



A triathlon for the rest of us!

Motivator 2

**Covenant Hills Campground
September 11, 2010**

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us." (Hebrews 12:1)

Are YOU...

- *Looking for a "motivator" to help you start exercising?
- *Looking for a new way to challenge yourself?
- *Interested in helping one (or more) good causes while doing 1 & 2 above?

If so, then the "Motivator" Sprint Triathlon may be just what you're looking for!

What it IS! 🙌

The "Motivator" IS a fun Swim/Bike/Run event designed for beginner athletes and those of us who would just like to be in better shape! There are even two levels to choose from—RED (almost a "standard" sprint triathlon) and BLUE (for those just starting out). All 3 segments will be held on the Covenant Hills Campground. The distances for each are:

ELEMENT	RED Distance	BLUE Distance
Swim	450m (1/4mile)	225m (1/8mile)
*Bike	21K (13miles)	8.4K (5.2 miles)
Run	5K (3.1miles)	1.7K (1mile)

*We'd STRONGLY recommend a mountain bike for this course!

What it ISN'T!

The "Motivator" IS NOT an Iron-Man warm-up for those who are super serious about competition. If you're looking for intense competition with other super athletes or big prize money...KEEP LOOKING! 🎯

For a registration form or more info, please e-mail us at themotivatortriathlon@gmail.com

(Registration fee - \$30 per person due by August 15, 2010. Event limited to first 100 registrants.)

You can also download forms at www.clarkstonfmc.org/f/docs/MotivatorTriathlon.html