

12TH ANNUAL DUATHLON

OLYMPIC - SPRINT - 5K ONLY OPTION

WYOMISSING, PA

BENEFITING THE IM ABLE FOUNDATION

ADAPTIVE AND ABLE-BODIED ATHLETES WELCOME!

PARTICIPATE AS INDIVIDUALS OR IN TEAMS OF 2 OR 3



**OLYMPIC
DISTANCE**

Duathlon

5K Run
16 Mile Bike
5K Run



**SPRINT
DISTANCE**

Duathlon

2.5K Run
6.5 Mile Bike
2.5K Run



**5K
ONLY**

Option

5K Run

**SEPT
10TH
2023**

IM ABLE
>>> foundation.org
EST. 2007

**REGISTER TO PARTICIPATE OR VOLUNTEER
AT: WWW.IMABLEFOUNDATION.ORG**