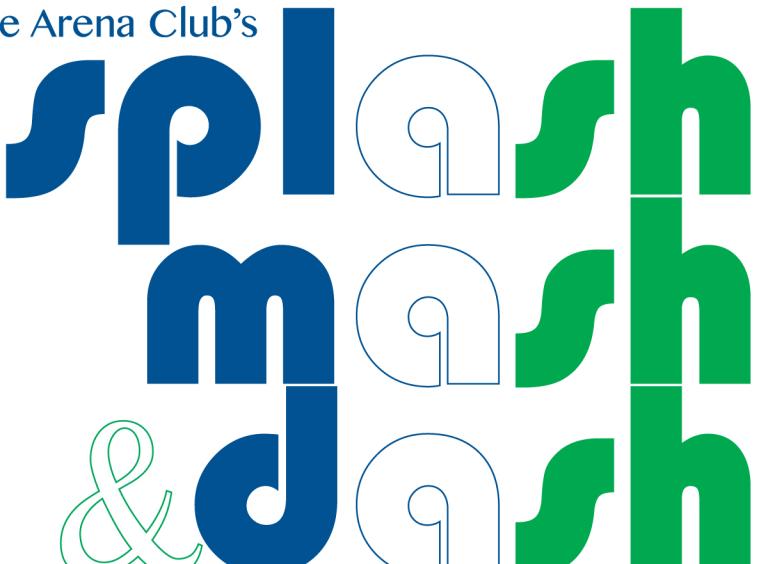
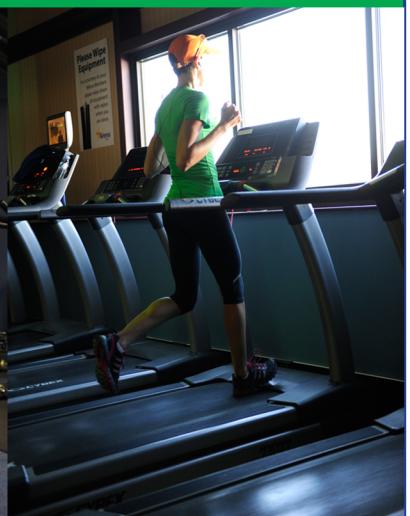


The Arena Club's



Super sprint - indoor triathlon



Sunday, February 10, 2013

**First Wave starts at 8am**

**Last Wave will start at 11:40am**

**Registration Closes: Friday, Feb. 8, 2013**

Cost: \$45 members      \$60 non-members

Register Online at [www.active.com!](http://www.active.com)

*Sponsorship opportunities available.*

**Join Us for The Arena Club's  
Splash, Mash & Dash!**

It's a super sprint, indoor triathlon. 10 minute swim in 25 meter pool, 10 minute transition (T1) to 30 minute indoor bike on Keiser M3 bikes, 5 minute transition (T2) to 20 minute run on treadmill.



2304 Churchville Road  
Bel Air, MD 21015

410-734-7300  
[www.thearenoclub.com](http://www.thearenoclub.com)