

The following roads will be closed during the hours of **8:30am-12:00pm**  
**on Sunday, May 22nd, 2016** for the 4th Annual ODU Triathlon.

- Eastbound Ln of 49th St to Hampton Blvd.
- Inner Southbound Ln of Hampton Blvd to 43rd St.
- Inner Westbound Ln of 43rd St to Powhatan Ave.
- Inner Westbound Ln of Powhatan Ave to 49th St.

*Please seek alternative travel routes during this time period.*



**Event information:**

4th Annual ODU Retro Tri-Series Triathlon  
Race Starts: 9:00am  
Pre-Meeting: 8:30am  
Cost for participation: \$27 ODU, \$30 Community  
Relay Teams \$20 per person



**Superhero Splash and Dash**

(for ages 6-13 yrs)  
Race Starts: 10:00am  
Pre-Meeting: 9:30am  
Cost for Participation: \$5  
Register at [active.com](http://active.com)

For more information contact: Tamara Morgan, Assistant Director of Fitness & Wellness, Recreation & Wellness  
Department, at [tmorgan@odu.edu](mailto:tmorgan@odu.edu)