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## Village of Orland Park Hosts 13th Annual Indoor Duathlon



The Village of Orland Park's Indoor Duathlon has become a winter favorite over the past 13 years, enabling athletes of all skill levels to remain active during the winter months.

This year's duathlon will be held Saturday, March 7 at the village's Sportsplex, 11351 West 159th Street in Orland Park. The first heat begins at 7:15 a.m.

The 13-mile event, open to participants age 12 and older, 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.

"Orland Park's Indoor Duathlon is a great way to stay competitive and fit during the winter months," said Village Sportsplex Fitness Manager Deborah Geghen. "You don't have to lose that competitive spirit just because it's cold outside," she said.

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.

The last day to register is February 23 or until the event is filled.

Registration is available at the Recreation Administration Office at 14600 Ravinia Avenue and at the village's Sportsplex, 11351 West 159th Street.

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