



IM ABLE FOUNDATION

GOT THE NERVE?

TRIATHLON

TRIATHLON

DUATHLON

AQUABIKE

YOUTH SPLASH & DASH

PARA/ADAPTIVE FRIENDLY



SANCTIONED EVENT



DISTANCES

SPRINT & SUPER SPRINT

PLUS TEAM OPTIONS
**SPRINT RELAY
SOCIAL TEAMS**

OPTIONAL TRI TRAINING PROGRAM
APRIL 6 - JUNE 15
SUNDAYS, 1:00 - 2:00PM



NEW DATE & NEW LOCATION

SUNDAY

JUNE 22

EPHRATA, PA

BENEFITING

IM ABLE

> > > foundation.org



REGISTER TODAY:



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