



# TRIATHLON

Self-Discovery

Volunteerism

Leadership

Pass It Along  
The Shoppes at  
Lafayette  
75 State Route 15,  
Unit 62  
Lafayette, NJ 07848

Pass It Along

pass\_it\_along

Pass It Along



## SPRINT & OLYMPIC COURSES

### SATURDAY JULY 27, 2019

LAKE MOHAWK COUNTRY CLUB  
21 BOARDWALK, SPARTA NJ



**SPRINT COURSE**  
Swim: 400m (1/4 mile)  
Bike: 17.38k (10.8 miles)  
Run: 5k (3.1 miles)

**ENTER AS AN  
INDIVIDUAL  
OR  
RELAY TEAM**

**OLYMPIC COURSE**  
Swim: 1500m (1 mile)  
Bike: 34.7k (21.6 miles)  
Run: 10k (6.2 miles)

Gold Sponsors:



Pass It Along is a 501c3 nonprofit organization. All proceeds will help to provide the Pass It Along program at for local teens in leadership, volunteerism and self-discovery.

Presenting Sponsors



Atlantic Health System



Newton Medical Center  
Atlantic Health System  
Atlantic Sports Health

**FOR MORE INFORMATION ON THE EVENT AND REGISTRATION,  
PLEASE VISIT [PASSITALONG.ORG/TRIATHLON](http://PASSITALONG.ORG/TRIATHLON)  
OR CALL (973) 726-9777**