

SPLASH 'N DASH

2007

Join the Triatomics club for our 2nd Annual Splash N' Dash Series

Who: swimmers, runners, beginning multisport athletes, seasoned triathletes, anyone interested!

What: 400 yard swim, followed by a 5 km run along Canyon Drive

OR

200 yard swim followed by a 3 km run also along Canyon Drive

Where: Walkup Aquatic Center (**Meet at back or north door – this is different from last year!!!!!!**)

When: Wednesdays, registration 6:20-6:50 pm, mandatory race meeting 6:55 pm, 7:00 pm prompt start

- June 27th
- July 11th
- July 25th
- August 8th

Details: For course details and updates go to www.triatomics.org. There will be no charge to compete. There will be no aide stations anywhere on the course. Come prepared with any water or food you feel you may need. Complete 3 out of the 4 in the series and receive a free Triatomics Splash N' Dash swim cap. For more information including results and photos from last year visit our website. Due to space constraints the event will be limited to the first 75 registrants.



Note: Participants under the age of 18 must come prepared with a waiver signed by a parent. Waivers are available on our website.

This event does not require pool entry fee!!!! Translation FREE!!!

www.triatomics.org