

Stride, Ride, Glide Tri



Sunday March 4th 10:00 am
Superior Municipal Forest
Run 5k, Bike 10k, Nordic
ski 10k

You can do this event as an individual or a team!

Get the most out of these amazing trails as you run, bike, and ski them during resurrection of the Stride, Ride, Glide Tri, Similar to the Pole, Pedal, Pant of years past, the Stride, Ride Glide will be a 5kish run on a flat snow covered dirt road, a 10kish bike on a very scenic snow covered dirt road with a few hills thrown in, and a 10kish ski on a mix of wide, flat as a pancake trail and hilly as heck trail!

All proceeds will go towards new, more efficient grooming equipment for the trails.

Registration limited to 100. Long sleeved tech shirt to all registered by February 24th. Awards, door prizes and Pizza at the Thirsty Pagan from 1:30 to 3!

IN THE EVENT THAT WE HAVE A LOW SNOW YEAR, THIS WILL BE A RUN/BIKE/RUN!!

Contact runnski@gmail.com or 2183550960 for more information or look on Skinnyski, Northlandrunner, or Facebook!
Register really early, prices go up!



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