



2023

Pink Flamingo

YOUTH TRIATHLON

September 17, 2023

Located at Seven Hills Recreation Center

7777 Summitview Drive, Seven Hills, Ohio 44131



100/200 METER POOL SWIM | 1 MILE OUTDOOR BIKE | ½ MILE OUTDOOR RUN

What is a Triathlon? A triathlon is a continuous activity that starts with swimming, followed by a bike ride and a run. The swimming portion will be conducted in a 25-meter lap swimming pool and the bike and run will be outside. Our goal is to provide this fun physical activity for kids up to 15 years of age. Each participant will receive a **t-shirt** and a **finishers gift**. Awards will be given to the top three participants in each age group and the top three relay teams.

Learn more or register at

sevenhillsohio.org/en-US/triathlon.aspx or scan the QR Code!



For more information contact Mike.

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