

AF FORCE SUPPORT  
**Fit to Fight**  
Fitness & Sports



SEYMOUR JOHNSON AFB  
4TH FORCE SUPPORT  
PRESENTS

GOLDEN EAGLE

# SPRINT TRIATHLON

**SEPTEMBER 11**

TOP SJ ATHLETES

*compete in a*

**Power-Challenging  
Experience!**

**Event consists of a 400 meter swim,  
a 15 mile bike and a 4 mile run.**

Register now through September 6  
at the Fitness Center.

Participants must be in place  
no later than 7:30 a.m. at the Olympic  
Pool for briefing. Start time 8 a.m.

Triathlon open to all  
Military and DoD Civilians

**\$10 - Ages 17 and up**

**\$5 - Ages 12 - 16**

The Prizes: 1st thru 2nd both M & F  
and 1st for children under 17 M & F

*Event will be rescheduled in the event  
of inclement weather.*

[www.sjfss.com](http://www.sjfss.com)

**Don't Forget to Bring  
Your Bike & Helmet!**



SEYMOUR JOHNSON AIR FORCE BASE  
**FORCE**  
SUPPORT SQUADRON

FEDERAL ENDORSEMENT OF SPONSORS NOT INTENDED.