

# 2020 ORANGE COUNTY HEART & STROKE WALK

# DRI-TRI

## *ENDURANCE CHALLENGE*

Saturday, March 14, 2020



### **SPIN**

5 Mile Spin



### **RUN**

2 Mile Run



### **CROSSFIT**

CrossFit Series

\*CrossFit Series includes 10 burpees, 20 air squats, 50' walk lunge, 20 air squats, and 50' with heavy carry

## Visit [OCHeartWalk.org](http://OCHeartWalk.org) to Register Today!

Space is limited: Only 100 spots available

The Dri-Tri will start in waves, with the first wave kicking off at 8:15am

All participants will receive a finisher medal and t-shirt.



American  
Heart  
Association.

For additional information, contact:

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