



# CrossFit Colby's

# MINI-TRIATHLON

Individual or Team Competition

7:30 AM Starting at the Colby Aquatic Park

**\$30** individual

**\$45** team of 3

to Register, see larger maps, and more information go to [www.colbychamber.com](http://www.colbychamber.com)

## 300M SWIM

(down & back 6 times -25m pool)

## 6 MILE BIKE RIDE

(must provide your own bike and helmet)

## 2 MILE RUN

**Team of 3: one biker, one swimmer, one runner**

## CASH PRIZES: 1<sup>st</sup> thru 3<sup>rd</sup> place.

Start at the Pool, go south on Franklin to Davis.  
At Davis, turn and go west to Range Ave.  
At Range, turn and go North to Pine  
At Pine, turn and go east to Country Club Drive  
At CC Drive, turn and go south to Willow  
At Willow, turn and go west to Sewell  
At Sewell, turn and go north back to Davis  
At Davis, turn and go east back to Franklin  
At Franklin, turn and go North back to the pool

- Start – Head north towards College –
- Head West on College Drive to CCC parking Lot
- Turn in to CCC parking lot, continuing west to the sidewalk running trail
- Go south, continuing on sidewalk
- Go East, following the sidewalk back towards the park and go south once you get to the park. Go around the pool and continue towards Colby High School.
- Make a U-turn at the High School and head north along Franklin – Finish line is the entrance to the pool.

The Triathlon is a part of the Sunflower Festival in Colby, KS. Sponsored and ran by CrossFit Colby. Participants will be placed in heats according to registration (mixed heats of men & women.) If participants request the same heat, they will need that noted on the registration form. Heats will be posted a few days prior to event on Sunflower Festival Colby Kansas Facebook Page under the Triathlon Event. Must register by August 14<sup>th</sup> or entry fee goes up \$5—to \$35 individual and \$50 team. For more information and bigger maps, visit. <http://colbychamber.com/events/sunflowerfestival/>



**QUESTIONS?**  
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