

**2016 TRI-N-HARDER-4-KIDS  
Indoor Triathlon  
In Memory of Officer Jeremy Henwood**

**AMERICA'S FINEST**



**TRI-N-HARDER-4-KIDS**  
Bringing youth & law enforcement together TODAY  
to build safer communities TOMORROW

**Presented by:**



**Are you up for the challenge?**

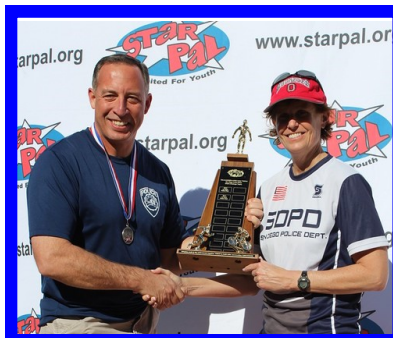
Compete against officers, firefighters, & other fitness enthusiasts to raise funds for two great causes...  
STAR/PAL youth programs & the SDPOA Law Enforcement Memorial Fund.

**Saturday, January 23, 2016**

**Lawrence Family Jewish Community Center**  
Event Includes: 10 min. pool swim, 20 min. stationary bike,  
15 min. treadmill run—individual or relay teams  
Dri-Fit event shirt and giveaways to all participants!

**Sign up now and join us in going the “extra mile” for kids!**

For more information or to register, please contact Courtney Dalcour  
at 619.533.5720 or [cdalcour@starpal.org](mailto:cdalcour@starpal.org) or visit our website: [www.starpal.org](http://www.starpal.org).



**Bringing youth & law enforcement together TODAY  
to build safer communities TOMORROW**  
[www.starpal.org](http://www.starpal.org)