

**2017 TRI-N-HARDER-4-KIDS
Indoor Triathlon**
In Memory of Officer Jeremy Henwood

AMERICA'S FINEST



TRI-N-HARDER-4-KIDS
Bringing youth & law enforcement together TODAY
to build safer communities TOMORROW



Are you up for the challenge?

Compete against officers, firefighters, & other fitness enthusiasts to raise funds for two great causes...
STAR/PAL youth programs & the SDPOA Law Enforcement Memorial Fund.

Saturday, January 28, 2017

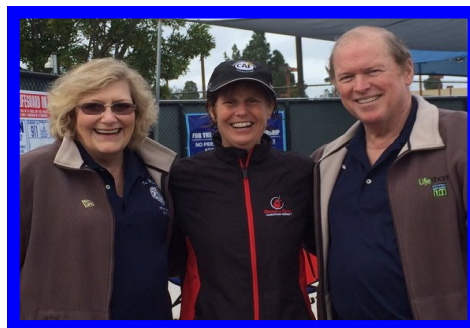
Lawrence Family Jewish Community Center

Event Includes: 10 min. pool swim, 20 min. stationary bike, 15 min. treadmill run— INDIVIDUAL OR RELAY TEAMS

Dri-Fit event shirt and giveaways to all participants!

Sign up now and join us in going the “extra mile” for kids!

For more information or to register, please contact Courtney Dalcour at 619.533.5720 or cdalcour@starpal.org or visit our website: www.starpal.org.



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www.starpal.org