

SWIM-BIKE-RUN-BINGO!!!

Bakersfield Triathlon

| | | | | |
|---|--|---|---|--|
| Visit a sponsor and use your club discount | Ride a total 100 miles | Tell your biggest supporter THANK YOU! | Complete a run workout | Run a total of 15 miles |
| Clean and lube your bike | Skip a planned workout to spend time with your family or friends | Stretch after a long workout | Volunteer at a local event | Swim 5,000 yards |
| Complete an interval workout | Take a REST day | FREE SPACE | Take a picture (and post) working out with a fellow Trispoke! | Complete a brick workout (any 2 workouts back to back) |
| Read a Tri training article (share too if you're into that) | Participate in a club workout | Complete a swim workout | Use swim paddles for part of your workout | Register for a 2019 race |
| Submit your 2019 race plan or ideas | Complete a bike workout | Renew your 2019 membership | Attend a club general meeting | Get at least 7 hours of sleep, 3 days in a row |

myfreebingocards.com