

Nundah Duathlon

Hosted by Club Croc Inc



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 in June? Come along and give the Nundah Duathlon a crack. It'll be a great training day for those competing in the Triathlon Worlds' in September or those just looking to have fun. This will be the first of a series of duathlons hosted by Club Croc Inc over the winter.

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

When: Sunday, 28th June 2009. Registration and transition will open at 8am. Registration will close at 9:30am and transition will close at 9:45am. The first race will start at 10am.

Cost: \$10. Payment on the day.

Format/ Distances: Run 5.2km - Bike 6km - Run 4km - Bike 6km - Run 0.8km.

The race will be preceded by a short talk on transition techniques by Brad Beven (Coach of the 'Croc Squad').

Contact: For more info info... Peter MacDonald (peter.sue.mcdonald@bigpond.com)