

Proceeds
from the race
will go to the local
Law Enforcement,
Fire and
Ambulance
Departments of
Delaware County

HERO HUSTLE TRIATHLON 2018

400yd Swim - 16 mi Bike Ride - 5k Run

This race was created as a way for competitive and recreational athletes to raise money to support the men and women of the Delaware County Fire, Ambulance, and Law Enforcement departments.

This is our way to GIVE BACK to the people that are always there to SAVE, SERVE, AND PROTECT US.

REGISTER ONLINE AT:

Register online: <https://runsignup.com/Race/IA/Manchester/HeroHustleSprintTriathlon>
by **August 12 to guarantee a t-shirt**

 **FACEBOOK:** Hero Hustle Sprint Triathlon

PLEASE DIRECT QUESTIONS TO:
herohustletri@gmail.com

Sunday, August 26

**9:00am at Schram Park
120 Schram Drive
Manchester, Iowa**

Race consists of
Individual AND Team competition

Individual Fee: \$55 Team Fee: \$90
Registration fee includes: Chip timing and t-shirt

*Want to support the cause but don't want to race?
Be a Ghost Runner*

Ghost Runners get a t-shirt for \$25.00