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swim bike run paddle adventure

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## Tri Adventure Presents The Unofficial Gold Coast Adventure Race Training Day Saturday 4<sup>th</sup> July 2009

- SWIM** Meet at Palm Beach Parklands 7.00am. (New area on north side of Currumbin Creek Gold Coast Highway bridge). Swim course goes out through Currumbin Alley and does a loop in front of Palm Beach before coming back into Estuary and back to Parklands. **Approx start time for swim 7.30am**
- PADDLE** Meet at Palm Beach Parklands at 8.30am for modified version of paddle course. Depending on conditions on the day we will decide what part of the paddle we will go over. **Approx start time for paddle 8.45am.**
- RUN** Meet at Tallebudgera Connection Rd Bridge over the Tallebudgera Creek at 11.00am. **Approx start time of run 11.15am.**
- MTB** Meet at Double D Ranch on Currumbin Creek Rd at 1.30pm. **Approx start time for mtb 2.00pm.** Please carry your running gear with you on the bike from this point unless you have a vehicle parked here.
- SOCIAL** If you are able to hang around for a chat .... Meet at the Currumbin Surf Club for drinks/nibbles afterwards following your day's adventure.

### LOGISTICS

If you are doing the entire day you will need to have dropped off your MTB's at the Double D Ranch before the swim (It will take about 40 minutes return trip – lock your bikes to the fence). If you end up paddling the entire paddle you can leave your paddle craft under the bridge (there will be no security but the boats can be fairly well hidden in the grass). In this case you may need to give your running gear to someone driving out there. If we do a modified paddle we are likely to finish at Palm Beach Parklands allowing you to re-secure your boats on vehicles and drive to the run start. Whilst final logistics will be determined on the day, it helps if people are willing to share their cars and give others a lift where necessary.

### EQUIPMENT

**BYO all your adventure Gear!** (Including mini first aid kit for run and bike)

Swim Cap Goggles & Wetsuit (optional)

Run Gear including Shoes & Camelbak

Ski/Kayak/Paddle Craft & Paddling Equipment (must wear life jacket)

MTB & MTB Equipment & Camelbak (with capacity to carry run gear ie: shoes etc.) (bike lock recommended)

Food and nutrition for the day – there will not be time for coffee shops until the finish.

**COST:- \$10 per leg or \$30 for the entire day (to cover our expenses) Bookings Essential – Register your interest by Thursday 2<sup>nd</sup> July 2009.**

Email [triadventure@optusnet.com.au](mailto:triadventure@optusnet.com.au) for further details or phone Jan on 0407761150

You will be required to complete a participant's agreement, which may be completed in advance and emailed to us or handed to us before you start.