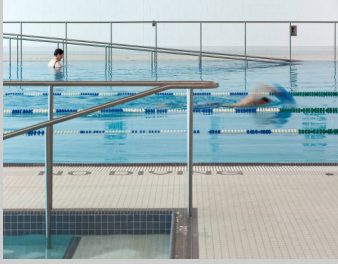


# 1st Annual "Try A Tri"



**Swim ...** 10 laps or  
10 minutes



**Bike ...** 3 laps (10 km)  
or 30 minutes

**Run / Walk ...** 10 laps (4.5 km)  
*Modified times / distances for children*

**Sunday April 18<sup>th</sup>, 1 pm**  
**Woolwich Memorial Centre**

*Funds raised will go to support Woolwich Healthy Communities & the Woolwich Memorial Centre Capital Fund*

**Adult Divisions:** Competitive or Non Competitive - \$20, 3 Person Relay - \$20

**Youth Divisions (14 and under):** FREE! *Sponsored by the Optimist Club of St. Jacobs*

Age	Swim	Bike	Run
11 – 14	6 lengths	6.6 km	2.4 km
7 – 10	2 lengths	3.3 km	1.2 km
6 & under	1 length (leisure pool)	½ loop (around arena floor)	⅓ loop

## **To Register**

Online: at [www.woolwich.ca/register](http://www.woolwich.ca/register)

In person: Woolwich Memorial Centre,  
24 Snyder Ave. S.,  
Elmira, Ontario  
519-669-1647 ext. 7001