

Beale Air Force Base

REGGIE CHALLENGE ADVENTURE SERIES

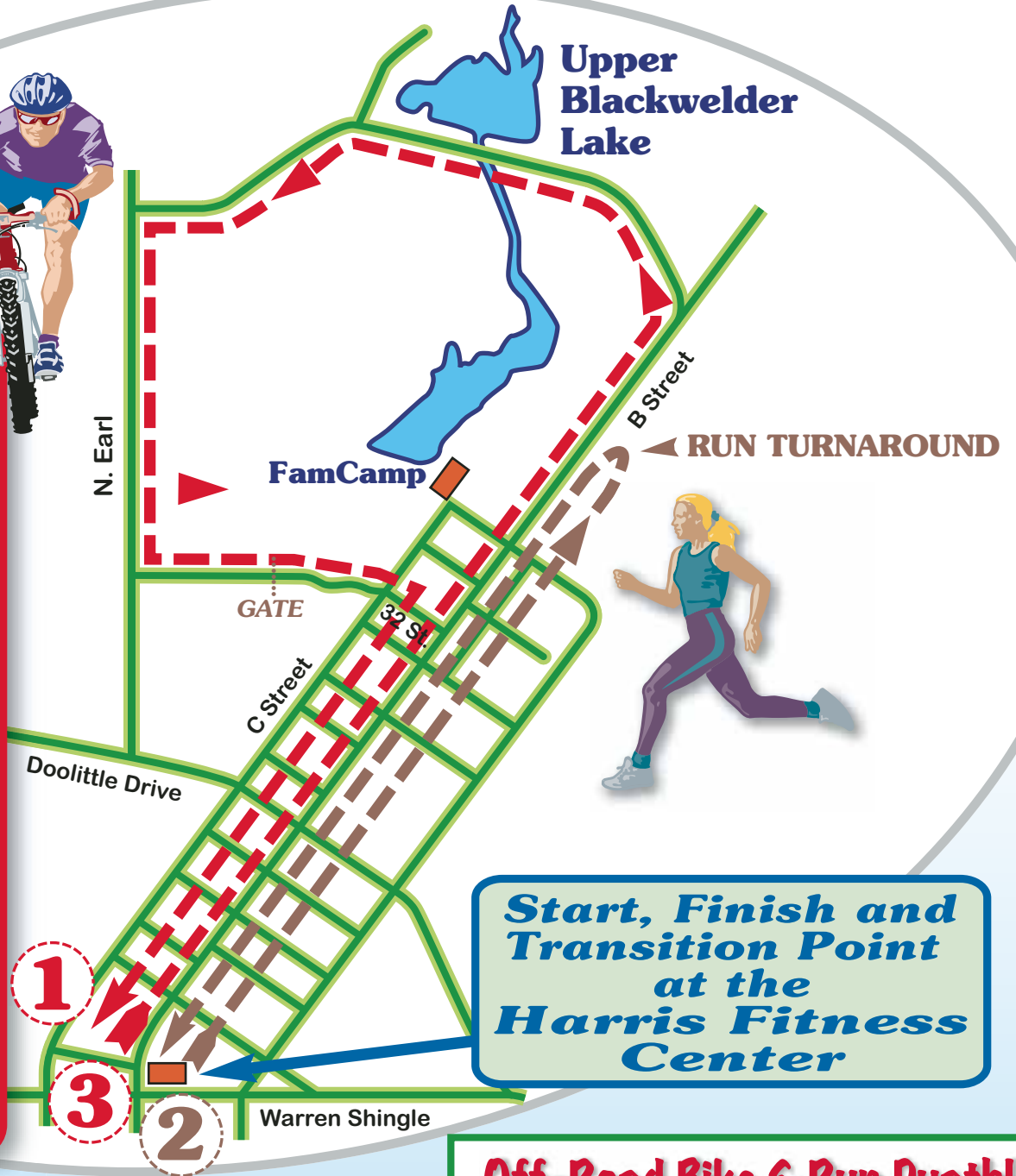
Off-Road Bike & Run Duathlon

FEBRUARY 23, 2007

8:00am at Harris Fitness Center



Upper Blackwelder Lake



As easy as 1-2-3!

- 1 --- BIKE (4.5mi)**
from the Harris Fitness Center, up B St., past Upper Blackwelder Lake and back to Transition Point (Start).
- 2 --- RUN (3.0mi)**
up B St. to the turnaround and back to Transition Point.
- 3 --- BIKE (4.5mi)**
from Transition Point up B St., past Upper Blackwelder Lake and back to finish.

(Total: approximate 9-mile bike, 3-mile run)

Start, Finish and Transition Point at the Harris Fitness Center

Do you have what it takes?
For more information call
HARRIS FITNESS CENTER 634-2258

VOLUNTEERS NEEDED!

Off-Road Bike & Run Duathlon

- **Divisions**
 - Men (under 40)
 - Men Masters (over 40)
 - Women (under 40)
 - Women Masters (over 40)
 - 2-person Co-ed relay team (Bike-Run-Bike)
- **Trophies**
 - Top 3 finishers from each division
 - Top relay team

Sign up deadline:
February 21 by 12:00pm.
No late sign ups.

