



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

ALWAYS HERE FOR OUR COMMUNITY FREE BBQ

**Celebrating 20 years of serving
Sherwood!**

- **Saturday, August 19**
- **Immediately following Triathlon**
- **11:00-1:00pm**
- **Music**
- **Food**
- **Open to everyone!**





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HAVING FUN TOGETHER

SHERWOOD FAMILY TRIATHLON

- Saturday, August 19
- 10AM Start time
- Swim, Bike, and Run
- Two courses:
Rookie and All-Star

Pre-Registration:
\$40 per family or \$10
per individual
Day of Registration:
\$45 per family or \$15
per individual.

