

What are you doing Thanksgiving morning?

Join ERR for the

Sykesville Drumstick Duathlon and Sweet Potato 5K

Thursday November 24th @ 9:00 am

Meet at Freedom Park in back lot . If the conditions are good (meaning no snow or ice on the road) the event will start with a **1.5-mile run in the park, transition to a 5-mile bike ride through Springfield/Warfield., then transition again to a 1.5-mile run.**

This can all be done on your own or with a 2-3 person relay.

There will also be the option of a 5K run through the Springfield / Warfield complex.



Tri Sport Junction will supply light refreshments

This is a FREE event and done at your own RISK !

Safety will be stressed Remember Helmets are Mandatory to participate !

This will not be a timed event and there are no awards. A display clock will be available for you to monitor your time.

There will be someone monitoring bikes and personal equipment at the park.

No pre-registration required; just show up!

Email donna@trisportjunction.com to let us know you are interested