

**NEPHI TRI | 2018**

**SWIM BIKE RUN**

**NEPHI RECREATION**



**Saturday, July 28**

Nephi City Pool\* 600 N Main

**\$15 per person**

**Includes: T shirt/ Finisher Award/ Music & Snacks  
Youth & Adult**

**All Ages & genders-8 & older**

**Register by July 13 to be guaranteed t-shirt.**

**Level 1**

7:00am

200 Meter Swim

5K/3.1 Mile Bike

5K/3.1 Mile Run

**Level 2**

7:30am

100 Meter Swim

5K/3.1 Mile Bike

1 Mile Run

**Level 3**

8:00am

50 Meter Swim

1 Mile Bike

Half Mile Run

**Register at [www.nephirecreation.com](http://www.nephirecreation.com)**



Utah Valley Pediatrics, LC  
We specialize in the care of children... from infants to teenagers.