



*UNC Wellness Center  
Tri-Club presents*  
**2010**  
**Winter Challenge**

Join us on a unique and exciting challenge to melt off those holiday extra pounds. Jump-start your training year and challenge yourself to 3 weeks of self-set goals of swimming, biking, and running. Each week is measured by speed and/or distance.

Week 1: January 18 - 24 Swimming

Week 2: January 25- 31 Biking

Week 3: February 1 - 7 Running

February 7 - UNC Wellness Indoor Triathlon

Prizes awarded each week to top male and female participants. Overall prizes awarded to the Triathletes with the greatest total distance.

