



SUBWAY 2008/2009 DUATHLON SERIES

2km RUN
7km RIDE
2km RUN

[Juniors race modified circuit]

Come along and join in!
Improve your fitness and
meet new people!

Great preparation for the
2009 Swimskool Triathlon at
Port MacDonnell's Bayside Festival

Starting Monday November 3rd,
6pm at the Blue Lakes Sports
Park Velodrome

ENQUIRIES

Email: secretary@mgsatc.com

Phone Toby: 0437 104 940

www.mgsatc.com

CATEGORIES

- Open series [\$2 Entry Fee]
- Just for fun
- Junior (U13)
- Teams

DATES

Race 1	03/11/08
Race 2	10/11/08
Race 3	17/11/08
Race 4	24/11/08
Race 5	01/12/08
Race 6	08/12/08
Race 7	19/01/09
Race 8	26/01/09
Race 9	02/02/09
Race 10	09/02/09