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***THE ONLY FUN-TRIATHLON OF its TYPE IN THE MIDWEST!!!!***  
***RUN-RIDE AND ROLL!!!***

- Come to the Raccoon River Valley Trail Head Depot on September 4 for:
  - A 5-K run/walk on the beautiful Raccoon River Valley Trail and through Greene County
  - Followed by a 12.5-K ride down the Raccoon River Valley Trail to Winkelman's Switch
  - Then join us for a progressive lunch break and refueling tour of the restaurants and pubs surrounding the  
Mahanay Bell Tower Square
- Then get back to work on the third leg of the **FUN-TRIATHLON-WORLD CLASS BOWLING!**
  
- This low stress event is fun for the whole family
  - You can enter as a single or part of a team
  - You can compete in one or all of the events (You can just come out and join us for the food/pub tour and bowling!)
- Schedule: Signup up at the Depot at 8:00 am to 9:00 am (September 4)
  - Run starts at 9:00 am, followed by the bike event
  - The bike event ends back at the Mahanay Bell Tower
  - Lunch and Pub Tour goes from 11:00 pm to 3:00 pm
  - Bowling starts at 1:00 pm (at SPARE TIME LANES on the square) and continues to 5:00 pm
- Entry is \$25 for the TRIATHLON, or \$15 for bowling
  - Entry includes passes and shoes for 3 game of bowling, event T-shirt, coupon book for the restaurants and pubs  
(valued at over \$50), and prizes.
  - For teams, an extra T-shirt is \$5 and extra bowler is \$10
  - Prizes for best combined run/bike time and three game bowling average (male and female); best combined time  
for run and bike only (male and female); best three game bowling average (male and female); youth categories  
for each of the three categories.
- Route maps and water will be provided for the 5-k run/walk.

**Contact Greene County Chamber & Development at (515)386-2155 for more information.**