



# Duathlon Event



Give a dog (or cat) a home!

Core Dynamics is hosting the first ever duathlon event to raise money for the SPCA of the Triad

**Bike Run Bike Run Bike Run Bike Run Bike Run Bike Run Bike Run Bike Run Bike Run Bike Run Bike Run Bike**

<p><b>Saturday</b> <b>November 21, 2009</b> <b>9:00 a.m.</b></p>
<p>1 hour on the Spin Bike 5K walk/run 1 hour on the Spin Bike <small>(Format may change depending on number of participants)</small></p>

**Whether you are a runner, a cyclist or *NEITHER*, this is a worthwhile cause!**  
**Raise money for SPCA of the Triad! Just \$500 can take 2 dogs from entry into the SPCA through the adoption process into a loving home!**

**REGISTRATION is REQUIRED! SPACE LIMITED to 20 PEOPLE!**  
**Call or email now to register and obtain your Duathlon pledge form. Event is FREE with minimum pledge donation \$25.**

**Interested in training for this event? Call or email for info on the 6 week training program!**

**Libby Newsome**, Owner, Trainer  
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