

# The Department of Parks & Recreation

presents the

# 35<sup>th</sup> Annual TRIATHLON



3/4 - Mile Ocean Swim • 10 Mile Bike • 3 Mile Run



Saturday,  
September 7, 2019

8:00 a.m. at

Town Park, Point Lookout

Awards • Prizes • T-shirts

For more information

call Justine at 292-9000, ext. 7238

Register online at [hempsteadtown.com/parks](http://hempsteadtown.com/parks)

More information available at

[hempsteadny.gov/activities/triathlon](http://hempsteadny.gov/activities/triathlon)



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