

Ride, Run or Row WITH A PURPOSE



GENTLEBROOK'S TRIATHLON WITH A twist

All proceeds from the **Triathlon with a Twist** will go toward health and wellness enhancements for developmentally disabled individuals at GentleBrook's Hartville and West Lafayette facilities.

WED. JUNE 13 AT 6:30 P.M.
CHECK-IN FROM 4:30 TO 6:15PM

GENTLEBROOK REC CENTER
880 SUNNYSIDE STREET
HARTVILLE, OHIO 44632

REGISTER TODAY AT
GENTLEBROOK.ORG/TWIST

GentleBrook is a not-for-profit social purpose enterprise with a vision of connecting people and community through services and business opportunities. Please visit our website to discover other services GentleBrook offers to the community.

www.GentleBrook.org



RIDE, RUN & ROW



Sponsorship opportunities available!
Call Dianna at 330-877-7700

GentleBrook
880 Sunnyside Street
Hartville, Ohio 44632
330-877-7700



Gather a team... ...OR COME SOLO!

TEAM RELAY OR SOLO TRIATHLON

Gather a team of three, and assign each team member to one of the following:

- ◆ 5k run (3.1 miles)
- ◆ 5k row (3.1 miles)
- ◆ 10-mile bike ride

Or if you're up for a challenge, sign up for the solo triathlon and complete all three events individually!

SOLO SINGLE EVENT

If you choose to participate individually and aren't up for a solo triathlon, you also have the choice to complete one of the following events:

- ◆ 5k run (3.1 miles)
- ◆ 5k row (3.1 miles)
- ◆ 10-mile bike ride
- ◆ 25-mile bike ride
- ◆ 50-mile bike ride — kick-off at 4:30p.m.

*A support vehicle will meet at Walborn Reservoir with snacks for the 25 and 50 mile riders.

REGISTER TODAY AT:
WWW.GENTLEBROOK.ORG/TWIST



REGISTRATION DETAILS

Registration Fee: \$35 per participant

Minimum Fundraising Pledge: \$100 per participant

Participants pledge to raise a minimum of \$100. Your fundraising money (or your signed pledge sheet) is due during check-in on the day of the event. By raising **more** than the \$100 minimum, you have the opportunity to win prizes!

Registration fees do not apply to the pledge minimum.

Free Gift! Each registered participant will receive a T-shirt and a goodie bag. To receive your shirt on the day of the event, register before June 8.

DONATE TO F.I.S.H. !

Because FISH, a local food pantry, is unable to host its annual 5k, we ask that each participant brings non-perishable food items to donate. Items can be turned in at the check-in table on the day of the event.

Event Celebration

After the completion of your event(s), join us for a post-event celebration with snacks and prizes at GentleBrook Rec Center around 8:30 p.m.



THANK YOU FOR YOUR SUPPORT!

We look forward to seeing you!