

In cooperation with:



DUATHLON



3 Mile RUN – 17.5 Mile BIKE – 3 Mile RUN
(maps on back)

SATURDAY, OCT. 17, 2009
9:00 AM

FT. CHAFFEE CONSTITUTION PARK

*Free food & drink
following the event!*

ENTRY FEES: \$10/individual, \$15/team
Individuals and 2-person teams welcome
Drop by or contact MFC (314-7400) to
register

Categories: Men-individual, Women-individual, Men's team,
Women's team, Mixed team

Awards: Individual winners (<30, 30-40, 40-50, >50) Team

Event Organizer:
Bryan Grimsley at 479-461-6144

The Mercy Challenge:
- 5K / transition 0:30
- Bike loop x 2 1:00 (17.5 mph)
- transition / 5K 0:30
FINISH UNDER 2:00 HOURS!