



UPPER DUBLIN T O W N S H I P

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Get Involved with the Upper Dublin Triathlon/Duathlon/Aquabike/5K

The Upper Dublin Triathlon/Duathlon/Aquabike/5K will be held on Sunday, May 19, 2024. This unique, community-based event will feature a 350 meter pool swim, a 10.3 mile bike race and 3.1 mile run throughout the greater Fort Washington area.

A duathlon, consisting of a 2 mile run followed by a 10.3 mile bike race and finished off with the 3.1 mile run, is offered for those who choose not to swim. An aquabike event, consisting of the swim and bike leg only, is offered for those who choose not to run. New this year, we have added a 5K race option to the list of events taking place.

Participants will have the option to complete the triathlon as a relay or as an individual. The aquabike, duathlon and 5K must be completed as an individual. We expect at least 400 athletes as well as spectators.

100% of the net proceeds will be donated to charities serving the Upper Dublin Community. Beneficiaries will include the Upper Dublin Education Foundation as well as other charities selected by the Upper Dublin Board of Commissioners. Approximately \$20,000 is donated each year.

On the attached form, please indicate your level of support and return it as soon as possible to guarantee you will be part of this event. If you are unable to financially contribute, please consider making an in-kind contribution towards our athlete raffle or volunteering or participating the day of the race.

We hope you will join us for this exciting community event!

- Upper Dublin Triathlon/Duathlon/Aquabike/5K Organizing Committee

