

2020 LAKE FREEBIRD TRIATHLON/DUATHLON

Sunday June 21, 2020

21st Annual Celebration Event

TRIATHLON:

660 Meter Swim
14 Mile Bike – 5K Run

8:00 a.m.

BEGINNERS TRIATHLON:

300 Meter Swim
10 Mile Bike – 1.3 Mile Run

DUATHLON:

14 mile Bike
5K Run

YOUTH TRIATHLON:

Shorter Version of Beginners Tri
Cost: \$45

**Age Division Awards
Overall Awards
Finisher Awards for Beginners Triathlon**



\$25 July 4, 2019 through July 31, 2019
\$35 August 1, 2019 through Dec. 31, 2019
\$55 Jan. 1, 2020 through April 30, 2020
\$65 May 1, 2020 through May 31, 2020
\$75 June 1, 2020 through June 15, 2020
\$80 Race Day – June 21, 2020

Sponsored by:

Jason MacPherson
MacPherson Law Center L.L.C.
Office: (417)926-0199
Your Personal Injury and Insurance Attorney



Benefitting:

Mountain Grove Lions Club
Mountain Grove Archery Team
FFA of Mountain Grove High School



For Info and to Register go to:
www.GetMeRegistered.com/LakeFreebirdTriathlon
trifind.com