



# TRI for the Red Cross

Milton, PA Saturday July 11, 2009

50 YARD POOL SWIM – 1.5 MILE BIKE RIDE – LESS THAN 1 MILE RUN  
CONTINUOUSLY FOR 90 MINUTES!

*Located at the BROWN AVENUE PARK AT 8AM*

This non-competitive event is being held to raise funds and awareness for the American Red Cross of Upper Northumberland County. Participants will continuously complete the swim, bike, run circuit for 1.5 hours. T-shirts guaranteed to athletes registered by June 14, 2009.

Pre-registration encouraged.

Participants are encouraged, but not required to be sponsored for the event. All contributions are tax deductible. Sponsorship forms can be obtained by calling the ARC of Upper Northumberland County or by emailing [TRIfortheRedCross@yahoo.com](mailto:TRIfortheRedCross@yahoo.com).

## Awards

- Top Fundraiser
- Top Male & Female Lap completer
- Racers who raise more than \$100 will be entered to win door prizes.

## Contacts

- *Register on-line at:*  
active.com
- 570-742-9551
- [arcofuncredcross.org](http://arcofuncredcross.org)
- [TRIfortheRedCross@yahoo.com](mailto:TRIfortheRedCross@yahoo.com)