



The Guts Triathlon

And

The Gastric By-pass Duathlon

Sunday, March 2, 2008

Hill Street X-country Trail System

Off of Jasper/Hill Street in Ishpeming, MI

Full Guts: 10K Ski, 2K Snowshoe, 4 Mile Run

or

Gastric By-Pass: 5K Ski and 2K Snowshoe

Individual or Teams: \$25.00 *each person*

Registration at 200 Hill Street from 8:45-9:45

Park at the top of Hill Street prior to registering—use the walk down and up the hill for a warm up!!! Please do not park at Glen's...neighbors lose their sense of humor!

Race Start: 10:00 AM

Potluck to follow—soup, bread and beverage will be provided....bring a dish to pass—thanks!

Call Janet at 346-9250 for information