



SHAUGHNESSY-KAPLAN  
REHABILITATION HOSPITAL

# 5<sup>th</sup> Annual Down & Dirty Duathlon

Saturday, October 3rd, 2009 Lynn Woods, Great Woods Road, Lynn, MA



*2 Great Ways to Join:*

**DUATHLON** : 2.5 MI. TRAIL RUN / 5.9 MI. MOUNTAIN BIKE / 2.5 MI. TRAIL RUN OR **10K TRAIL RUN**

**Freebies, Demos, Expert Tips, Music, Prizes, Food and Fun**

**Registration: 8:00 am**

**Race Start: 9:00 am**

**Duathlon: Individuals: \$35**

**Teams of 2 or 3: \$60**

**10K Trail Run: \$20**

**Register @ [www.active.com](http://www.active.com) or [www.skrh.org](http://www.skrh.org)**

**Questions?**

**Brandi 978-204-8588 or [bnsfitness@yahoo.com](mailto:bnsfitness@yahoo.com)**

**Karen 978-825-8797 or [kanderson19@partners.org](mailto:kanderson19@partners.org)**

*Race Conducted by:*

