

FREE

OCT 6

Start **1 P.M.**
MILLER PARK



Oktober

Duathlon



5K Run
20K Bike
2.5K Sprint

Squadrons who sign up as a relay team are eligible to win \$200 toward their Booster Club!

AF SERVICES
Fitness & Sports

247-2791

Register: Sep. 12 - Oct. 3

Event includes T-shirt for the first 50 finishers and trophies for the winners. Earn participation points toward the Squadron Fitness Challenge. Open to DoD ID card holders ages 16 and older (ages 16 - 17 must have a parent present). Minimum 20 people. Call the Fitness Center at 247-2791 to register or for details. Don't have a bike, rent one for FREE from Outdoor Rec, just call 247-5920 and say you're participating.



* No Federal endorsement of sponsor intended.