

SPLASH MASH & DASH

indoor triathlon



SPLASH

10 MIN SWIM IN A 25 METER POOL



MASH

30 MIN BIKE ON AN INDOOR BIKE



DASH

20 MIN RUN ON A TREADMILL

March 30

First wave
begins at
8:00am

\$45 FOR MEMBERS

\$60 FOR NON-MEMBERS

PROCEEDS BENEFIT PROSTATE CANCER RESEARCH

REGISTER AT WWW.ACTIVE.COM

For more information contact Kim Kellagher at
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