



SUNDAY, FEBRUARY 17
WAVES BEGIN AT 8 AM

GREATER MIDLAND COMMUNITY CENTER
20 MIN SWIM, 20 MIN BIKE, 20 MIN RUN

INDIVIDUAL & TEAM REGISTRATION
\$20 / \$30 THRU 1/15
\$25 / \$35 1/16 - 2/16
\$30 / \$40 RACE DAY

DIVE AND DASH

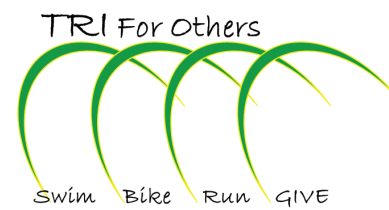
SWIM & RUN TIMES DEPENDENT ON AGE
\$15 FOR AGES 6-12
WAVES BEGIN AT 10:40 AM

T-SHIRT & REFRESHMENTS INCLUDED!

INFO & REGISTRATION @
GREATERMIDLAND.ORG/RACES



2205 JEFFERSON AVE, MIDLAND, MI 48640



SUNDAY, MARCH 31
WAVES BEGIN AT 8 AM

DELTA COLLEGE
20 MIN SWIM, 20 MIN BIKE, 20 MIN RUN

REGISTER
\$15 FOR STUDENTS
\$30 NON-STUDENTS
\$60 FAMILIES
\$5 INCREASE TO FEE AFTER 3/16

REFRESHMENTS INCLUDED!

INFO @
FACEBOOK.COM/TRIFOROTHERS



1961 DELTA RD, UNIVERSITY CENTER, MI 48710



SUNDAY, APRIL 14
WAVES BEGIN AT 8 AM

YMCA OF SAGINAW
12-MILE STATIONARY BIKE RIDE
3.1-MILE RUN INDOORS
500-YARD INDOOR SWIMN

REGISTER
\$20 MEMBERS
\$30 NON-MEMBERS

T-SHIRT & REFRESHMENTS INCLUDED!

INFO & REGISTRATION @
SAGINAWYMCA.ORG OR 989.753.7721



1915 FORDNEY ST, SAGINAW, MI 48601



TRIBAYCITY

SUNDAY, MAY 5
WAVES BEGIN AT 7:30 AM

DOW BAY AREA FAMILY YMCA
20 MIN SWIM, 20 MIN BIKE, 20 MIN RUN

REGISTER
\$25 THROUGH 5/6

T-SHIRT & REFRESHMENTS INCLUDED!

INFO & REGISTRATION @
YMCABAYCITY.ORG OR 989.895.8596



225 WASHINGTON AVE, BAY CITY, MI 48708



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