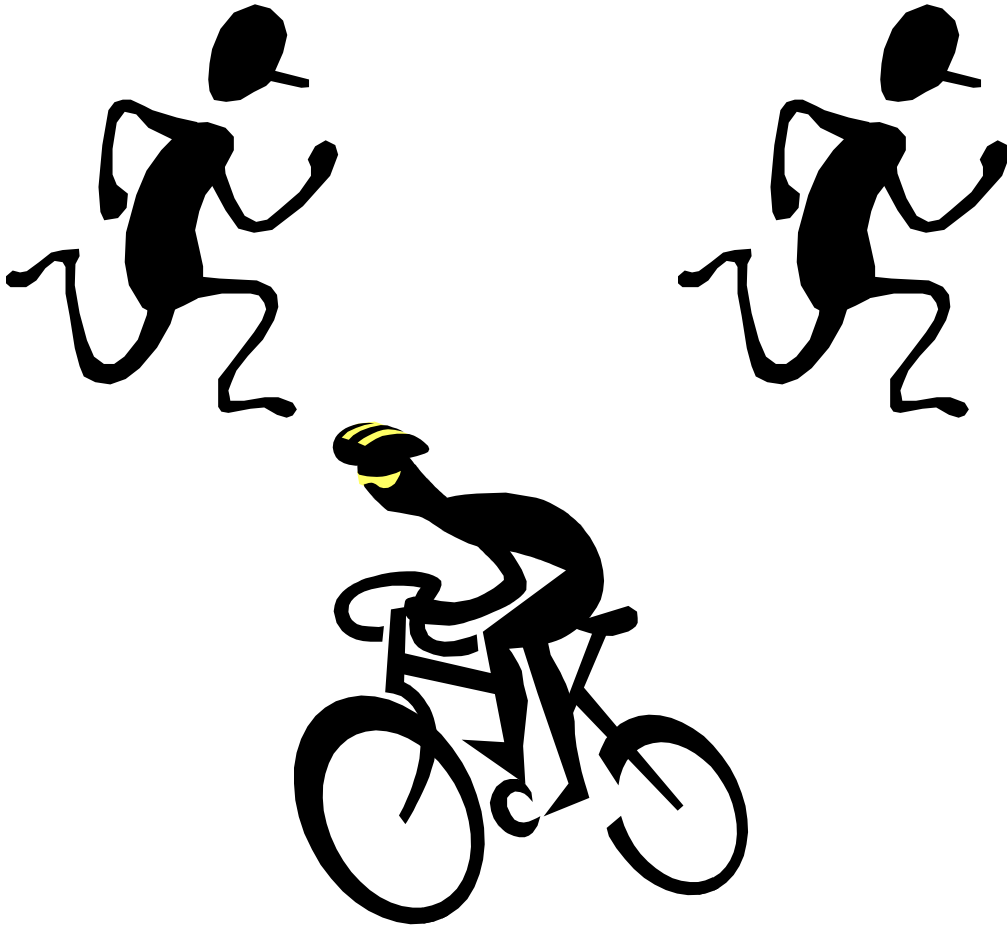


**YMCA Camp Ingersoll
Kick-n Off ROAD- Duathlon
And
Kid's Duathlon**



RUN-BIKE-RUN
GET DIRTY, HAVE FUN

APRIL 24TH 2010

***CAMP INGERSOLL
PORTLAND, CT***

***9:00- KID'S RACE
10 AM- ADULT'S RACE***

DISTANCES:

KID'S RACE

1/2 MILE RUN, 2 MILE BIKE, 1/2 MILE RUN

ADULT RACE:

2 MILE RUN, 6 MILE BIKE, 2 MILE RUN

COST:

\$10 FOR KIDS

\$20 FOR ADULTS

FAT TIRE ONLY!

HELMETS REQUIRED!