



Sponsored by **TIMEX**

Our 9th season will introduce the "New & Improved" weekly triathlon series. We will continue the Tuesday night tradition throughout the summer here at Winding Trails. The series will consist of a 1/4-mile swim in Dunning Lake, a 5 mile trail ride (hybrid or mountain bikes only), and a 5k trail run through our beautiful woods. All ability levels are invited & encouraged to come train/race in this fun family friendly environment. Now more spectator friendly than ever!

- Dates:** Tuesdays June 16<sup>th</sup> – August 18<sup>th</sup>  
\* August 18<sup>th</sup> (end of the series Party. Food and raffles free for those who race in 5 or more races.)
- Time:** 6:15 p.m. – 8:00 p.m.
- Where:** Winding Trails, Farmington, CT
- Members:** \$10.00/race or \$75.00/series
- Nonmembers:** \$20.00/race or \$175.00/series
- Teams:** Members \$25      Nonmembers \$45

### WINDING TRAILS TRI SERIES FREE DEMO DAY

Come pre-swim, ride & run. Benidorm bikes will be there to demo all the latest & greatest in bikes & cycle gear. Fleet feet sports' fit experts will provide foot & gait analysis and for all your triathlon needs fleet feet will be offering tri gear at great prices. You will be able to demo the latest in wetsuits & trail running shoes.

**Tuesday, June 9th**  
**5:00pm – 7:30pm**  
**Transition Area (located by Walton Pond)**

### TINY TRAIL TRI

Our truly beginner triathlon consists of a 200yd swim, a 3 mile trail ride and a 1+ mile trail run. It is a great confidence boost/challenge for young and old alike. Accomplish this distance and then join us for the sprint. (Time will not be recorded)

**Members:** \$5/race      **Nonmembers:** \$10/race

### KID RACES

**Date:** Tuesdays, July 14<sup>th</sup>, July 28<sup>th</sup> and August 11th  
**Time:** 4:00 p.m.  
**Ages:** 6, 7 & 8 year olds, 9, 10 & 11 year olds. The Tiny Trail Tri is an option for those 10+  
**Members:** Free      **Nonmembers:** \$5.00/race

**Events are spectator friendly only \$5.00 a carload come cheer on your family and friends!**