



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



# PUSH YOUR LIMITS

**Black Squirrel Sprint Triathlon 2017**  
COUNCIL BLUFFS YMCA

**DO YOU HAVE WHAT IT TAKES?**  
**SWIM • BIKE • RUN**

18 YEARS & OLDER • INDIVIDUAL & TEAM

**Sunday, August 27, 2017**

7:00 am (first wave 8:00 am)

**Lake Manawa Beach**

1100 South Shore Drive • Council Bluffs, IA 51501

**Register online at [active.com](http://active.com)**

Individual Triathlon Sprint: \$70/athlete

Team Triathlon Sprint: \$130/team (2-3 people)

**Awards:** Top Male, Top Female, Top Team

**Age Groups:** under 20, 20-24, 25-29, 30-34, 35-39,  
40-44, 45-49, 50-54, 55-59, 60+

**You must pre-register by Tuesday, August 5  
to be guaranteed a dryfit race t-shirt.**

Swimmers take to the water at Lake Manawa for the first leg (750 yards) of the Black Squirrel Triathlon. Bikers will begin at the Lake Manawa State Park Beach, biking around the lake 2 times for a total of 13 miles (flat course). The Black Squirrel Triathlon will conclude with a 3.1 mile run on city trails.

**This a USA Triathlon sanctioned event.**

**SWIM**



**BIKE**



**RUN**

