

## Village of Orland Park Media Relations

# NEWSRelease

**Frederick T. Owens Village Hall**

**14700 South Ravinia Avenue - Orland Park, IL 60462**

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### **Village of Orland Park To Host Indoor Duathlon**

*Sportsplex Offers Winter Weather Workout*

Orland Park, Illinois – Athletes of all skill levels are invited to participate in the **Village of Orland Park Recreation Department’s Annual Indoor Duathlon** on **Saturday, March 9**. The competition will begin at 7:15 a.m. at the **Village of Orland Park Sportsplex**, 11351 West 159<sup>th</sup> Street, in Orland Park.

The 13-mile duathlon includes a 1.5-mile run, a 10-mile stationary bike ride, and ends with a second 1.5-mile run. Medals will be awarded to the first and second place finishers, both men and women in each age category. Each participant will receive a long sleeve t-shirt.

“The village’s Indoor Duathlon is a great way to stay competitive and fit during the winter months,” said Sportsplex Fitness Manager Deborah Geghen. “You don’t have to lose that competitive spirit just because it’s single digits outside,” she added.

Pre-registration is required for the event with a cost of \$20 for Sportsplex members, \$25 for Village of Orland Park residents and \$31 for non-residents.

“We’ve had people from all over the Chicago area and some from Michigan and Indiana come to Orland Park to compete in our duathlon,” Geghen said. “One year, we had a group of Navy Seals from the Great Lakes Naval Base travel to Orland Park to compete. They were looking for something unusual to do indoors and Orland Park’s duathlon was just right for them,” she added.

Registration is available at the Recreation Administration Center, 14600 South Ravinia or at the village's Sportsplex, 11351 West 159<sup>th</sup> Street. **For more information, call the Recreation Department at 708/645-PLAY.**

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#### PHOTO CAPTION

The Village of Orland Park Recreation Department will hold its annual indoor duathlon on Saturday, March 9 at the village's Sportsplex. The 13-mile competition includes a 1.5-mile run, a 10-mile stationary bike ride, followed by a second 1.5-mile run. Further information is available at 708/645-7529.