

# "STORM THE LAKE" HY-NOON KIWANIS TRIATHLON



**SANCTIONED SPRINT**

Eliminate Maternal and Neonatal Tetanus  
**ANNUAL CHARITY**

**Saturday • August 17 • 2013**



**SWIM** { 800 meters }

**BIKE** { 12.68 miles }

**RUN** { 3.1 miles }