



April 24, 2022 at Glenview Park Center

Inside-Out Mini Triathlon

- 10 minute indoor pool swim
- 20 minute outdoor ride on spin bikes
- 15 minute outdoor run/walk
- 7 waves available from 6:30am to 9:30am. New wave every 30 minutes.
- \$40 single wave fee, \$70 for a double, \$100 for triple (limited space)
- One hour long race. Your race-your pace!
- Post-event expo with sponsors
- BEGINNERS WELCOME! Join us for multi-sport training year around!

Includes free give-away, sponsor expo and post-race stretching from Illinois Bone and Joint Institute



Glenview Park Center
2400 Chestnut Ave. Glenview, IL

Register at
www.TogetherWeTri.com

Official Sports Medicine Partner

