

# DERUYTER LAKE GENERAL STORE TRIATHLON 2<sup>ND</sup> ANNUAL

JOIN US!



**SATURDAY  
SEPTEMBER 25, 2010**

**SWIM= 1/2 MILE SWIM**

**BIKE= 15.9 BIKE (3 TIMES AROUND THE LAKE)**

**RUN= 3 MILE RUN**

**REGISTRATION = 7AM - 8AM**

**RACING BEGINS = 8:30AM**

**\$20 SINGLE**

**\$35 TEAM (2 PERSON)**

**\$45 TEAM (3 PERSON)**

**RACE DAY REGISTRATION**

**AT THE DERUYTER LAKE GENERAL STORE  
37 SOUTH LAKE ROAD, DERUYTER, NY 13052**

**EMAIL JERRY JRICE@DERUYTERLAKE.COM**

**OR CALL 315.852.9678**

**PRE & POST  
RACE SNACKS**

**PROCEEDS BENEFIT TIOUGHNIOGA LAKE ASSOCIATION**