

## 1<sup>st</sup> Annual UH Indoor Mini Triathlon!



Join us for our **FIRST EVER** Indoor Mini Triathlon!

- 0.5 mile swim (16 laps)
- 12.4 mile bike ride
  - 3 mile run

### Includes:

- Educational training and nutrition guidance
  - Access to our cardio training classes
  - Access to our UH Swim Club practices
    - Access to our Cycling classes
    - & more. . .

Please Register before **January 8<sup>th</sup>, 2024** to join our preparation classes and seminars!

The event will take place at **the UH Wellness Center**,  
**Saturday February 24<sup>th</sup>, 2024 at 8 a.m.**

Hope to see you there!



# Fitness

## 1<sup>st</sup> Annual UH Indoor Mini Triathlon !



Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Shirt Size: \_\_\_\_\_

Circle which level you are at:

Beginner

Intermediate

Advanced

Registration Fee: \$50.00 (POS:7904) \*Sign-up now limited space for event\*

\*Packet pick-up on Tuesday (2/20) at 6pm during our information meeting on the event.

\*\*\*\*Limited to 50 spots\*\*\*\*

Please Call 440-701-7515 or email [mary.bray@UHhospitals.org](mailto:mary.bray@UHhospitals.org) for any questions.

Scan the QR Code to Reserve your Spot or stop by membership to register today!

