**TRIATHLON**

**TRAINING AND INFORMATION SESSION**

Are you new to Triathlon?

Would you like to find out more about how the race will be run?

Would you like to find out more about the transition process and have a chance to practice transition?

Do you have any questions or concerns about the whole event?

If so then come along to an information and training session.

**When:**

 Sunday 2 Sep 2018

**Time:**

We will start at 5.30pm and finish around 6.30pm

**Where:**

Meet on the grass in front of the shed at the carpark at the end of Lake Alexander.

**Session overview:**

Warm up and general discussion

Some transition set up

Getting on and off the bike

Swim starts

Bring it all together with some triathlon activities

Cool down and stretching

**What to bring:**

Clothing you are comfortable swimming, riding and running in

Your bike and helmet (mountain bike or road bike)

Running shoes

Swimming goggles

Drink bottle

Towel

No cost for this session

For more information contact John Thyne on 0423 797 401 or email john.thyne@ntairports.com.au

Let John know if you are coming along.