



# TRI UP NORTH TRIATHLON

Frankfort Michigan

Saturday, September 14, 2019

The Tri Up North is a bike, paddle, and run event for all athletes - Young & Old, Beginners & Experts, and Individuals & Teams! Our goal is to host a fun event that encourages individuals, families and young people to make healthy choices and live an active lifestyle. We want all of our neighbors to be in a position to enjoy all of the recreational opportunities that Northern Michigan has to offer.

## **Tri Up North Objectives**

- Raise funds for the purpose of supporting and enhancing community wellness programs at Paul Oliver Memorial Hospital and the Betsie Hosick Health & Fitness Center
- Promote active & healthy lifestyles for all of our neighbors
- Showcase the quality of life and beauty of Northern Michigan
- Have a fun and challenging time with friends & family in the midst of autumn's splendor

## **Tri Up North Support is a Leadership Opportunity**

By providing support for an active and healthy lifestyle event, you can:

- Challenge your employees, customers, family, or friends to establish healthy lifestyle goals and work to attain them
- Compose teams to train and race, building camaraderie and improving wellness and harmony among employees, customers, family, or friends
- Be a community leader in promoting an active lifestyle for our community



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Business Name: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Website: \_\_\_\_\_

Check \$ \_\_\_\_\_ In Kind Value \$ \_\_\_\_\_ Credit Card \$ \_\_\_\_\_ VISA/MC (circle)

Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Name on Card \_\_\_\_\_ Address \_\_\_\_\_

Signature \_\_\_\_\_

**Please return completed form to:**

POMH/Tri Up North Triathlon, 224 Park Avenue, Frankfort MI 49635

Checks payable to: **POMHA**

**For publication & advertising questions, please call or forward your business logo to:**

Diane Miller, Tri Up North Chair, (231) 352-8016 or email: [thackermiller@gmail.com](mailto:thackermiller@gmail.com)

