

**Dakotah!**  
SPORT AND FITNESS



# Indoor Triathlon

**Saturday, April 10, 2010**

**7 minute swim  
30 minute bike  
20 minute walk/run**



**Heats begin at 8:00 A.M.**

**7 minute swim**

**30 minute bike**

**20 minute walk/run**

**\$25 DSF members**

**\$35 Non-members**

**Fee includes t-shirt**

**60 participants max**

**Great event for new triathletes.**

**For more information or to register, stop by the Front Desk.**