

Village of Orland Park Media Relations

NEWSRelease

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Orland Park To Host Eighth Indoor Duathlon

Duathlon Training Camp Offered To Help Prepare

Orland Park, Illinois – All levels of athletes are invited to participate in the **Village of Orland Park Recreation Department's Eighth Annual Indoor Duathlon** on **Saturday, March 6**. The competition will begin at 7:15 a.m. at the **Village of Orland Park Sportsplex**, 11351 West 159th Street, in Orland Park.

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

To help participants prepare for the Duathlon, the Recreation Department will again hold its Duathlon Training Camp on Saturday mornings January 9 through February 27. The cost for the camp is \$45 for Sportsplex members, \$50 for residents and \$75 for non-residents.

“The camp helps people improve their pace, increase distance and prevent injury,” explained Village of Orland Park Fitness Manager Deborah Geghen.

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VILLAGE OF ORLAND PARK SPORTSPLEX DUATHLON

Pre-registration is required for the Duathlon before March 5 or until the event fills. The cost to participate is \$20 for Sportsplex members, \$25 for Village of Orland Park residents and \$30 for non-residents.

“Each year, we have more and more people registering for the village’s duathlon,” said Village of Orland Park Fitness Manager Deborah Graham. “It’s a great way to stay competitive and fit during the winter months,” she added.

“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,” Graham said. “One year, we had a number 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 for the Duathlon Training Camp and the event itself is available at the Loebe Recreation Center, 14650 South Ravinia or at the village’s Sportsplex, 11351 West 159th Street.

For more information, call the Village of Orland Park Sportsplex at 708/645-PLAY.

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PHOTO CAPTION

The Orland Park Recreation Department will hold its eighth annual duathlon on Saturday, March 6. The 13-mile contest includes a 1.5-mile run, a 10-mile stationary bike ride, and ends with a second 1.5-mile run. Participants may also register for the Duathlon Training Camp, offered Saturday mornings January 9 through February 27. Further information is available at 708/645-7529.