

Elaine Standler
Indoor Memorial Challenge
Sunday, March 21ST @ 8AM

.Choose between a Duathlon or a Triathlon

.The Duathlon begins with 15 minutes on the elliptical, 15 minutes on the spin bike and finish by running 15 minutes on the treadmill.

.The Triathlon begins with 15 minutes swimming, 15 minutes on the spin bike, and finish with 15 minutes running.

.INDIVIDUAL or TEAM SIGN UP!

AS ALWAYS, PROCEEDS FROM THIS EVENT WILL BE DONATED TO GOOD CAUSE WITHIN OUR COMMUNITY.

REGISTER AT PENNOCK HEALTH AND WELLNESS CENTER OR GO TO WWW.ACTIVE.COM AND TYPE “ELAINE” UNDER SEARCH. (Checks should be made out to “Elaine Standler Memorial fund”)

Call Jon Anderson @ 269-838-4019 with any questions

[Trilanders Multisport Club](#)