

ALL ABILITIES TRIATHLON

1st March 2014

Swim / Wade - Bike / Trike - Run / Walk



The Warrnambool Tri Club in association with South West Sufferfest 2014 presents the inaugural **'South West Victorian All Abilities Triathlon'**. This event is available to participants of all ages and all abilities. The focus will be on participation, enjoyment and learning. Members of the Warrnambool Tri Club and Warrnambool Surf Life Saving Club will be on hand to support and mentor all participants.

- Time & Date:** Saturday 1st March 2014, 11.00am – 1.00pm
- Venue:** Bluehole Road, Warrnambool.
- Cost:** \$15.00 for entry (including bike hire) lunch and Sufferfest t-shirt
- Age:** All ages
- What to Bring:** Running shoes, bathers & towel. Goggles, helmet and bike (optional)
- Important Info:** The triathlon will run 11.00am – 12.00pm with lunch and presentations to follow. The race will consist of a modified format based on participants' individual support needs.
- Bookings / Info:** Please contact Judi Mutsaers at South West Sport Ph: 5561 1689

Limited Places Available!