

do the du!

the dirty duathlon!



brought to you by

JOIN US FOR SOME GRASSROOTS DUATHLON RACIN'

5 Monday nights in April:

4/1 (preride/practice race), 4/8, 4/15, 4/22 and 4/29

\$10.00 entry fee, discount series pass available!

5:30 PM registration, 6:00 PM race start

DR. JOHN FLAHERTY FIELD TRAIL AREA, EAST WINDSOR

91 Tromley Rd, East Windsor, CT 06088
(just off route 5!)

For more info: Karen@cyclingconcepts.com or 860-563-6667

Not sure how to DO a DUATHLON?

Come to our "how to do a du" clinic on March 14!

Cycling Concepts: 2343 Main Street, Glastonbury 6:30-7:30 pm