

## Saturday, March 11, 2023

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### Mike's March Meltdown Winter Triathlon

Date and Time: Saturday, March 11 10:00 a.m. - 2:30 p.m.



Due to cold weather forecast, Mikes  
March Meltdown will be moved to  
**Saturday March 11**, same starting times!

**SNOWS**

**Compete as a team or an individual!**

Register online at [nrm.perfectmind.com](http://nrm.perfectmind.com) or  
call 250-774-2541 ext 1

Three distances available: Wolf (Long), Lynx (Medium) or  
Caribou (Short)

\$15 for Adults 19+, Youth 18 and younger and Older Adults 60+ are free.  
**Ski equipment and snowshoes available to borrow.**

With support from the  
Fort Nelson Cross  
Country Ski Club  
Northern Rockies Mountain  
250-500-1063  
NORTHERN ROCKIES  
Chiropractic & Wellness

save on foods

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<https://calendar.northernrockies.ca>