

Event Information

Registration Fees

- \$35 (before 7/20/10)
- \$45 (after 7/20/10)



What to Expect

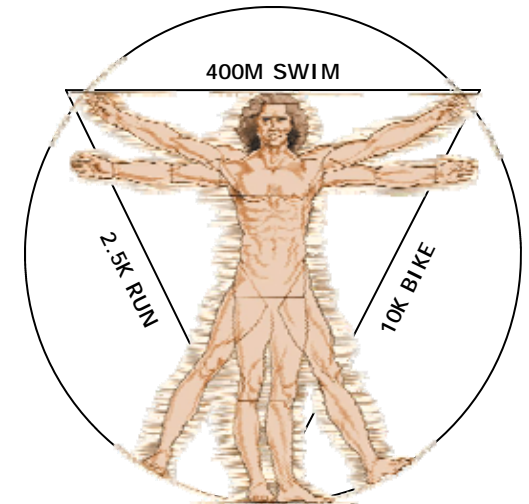
- Standard Super Sprint Course
400M Swim, 10K Bike, and 2.5K Run
- Dry Wick Shirts, course map and numbers will be given at check-in
- Check-in at 7:00AM.
Race start at 8:00AM
- All events begin and end at the City Of Holton Swimming Pool
- Course will be marked, deviation from course will result in disqualification. NO outside assistance during race will be permitted.
- Transition/Aid Stations throughout course, EMS on standby
- Both the bike and run are on live streets! Helmets must be worn during bike course.
- No Headphones Allowed
- Drinks and Snacks provided
- Prizes will be awarded to top male and female finishers!



LifeCare Fitness Center
a division of Community HealthCare System, Inc.
115 E 5th Street
Holton, KS 66436

LifeCare Fitness Triathlon

July 31, 2010
Saturday



Location: Rafters Park/ Holton Pool
711 Nebraska Holton, KS

Sponsored By:

LifeCare Fitness Center
a division of Community HealthCare System, Inc.

&
**City of Holton
Parks and Recreation**

