

# SMC FITNESS CENTER TRIATHLON



**WHEN:** April 16<sup>th</sup> - 20<sup>th</sup>

**WHERE:** SMC FITNESS CENTER

**EVENTS:** 2000 METER ROW, 3 MILE  
BIKE, 1 MILE RUN

**PRIZES:** MALE & FEMALE EVENT  
WINNERS

- **HATS WILL BE AWARDED TO ALL THOSE THAT COMPLETE THE EVENT!**
- **FOR MORE INFO & TO SIGN-UP GO TO FITNESS CENTER MAIN DESK**