

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

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