

Great Basin Coaching

with JO GARUCCIO

Presents

A Race for the Ages

(Ages 5-80+ welcome)

Youth & Beginner/Novice Adult Race

Come Join The Fun!

Murray Youth and Family Triathlon

A Labor Day Tradition

Sept. 1 @ 8 AM

- Short, Flat Course for 5-6 & 7-8 age group [all in the park]
- Free Family Prep Clinic - Aug. 27 @ 6:30 PM [transition]
- Snoodle Bag guarantee for first 175 registrants
- Access to Training Info with Registration

- 5-6 years: swim 25 yd, bike .6 mi, run .25 mi
- 7-8 years: swim 50 yd, bike 1.2 mi, run .6 mi
- 9-10 years: swim 100 yd, bike 2.65 mi bike, run .7 mi
- 11+ years: swim 200 yd, bike 5.3 mi, run 1.2 mi

For more info & mail-in applications, go to www.greatbasincoaching.com

OR call 801 566-9727

Online Registration (preferred method): www.runnercard.com

Sign up by Aug. 15th to ensure that you get your t-shirt @ nacket nick-un!