

Triple T Weekend Menu.....Free for Participants

Spectators can eat a meal for \$10 each or Cash only Concession stand

Stand open during/after each event with burgers, hotdogs, chips, soda, cookies, kids treats, Gatorade

sorry....no cell service in park so cannot take credit cards

Friday after the race (5-7pm) Race start 5pm/first finisher 6pm

Oranges, Watermelon, bananas, Chips, Pretzels, Soda, Water, Lemonade, cookies

Sloppy Joe Sandwiches and Hot Pasta with Marinara Sauce or Italian Seasoning, salad

Saturday morning post race (9am-1pm)Race start 7:30am/first finisher 9am

Peanut Butter and Jelly Sandwiches

Chips, Pretzels, oranges, soda, water, lemonade, cookies

Saturday afternoon post race (4-7pm) Race start 3pm/first finisher 4pm

Cold Pasta Salad with Italian Dressing and athletes get to choose the toppings:

olives, cheese, broccoli, carrots, black beans

Make your own burrito with Tortilla wrap or nacho chips add....taco meat, black beans, cheese, rice, lettuce, salsa, etc.

Chips, pretzels, oranges, bananas, watermelon, sodas, lemonade, cookies

Sunday post race (11am-4pm) Race start 7am/first finisher 10am

Warm pasta with marinara or Italian seasoning

Peanut Butter and Jelly Sandwiches, oranges, watermelon, bananas, pretzels, soda, lemonade