



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 23rd October, 2011

When: Compulsory registration between 7.30 and 8.00, 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 online entry, \$25 per child on the day, subject to capacity.

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

To enter online visit www.wstc.org.au or call Noel on 0411 239 192 for enquiries