

# SHAMROCK DUATHLON

## *Revival*

5K | 20K | 5K  
CONGRATULATIONS

### RICK TAFF

ON FINISHING THE DUATHLON

**31:08**  
5K RUN 1

**59:22**  
20K BIKE

**31:02**  
5K RUN 2

**02:01:32**  
TOTAL TIME

**HMF**  
EVENTS