



WESTERN SUBURBS TRIATHLON CLUB

Kids!

Want to try a duathlon?

run – ride – run



Western Suburbs Triathlon Club are holding a duathlon specifically for kids!

Date: Sunday 24th October, 2010

When: Compulsory registration at 7.30am, race starts at 8.30am

Where: Altona Surf Life Saving Club
127 Esplanade Street Altona

The roads will be closed to traffic

Each child will receive a medal and finishers certificate. There will be great sponsor spot prizes and a BBQ after the race.

Each child needs to bring:

- A safe bike – either BMX, road or mountain bike is ok!
- ASSA approved helmet
- T-shirt, socks and runners

Entries: \$20 per child

| Distances | Run | Ride | Run |
|---------------|------|------|------|
| 7 – 9 years | 300m | 1km | 300m |
| 10 – 11 years | 500m | 3km | 500m |
| 12 – 13 years | 1k | 4km | 1km |

For further details
and to enter online visit
www.wstc.org.au