

**COME JOIN US
FOR THE DAY
COMPETE
THEN EAT**

**PROCEEDS TO BENEFIT
THE DISABLED
AMERICAN
VETERANS**



SATURDAY AUGUST 1st

SWIM BIKE RUN
300 YARDS 15 MILES 3 MILES

A Sprint Triathlon !!

TEAM AND INDIVIDUAL

**AWARDS, BAND, FOOD & MORE
FOR MORE INFORMATION & ENTRY FORMS**

GOOGLE - WILLOW CREEK TRIATHLON
Lanny & Char Layton 814-362-2351 e-mail - laytonfire@verizon.net
Doug Yohe 814-362-2725 e-mail - dyohe@bop.gov
Jack & Yvonne @ The Willows 814-368-7567 e-mail-jhull@hullelectric.com
The Runners High - www.runhigh.com
The American Triathlon Calendar - http://www.trifind.com