



June 9th
**800 yard SWIM, 14
 mile BIKE, 5k RUN**
**Start waves at 2:30,
 3:00, 3:30, & 4pm**

June 10th
8am Adults & 15+
**10 am 13-14 &
 11-12**
11 am 9-10
11:30 7-8 years
11:50 6 and under
 Times are estimates &
 will be adjusted slightly
 based on entries.

**Everyone must
 wear a helmet on
 the bike.**

MASON TRIATHLON

JUNE 9TH & 10TH

*TO SUPPORT LOCAL STUDENTS WITH
 CANCER, FUND RESEARCH THROUGH THE
 LEUKEMIA & LYMPHOMA SOCIETY, &
 RAISE FUNDS FOR SWIMMING
 EQUIPMENT.*

Kick off a fun summer with fitness and raise money to fight cancer!
 Seminars available leading up to the event for kids and adults!

Questions? Contact Connie Cantrell at
cantrellc@masonk12.net

Cost: \$40

Includes: T-shirt and
 finisher medal. There will
 be additional awards for
 age group winners.