



ATLANTIC  
**SPORTS  
HEALTH**

*presents the 12th Annual*

# **INTERNATIONAL TRADE CENTER TRIATHLON**

**Saturday, September 27<sup>th</sup>, 2008**

**Three different courses for three different athletes!**

**INTERNATIONAL DRIVE NORTH, MOUNT OLIVE, NEW JERSEY  
PROCEEDS TO BENEFIT SPECIAL OLYMPICS NEW JERSEY AREA 3**

#### **Elite Triathlon –**

*a tougher course for the trained athlete*

Mountain Bike - 8.5 miles

Canoe- 2.5 miles – back on Budd Lake!

Run - 3.1 miles

#### **Tri It On Triathlon –**

*a fun course for the weekend athlete*

Mountain Bike – 4.0 miles

Canoe – 1/2 mile – back on Budd Lake!

Run – 3.1 miles

#### **Kids Triathlon –**

*a special event geared for 6 to 11 year olds*

Bike – ¼ mile t ¾ mile

Run – 50-100 meters

Obstacle Course – jump, crawl, climb

**Long Sleeve T-shirt  
Deluxe Box Lunch  
Health Fair  
Custom Awards  
Random Prizes**

**RAIN OR SHINE**

All canoes, personal  
flotation devices &  
paddles will be provided  
by the Triathlon  
**NO EXCEPTIONS!**

**REGISTRATION FORMS - [WWW.ITCAEVENTS.ORG](http://WWW.ITCAEVENTS.ORG)**



For more information call,  
973-347-3088

