

Winter Indoor Triathlon February 9, 2019



Swim
10 Minutes

Bike
30 Minutes

Run
20 Minutes

Join us for this year's
5th Annual Indoor Triathlon!
Sign up on [Active.com](https://www.active.com)

Time:

Check-in starts 5:30am
First wave starts 6:00am

Email Dillon Shaffer for
more information at
dshaffer@cayugamed.org

Price:

\$20 Island Health & Fitness/
Ithaca Triathlon Club Members

\$30 IHF/ITC Non-Members



A Collaborative Partner of Cayuga Medical Center

