

2020 IRONKNIGHTS TRIATHLON

May 16, 2020 (Rain date May 17th)

*This event is open to all North Penn Elementary students in
Grades K-6*

There are two ways to sign up for the IRONKNIGHTS TRIATHLON

- 1. Visit www.npenn.org/ironknights and click REGISTER**
- 2. Attend the REGISTRATION NIGHT on February 11th at North Penn High School**

REGISTRATION/INFORMATION NIGHT

**February 11, 2020 from 7-9pm
at the NP High School Audion**

If you have already registered for the 2020 Triathlon to be held on May 16th, it is not necessary for you to attend *unless* you are new to the IRONKNIGHTS Triathlon. There will be a presentation for all new families on this Registration Night. If it is your first year with the IRONKNIGHTS Triathlon, you are *strongly* encouraged to attend the informational session which will include the following topics:

- An overview of race day
- Equipment needed
- How to prepare for the race
- What to expect

SWIM

BIKE

RUN