

# SWIM-BIKE-RUN-BINGO!!!

Rocky Hill Triathlon

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

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