

NUNDDAH DUATHLON SERIES

Hosted by Club Croc Inc

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Keen to carve up the Nundah track, practice your transition skills, get some serious run-bike-run-bike-run action or just looking for a way to keep warm? Come along and give the Nundah Duathlon Series a go. Each of the four races are Triathlon Australia sanctioned events, hosted by Club Croc Inc. There's a choice of two race distances (long and short formats), a small race for the kids, and heaps of prizes.

Where: Nundah Criterium Bike Circuit, Hedley Avenue, Nundah. This is a safe and secure course. No part of the duathlon will be held on public roads.

When: The Sundays of 20 June, 11 July, 22 Aug and 5 September 2010. Registration and transition will open at 2pm. Registration will close at 2.30pm and transition will close at 2:45pm. The first race will start at 3pm.

Entry: Race entry for adults is \$20. Entries must be made on-line via www.clubcroc.net.au (under the 'Upcoming Croc Events' tab). For insurance purposes, all adult participants must be members of a Triathlon Australia affiliated club. Numbers are strictly limited to 100. No adult entries are available on the day. Children 12 years and under can enter on the day for \$5.

Long Course Format: Run 4.2km - Bike 9.6km (8 laps) - Run 3km - Bike 9.6km (8 laps) - Run 0.8km. (totals : Run 8km, Bike 19.2km).

Short Course Format: Run 1.2km - Bike 6km (5 laps) - Run 3km - Bike 6km (5 laps) - Run 50metres. (totals : Run 4.25km, Bike 12km).

Kids Race: There'll be a small race for the kids as well (every child gets a finishers ribbon)

More Info: Contact Peter MacDonald (pete355@bigpond.com or phone 0411 727 034) if you need more details