



Our weekly triathlon series will continue on Tuesday evenings throughout the summer here at Winding Trails. This year's series will consist of a 1/4-mile swim (or kayak option) in Dunning Lake, a 5 mile trail ride (you must use a hybrid or mountain bike for the biking portion of the race), and a 3 mile trail run through our beautiful woods. All ability levels are encouraged to join us and train in this family friendly fun environment.

Dates: Tuesdays June 17th – August 19th
* August 19th (end of the series Party)
Time: 6:15 p.m. – 8:00 p.m.
Where: Winding Trails, Farmington, Ct
Members: \$10.00/race or \$75.00/series
Nonmembers: \$15.00/race or \$110.00/series
Teams: Members \$25 Nonmembers \$30

TINY TRAIL TRI

Our truly beginner tri, consists of 1/8th mile swim, 3 mile ride (as stated above) and a 1+ mile run. It is a great confidence booster for young and old alike. You CAN do this one and work up to the sprint distance.

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

KID RACES

Date: Tuesdays, July 22th, August 5th and August 19th
Time: 5:00 p.m. – 5:30 p.m.
Ages: 5 – 7 year olds, 8 - 10 & 11 - 13 year olds
The Tiny Trail Tri is a weekly 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!

**50 Winding Trails Drive. Farmington, CT 06032
(860) 677-8458 Fax (860)676-9407 www.windingtrails.com**