

# First Responder Challenge



Individual  
or  
Member  
Teams



Events Include

5K Run

12 Mile Bike

1 Mile Canoe



# RONKTOBERFEST TRIATHLON

October 20<sup>th</sup>, 2018

For More Information email [ronkonkomafd.org](mailto:ronkonkomafd.org)

**EVENT STARTS AT 8:00am**

Early Registration: \$60 \*ends Aug. 30th, 2018 • Late Registration: \$85

