



Open to all skill levels.

There are two duathlon distances:

Sprint Distance - 2.5k trail run, 16 mi bike, 5k trail run

Intermediate Distance (Relay option available) - 5k trail run, 24 mile bike, 10k trail run

REGISTRATION: <http://www.rochestertriathletes.com/>

RACE STARTS: at 8:00 AM

AT: Grace and Truth Sports Park, 373 North Greece Rd, Hilton, NY 14468

ON: Saturday June 2, 2018

For more info, contact jeff.ouriel@rochestertriathletes.com



All proceeds benefit **I AM ISIAH Suicide Awareness and Prevention**, a not-for-profit organization based out of Rochester, New York, created to provide guidance and assistance to people struggling with suicidal thoughts and families dealing with suicide. Our goal is to teach the community about depression, mental illness and suicide. Learn more at www.iamisiah.org