

Weston Parks & Recreation and Trifitness present...



Weston Family 4th Mini Triathlon Duathlon



JULY 4, 2015

**Weston Middle School, Weston, CT
8:00 a.m.**



celebrate the 4th of July family style and let the kids and the adult beginners do a mini triathlon or duathlon with a pool swim, a close to traffic bike ride and run on fields and side walks.



- 4-6 years old:** Bike 1 mile, Run 100 yards
- 7-10 years old:** Swim 100 yards, Bike 3 miles, Run 0.5 mile
- 11-14 years old:** Swim 200 yards, Bike 6 miles, Run 1 mile
- 15 years and older:** Swim 200 yards, Bike 6 miles, Run 1 mile



TO REGISTER: Visit www.Trifitness.net OR CALL 203-255-8892

