

Location: Fremont Lake Park, Fremont, MI 49412

Course Description: All running and biking will be done on paved roads and swimming will be held in Fremont Lake in a triangular course.

Rules:

- ☺ Bike Helmets **MUST** be worn at all times while on the bicycle
- ☺ Flotation devices and wetsuits are allowed; kickboards will be available, if needed
- ☺ Safety Crews will be present on roadway and in water
- ☺ The order of events will be continuous, SWIM, BIKE, and RUN
- ☺ HAVE FUN!!! Challenge Yourself.....FINISH

Age Groups: 29 and Under 30-39 40-49 50-59 60 and up

Distances: (in order of event) Swim: 300 yards Bike: 9.25 miles Run: 3.1 miles

Awards

- Awards for the top three finishers in each age group (Male and Female)

RACE HOTLINE & QUESTIONS

Contact: Officer Matt Hendrie
(231)924-2100 ext. 424 mhendrie@cityoffremont.net

Visit us at www.westmichigantri.com for race maps and online registration/payment



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