

Nundah Duathlon #2

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? 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 is the second of a series of three duathlons hosted by Club Croc Inc over winter. There's a choice of two race distances (long and short formats) and heaps of prizes and give-aways.

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 26th July 2009. Registration and transition will open at 9am. 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.

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).

The race will be preceded by a short talk on cycling training techniques by Brad Beven (Coach of the 'Croc Squad'). The third duathlon will be held on Sunday 30th August 2009.

For more info ... Contact Peter MacDonald (pete355@bigpond.com, 0411 727 034)