

August
23

1st Annual Big Sandy Tri



Kayak 1/2 mile
Bike 4 miles
Run 2 miles



Race Sponsors:

Riverwood Healthcare
Center

McGregor Community
Education

Big Sandy Lodge & Resort

Get Your Team Together!

This is a unique event that combines Kayaking, Biking and Running.

One person can participate in each event.

Location: Big Sandy Lodge and Resort, McGregor MN.

Race Start time: 8:00a, Check in at 7:00am to sign waivers, & receive gift bags.

Fees: \$50.00 per team. This includes a T-shirt

Register early as there is a 24 team limit.

Age limit 12yrs and up.

To register go to www.runsignup.com

For questions call Andrea 763-360-2058

Kayaks are available but you can bring your own, and you must provide your own bike, bike helmet & life jacket.

