



Sunday 7 March 2010 – Family Triathlon

Venue: Linton Army Camp

(driver will need to show drivers licence ID at the gate)

Race start 9am

Short course: 1.5km run / 5km bike / 100m swim
Medium course: 2.5km run / 15km bike / 200m swim
Long course: 5km run / 25km bike / 400m swim

Registration Opens 8am Registration Closes 8.45am

Kids come along with your parents, friends and family members to participate in our fun family triathlon.

Family participation is encouraged by forming family teams to do one of the triathlon courses or competing against family members by doing a triathlon each, e.g. Father vs. Son, Mum vs Dad, Brother vs Sister,

Entry Fee \$10 Adult, \$5 Children, \$10 Team, \$20 Family

Spot Prizes to be won
on the day.



Organised by



For more information visit our website: www.triclub.co.nz or phone (06) 358-9980.