



## Start Australia Day With a Bit of Fun!

Looking forward to having some fun this Australia Day?

Well a great start to the day could involve a bit of a swim and a run in the morning with a lot of people cheering you on.

Carina Leagues Triathlon Club thinks this is a great way to build up an appetite and start your Aussie Day celebrations.

The Club is inviting families to participate in one of their increasingly popular Pure Sports aquathon event held on Sunday 26<sup>th</sup> January 2014 at the Clem Jones Centre in Zahel Street, Carina.

Aaron Schadel, the Club's Assistant Coach said: "This Australia Day morning we will be staging our third aquathon race of this season. We thank Pure Sport for coming on board as our naming sponsor and providing hydration and recovery drinks on the day.

"The events are really growing in popularity in the short time we have put them on. Participants and spectators just love them, because they are not a hard thing to do.

"The great thing about our race series is that all competitors have a choice between three easy distances.

"This allows people of all ages and abilities to join in on the fun," Aaron said.

"We are very lucky to have the Clem Jones Centre as our race venue. It has an 8 lane 50m pool, closed off roads and an athletics track for the run section of the race," Aaron said.

"Spectators can see everybody on the full course throughout the event. This is most unusual and really adds to everybody's enjoyment. The finish line is just metres away from the main spectator and supporters' area."

The cost for the event is \$25 for a non- club member and \$15 for club members with Free BBQ thrown for our athletes and their families on the day."

Thanks to our sponsors; Pure Sport Australia, Clem Jones Centre, Total Body Wellness, VICI, Adreno Tri, TLR and club major sponsor the Carina Leagues Club.

Aaron said people can register online at <https://www.registernow.com.au/secure/Register.aspx?ID=9247>, contact him on 0422 357 710, or by email at [coachaaron@carinaleaguestriathlonclub.com](mailto:coachaaron@carinaleaguestriathlonclub.com)

