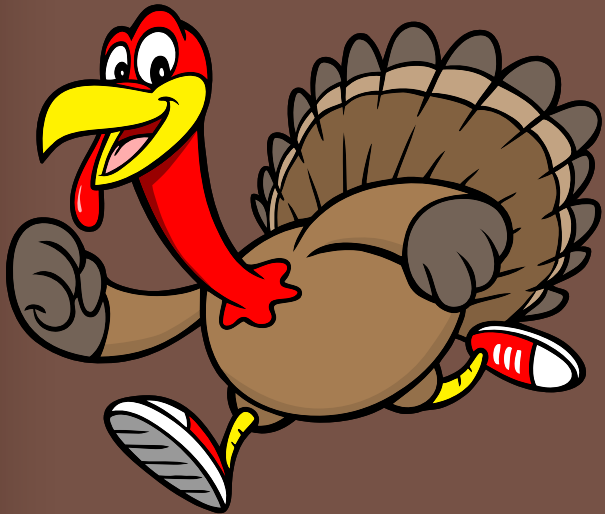




TRICKY TURKEY TRIATHLON



Been thinking about trying a triathlon? Get your feet wet in this indoor challenge that is perfect for beginner triathletes.

The Tricky Turkey Triathlon is the perfect challenge for beginner athletes. Participants will complete 20-minute intervals of swimming, biking and running under the supervision of Health Bridge team members.

Each participant will receive a t-shirt and a finisher's medal. Prizes will be awarded to the top male and female performers.

Space is limited. Open to members ages 12 and older.

SUNDAY, NOVEMBER 12 | 11:30AM
TRIATHLON STARTS AT NOON
CENTEGRA HEALTH BRIDGE FITNESS CENTER

Crystal Lake | 200 E. Congress Parkway

Huntley | 10450 Algonquin Road

Fee | \$35



Centegra
Health Bridge
Fitness Center
ALWAYS LOOKING AHEADSM

Registration begins October 1.
To register, visit the concierge at either
location or call 815-444-2900.