

Indoor Duathlon

**Exercise
is Medicine®
On Campus**
William Paterson University

Run 2/Ride 5
Over the Course of 5 Days!
Plan Your Own
Duathlon Journey!

October 26 - 30, 2020

Earn a Duathlete T-shirt!

**Complete 2 miles running or walking @ the Rec or outdoors
& 5 miles cycling @ the Rec**

Participants must sign in & record their mileage at the Rec Center



Register at:

www.imleagues.com/williampaterson/fitness

The first 50 people to register by Friday, Oct. 23 will receive a dryfit t-shirt*

*Must complete the distances in order to receive a t-shirt

Reservations for the Sports & Recreation Center Required at:

www.imleagues.com/williampaterson/fitness

For more information contact coyneel@wpunj.edu

Face Covering & Social Distancing Required