

do the du!

1.5 mile run  
4-6 mile offroad (trail) bike ride  
1.5 mile run



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](mailto: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**