**3rd Annual**

**Age- and Dementia-Friendly Winnemucca and Humboldt County**

**&**

**Humboldt Volunteer Hospice**

**Sprint Triathlon**

When: Saturday, September 18, 2021 – Bode Howard Pool and then around and about Winnemucca

 Registration and shirt/packet pick-up 6:30-7:00 am

 Swimming begins at 7:00

Where: Swim – Bode Howard Pool (1/3-mile)

Bike – 12-mile double loop from pool to Winger’s, around neighborhoods to Offenhauser, down Highland to Mizpah return to pool area for second loop

Run – from pool clockwise loop to Winnemucca Blvd, Highland, Hansen, then Haskell to pool (3.75-mile).

Cost: $30 per registrant

**All proceeds will be used for Alzheimer’s Awareness, creation of the Appreciation Wall by the Fitness Park walkway, expansion at Community Garden, or Hospice.**

**For more information and to register contact:**

**ginilc25@gmail.com**

[**www.adf-winnemucca.com**](http://www.adf-winnemucca.com)

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I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, release Dementia Friendly Nevada, Humboldt Volunteer Hospice, and Age- and Dementia-Friendly Winnemucca and Humboldt County from any liability during the Sprint Triathlon to be held September 18, 2021.

I plan to participate in the (circle all that apply): swim bike jog/run

If you are on a team, please name the other team members and in which portion of the Sprint Triathlon each is participating: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_; \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Contact information (name/email/phone #):