

# Cayuga Coaching

## INDOOR TRIATHLON

**SWIM**  
**10**  
**MINUTES**



**BIKE**  
**30**  
**MINUTES**



**RUN**  
**20**  
**MINUTES**



**Join us on MARCH 17TH for the 4th annual indoor triathlon, brought to you by **Cayuga Coaching!****

**COST: IH&F/ITC Member \$20**

**COST: Non-Member \$30**

**Sign up at the front desk of Island Health & Fitness**  
**For more information contact Program Coordinator**  
**Dillon Shaffer at [dillonshaffer500@gmail.com](mailto:dillonshaffer500@gmail.com)**

