



ODU TRIATHLON November 4th

2:00-6:00 p.m.
at ODU Student Recreation Center

OPEN: Individual Race: Wave start times between 2 p.m.- 3 p.m.

NOVICE: Individual Race: Wave start times between 3 p.m.- 4 p.m.

TEAM: Teams of 2-3 people: Wave start time between 4 p.m.- 5 p.m.

This will be a sprint distance with 400 yard indoor swim,
12.4 mile indoor bike using LeMond stationary cycle bikes,
and a 3.1 mile outdoor run.

PRICES:

ODU- \$30
\$25 for early bird by October 15th

Community: \$40
\$35 for early bird by October 15th

Start times are tentative and will be based on number of participants in each wave. Each participant will be contacted if the start time changes.



ODU Register at Active.com
IDEA FUSION Space is limited for each division so
registrar early!



TYR

RUNNING etc.

EAST COAST
BICYCLES

For more information, contact
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