



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TAKE THE CHALLENGE

Join us for the Altru Family YMCA 12th Annual

WINTER INDOOR TRIATHLON



Sponsored by...

SEE DIC  RUN

Saturday, April 1st, 2023

First Wave: 11:15 a.m.

Altru Family YMCA • 215 N 7th St • Grand Forks, ND
(701) 775-2586 • www.gfymca.org