



My First Outing

What do I need to bring?

To complete our short distance tri's you need:

- Some sort of road-worthy bike (does not need to be flash racing bike – can be a BMX).
- Helmet
- Males need some sort of top that covers the midriff for the run and ride (Tri-Australia Requirement ☺).
- Comfortable running shoes
- A sense of fun

We recommend:

- Sun protection
- Goggles
- Water/hydration
- 2 towels
- A sense of fun

Do I need to be massively fit and buff to complete?

NO! People of all ages and fitness levels enjoy our tri's. The distances are short so barring health issues and recommendations associated with undertaking any new exercise program, just remember:

- Take it easy and stay within your own limits – it's okay to stop and rest – none of us are in a hurry.
- There are no prizes for first place at our races – you compete with yourself.

What if I like running and riding but hate swimming?

Grab a mate and make a team. Teams can be any combination i.e. 3 different people for each stage or any combo of 2 and 1 – Person 1 rides Person 2 swims and runs etc.