

2019

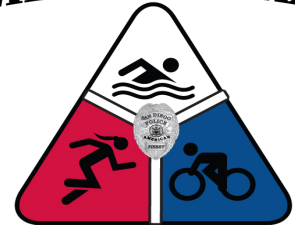
TRI-N-HARDER-4-KIDS

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

Date: Saturday, February 2

Time: First wave begins at 8:10am

Location: Lawrence Family JCC
(4126 Executive Dr., La Jolla)

**There is no registration fee,
but rather a commitment to
fundraising \$100 for individuals
or \$250 for relay teams.**

All participants receive:

- Dri-fit T-shirt
- Finisher medal
- Swag bag of giveaways
- Complimentary snacks and drinks
- Prizes for top team, individual and best swim, bike and run!

Contact person: Madora Mak at
619.533.5716 or mmak@starpal.org

Are you up for the challenge?

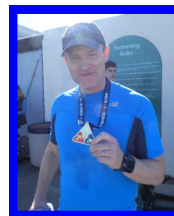
**Compete against officers, firefighters,
& other fitness enthusiasts to raise funds
for two great causes... STAR/PAL
youth programs & the SDPOA Law
Enforcement Memorial Fund.**

Event Includes:

- 10 minute pool swim**
- 20 minute stationary bike ride**
- 15 minute treadmill run**

**Participate as an INDIVIDUAL
or as part of a 3 person RELAY TEAM!**

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



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www.starpal.org