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PRESS RELEASE

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CRMC WELLNESS CENTER TO HOLD SPRINT TRIATHLON

The CRMC Wellness Center will be holding a Sprint Triathlon on Saturday, February 14th. Whether you are a serious competitor or a casual athlete, this event is a great way to break out of your routine and stay motivated during the winter months.

Participants will be measured by how far they can swim in 10 minutes (If you are not a strong swimmer, don't worry as the use of floatation devices will be allowed.), bike in 15 minutes, and run/walk in 10 minutes. All ages are welcome to participate. The top male and female finishers in each category- 8th grade and under as well as high school and above- will be recognized.

Those participating will be sent off in waves of four in 20 minute intervals starting at 8:00 a.m.

The cost for the CRMC Wellness Center Sprint Triathlon is \$20. Participants registered by February 1, 2015, will be guaranteed a free t-shirt. A limited number of t-shirts will be available to those who register after February 1st and the t-shirts will be distributed on first come, first serve basis while supplies last.

To pre-register, you may stop by the CRMC Wellness Center or download a form at www.cherokeermc.org and return it along with your registration fees to the CRMC Wellness Center at 320 Sioux Valley Drive in Cherokee. You may also call 712.225.6858 for more information.