

**20**  
**APR**

# NCR MINI **TRY-A- THLON**

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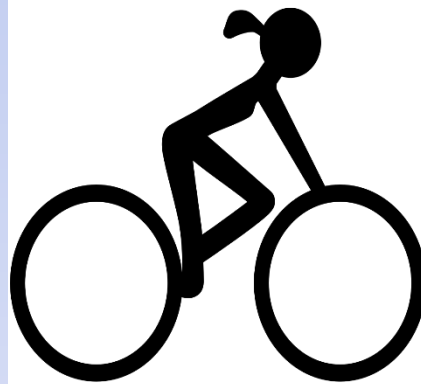
Have you ever wondered what it would be like to complete a triathlon? Now's your chance to try it out, indoors at the Nordby Center for Recreation!

It's easy as 1-2-3. Swim for 5 minutes in the pool, bike on a stationary bike for 10 minutes and run (or walk-run) for 15 minutes on a treadmill. The top three distances win – and everyone gets to accept the triathlon challenge!



**Swim 5 minutes**

**Bike 10 minutes**



**Run 15 minutes**

**Nordby Center Members – \$5    Non-members – \$15**

**Saturday, April 20 - Registration starts at 1:30 p.m.**

Registration fee includes a free t-shirt and refreshments. Visit Facebook, [www.nordbycenter.org](http://www.nordbycenter.org) or call 605-352-2627 for more information.