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2-18-2005

### Swim, bike, run, volunteer: Tinman Triathlon is just around the corner

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#### Recommended Citation

University Relations, "Swim, bike, run, volunteer: Tinman Triathlon is just around the corner" (2005).  
*Campus News Archive*. 2076.  
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**MORRIS**

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**Swim, bike, run, volunteer: Tinman Triathlon is just around the corner**

*Summary:*

(February 18, 2005)-UMM will host its 22nd annual Tinman Triathlon on Saturday, April 30. The race begins at 9 a.m. from the Regional Fitness Center competition pool. This race kicks off the triathlon season early, and is a great opportunity for beginners to get involved in their first triathlon competition.

The race consists of an 1100 yard pool swim, 19 mile bike, and 6.2 mile scenic run through Morris and Pomme de Terre Park. Last year over 105 individuals and team members from the four-state area took part in the event. Another 80 people served as volunteers.

Whether as an individual, team member or a volunteer, don't miss being a part of this year's Tinman Triathlon. Registration information is available at the UMM Office of Student Activities by calling 320-589-6439, or on the web at [www.active.com/](http://www.active.com/).

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