



1995 Grass Lake Road | Lindenhurst, IL 60046 | 847.356.4006

Hastings Lake YMCA

of Metro Chicago

INDOOR TRI

FEBRUARY 19TH, 2012

Sign Up at the Member Desk!

10 MIN BIKE
MIN TRANSITION
MIN RUN
MIN TRANSITION
MIN SWIM

COST:
\$20.00 - INDIVIDUAL
\$75.00 - ORGANIZATION/BUSINESS
GROUP RATE (UP TO 5 PARTICIPANTS)

REGISTRATION - 8:00-8:45 AM

PRE-REGISTERED CHECK-IN - 8:45-9:00 AM

FIRST WAVE BEGINS AT 9:00 AM

LAST WAVE WILL BE A CHILDRENS TRI!

WWW.HASTINGSLAKEYMCA.ORG

