

HENSLEY MULTISPORT OFF-ROAD

DUATHLONS:

Classic: 1 mi run, 4 mi bike, 1 mi run
Expert: 2 mi run, 6 mi bike, 1 mi run
Kids: .25 mi run, 1 mi bike

10K TRAIL RUN

Buck Ridge Trail 10K Run
Sponsored by Pinnacle Training Systems

MTN BIKE RACE

DATES:

Jan. 22/23
Feb. 5/6
Feb 19/20

PRICES:

Duathlon: \$50 (\$40 youth)
MTB Race: \$30 (\$20 youth)
10K Trail Run \$30
All Three Races: \$75

Special discounts for multiple registrants as well
as package deals available. Go online for more info.

FOR MORE INFO & TO SIGN UP:
www.trithisevents.com



Pinnacle Training Systems
THE SCIENTIFIC APPROACH TO YOUR SUCCESS

www.pinnacletrainingsystems.com

