

Top Three Male and Female with the fastest time for Gobble and Wobble will win a prize.

Open to all DoD ID Cardholders 18 and over.

Schofield Barracks  
Health & Fitness Center

# 2023 TURKEY DRI-TRI Challenge

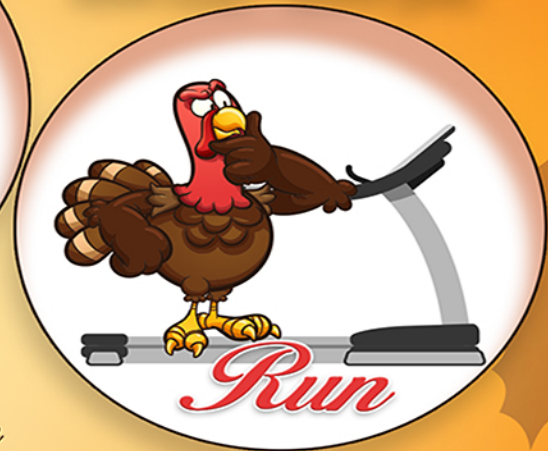
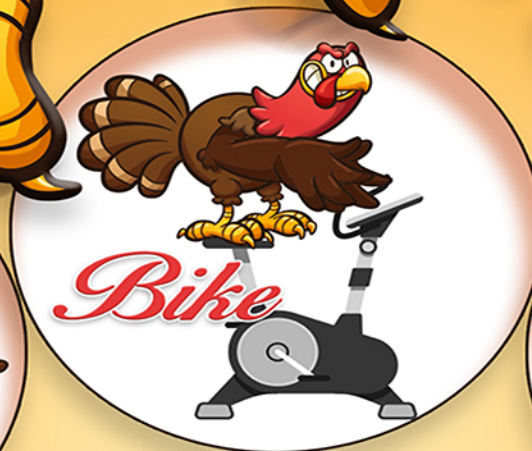
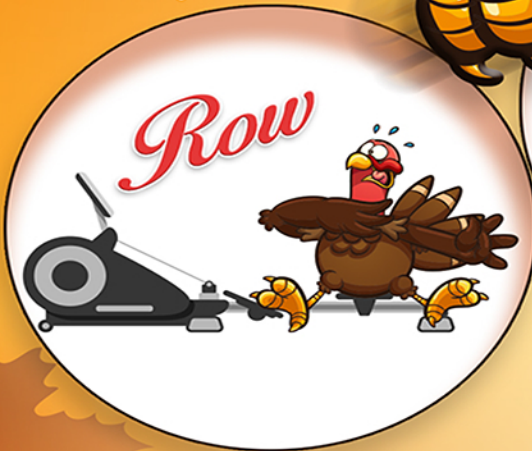
Monday, November 20  
& Tuesday, November 21,  
6:00 a.m.-7:00 p.m.  
and  
Wednesday, November 22  
6:00 a.m. - 12:00 p.m.

**\$20**

Register by Friday, November 3  
to guarantee a t-shirt.

**\$30**

After Friday, November 3  
t-shirt not guaranteed.



## Indoor Dri Triathlon

Instead of the swim, participants will row using the Concept 2 Rower, bike on the Upright Bike, and then hop on the treadmill for your run.

Pick to Gobble or Wobble and complete in one session.

**GOBBLE:** Row: 1,000m • Upright Bike Ride: 3 Miles • Treadmill Run: 1 Mile

**WOBBLE:** Row: 2,000m • Upright Bike Ride: 6 Miles • Treadmill Run: 2 Miles

Register at any Army Physical Fitness Centers (Excluding WAAF & AMR).

For more information, call (808) 655-8007 or (808) 655-5975.



HiMWR.com or  MWR HAWAII 

