



Shoe Clinic Mountainbike Duathlon Series, 2011



Are you ready for the challenge?

Race for fun or competition over scenic, rolling trails in the forests of Rabbit Island

Two course options

For families, beginners, or those who like their exercise short and sharp
2km run or walk, 9km mountainbike, 2km run or walk

For those who like a longer challenge
5km run, 18km bike, 2.5km run

Three races, April 17, May 8, May 22

Barbecue follows each race, massage available

Prizegiving follows race three, with age group prizes and spot prizes,
including Brooks running shoes, travel prize from Wildside Travel and an Avanti mountainbike

More details and entry online.

Follow the link from www.nelsontriclub.co.nz